



Lena's Patterns

Fleece Leggings



Thank you for using a Lena's Patterns sewing pattern!
Here you will find a list of all you need to finish your project,
instructions accompanied by pictures and a pattern.
The pattern includes seam allowances where needed,
so please keep this in mind when cutting your fabric.
The included seam allowance is 1/4 inch or 0.6 cm.
Please read through all instructions before beginning.

Materials for the Leggings:

<u>size</u>	<u>fabric length/width</u>
12months/ 80EU	3/4 yard/ 65cm
18months/ 86EU	3/4 yard/ 65cm
2T/ 92EU	3/4 yard / 65cm
3T/ 98EU	3/4 yard / 65cm
4T/ 104EU	3/4 yard / 65cm
5T/ 110EU	1 yard / 90cm
6T/ 116EU	1 yard / 90cm

To determine which size to sew, please check these measurements:

<u>size</u>	<u>waist</u>
12months/ 80EU	18 inches/ 47cm
18months/ 86EU	19 1/3 inches/ 49cm
2T/ 92EU	20 inches/ 51cm
3T/ 98EU	20 inches/ 52cm
4T/ 104EU	21 1/4 inches/ 54cm
5T/ 110EU	22 inches/ 56cm
6T/ 116EU	22 3/4 inches/ 58cm

Fabric Recomendations

Fleece - make sure it is stretching and cut the leggings so the stretch is following the waistline

Jersey - same as fleece

Knit fabrics - same as fleece

For the beginner:

Some fleece and other stretchy fabrics have only two way stretch. Some have 4 way stretch.

No matter what your fabric is, make sure the stretch is following the waist and hip lines, or the leggings won't fit.



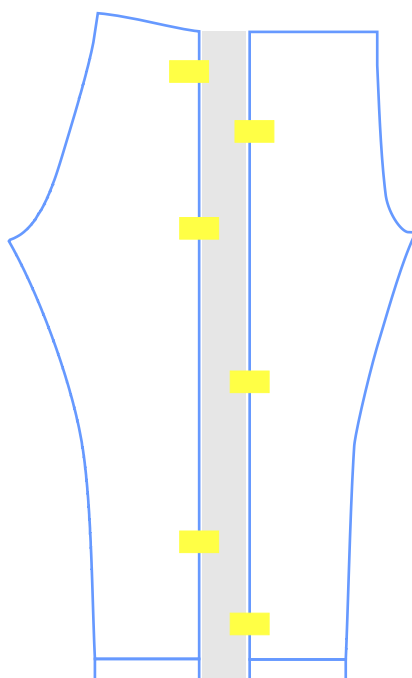
This pattern is not suitable for diaper wearing.

Please, make sure you're using a stretch fabric. Some knit fabrics don't stretch at all! If you need to adjust the width of the legs, here is how you can do it:

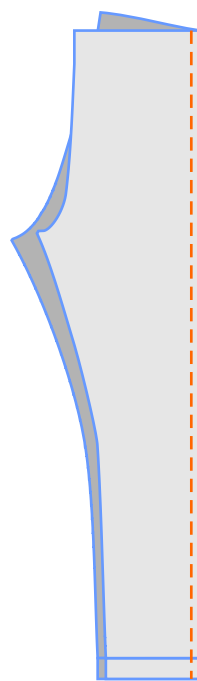
Widen the leggings for use with slightly stretching fabrics, or to get a husky size:

- mark the middle of the pattern by folding it in two and cut in two pieces. Depending on the amount you want to widen, add a strip of paper and tape it in place. For reference see ill. 1

- mark the middle of the pattern and fold it in two. If you want to narrow by 1cm each side, then mark on the fold, parallel to the crease 0,5 cm. Cut this strip away and tape the pattern pieces back together. For reference see ill. 2.



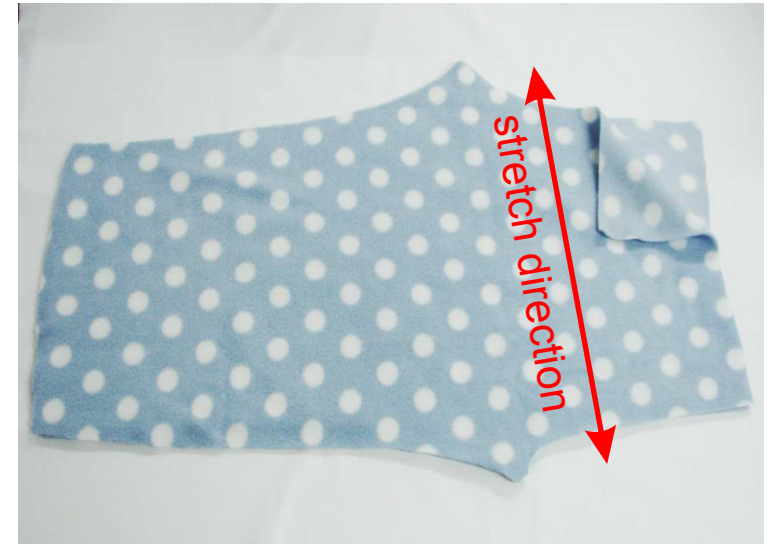
III. 1



III. 2

Step 1: Fold your fabric in two, right sides facing and cut the pattern. You'll have now two mirrored pieces.

IMPORTANT: place the fabric, so the waist line is parallel to the stretch direction.



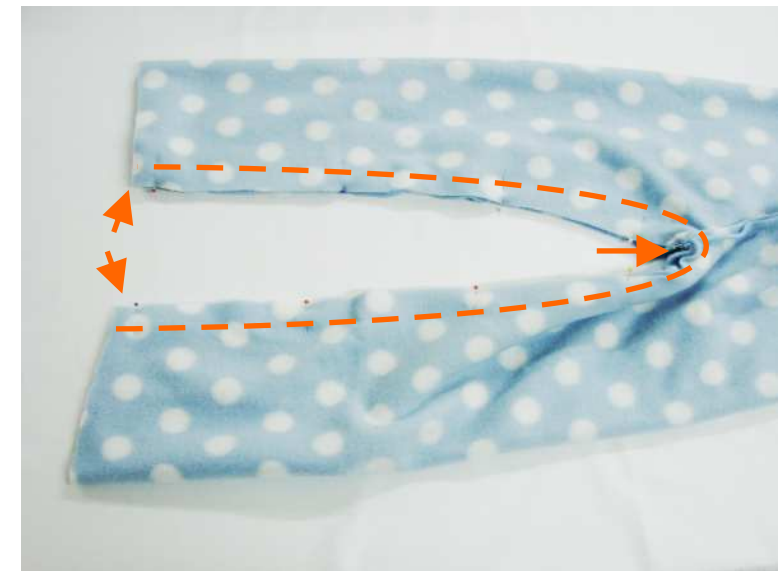
Step 2: While having the two parts one on top of the other (right sides facing), pin the crotch seams and sew them with an elastic stitch. If your machine doesn't have one, use long narrow zig-zag stitch.



Fleece and most knit fabrics don't fray, so this is a perfect pattern for beginner - there is no need to clean the fabric edges :-)



Step 3: Match the crotch middle and pin it. Now match the ends of the legs and pin the inside leg seam. Sew it again using stretch stitch.



Step 4: Fold one inch towards the wrong side and pin the leg hem. Do this for both legs. There is a mark on the pattern for the hem fold - one for all sizes.



Step 5: Sew with stretch stitch or zig-zag, leaving around 1/8 inch / 3mm to the raw edge of the hem.



Step 6: Fold the waist toward the wrong side at 1 1/4 inch / 3cm, match the seams and pin them open. pin every 2-3 inches all the way around at the same distance.



Step 7: Sew around the waist at 1 inch (2.5cm) distance from the folded edge. At the center back, leave 1 inch(2.5cm) opening. Fasten start and end points of seam with few stitches back and forth. Using safety pin at the end of your elastic, insert it into the formed tube at the waist. **The length of the elastic should be around 2 inches (5cm) shorter than the actual waist measurement of the child.**



Step 10: If you wish, close the opening on the waist back. I leave it sometimes for two reasons - first, if I need to adjust the elastic length, I don't need to rip the seam.

Second, this is a sure sign where the back is :-)

If you decide to close the opening, make sure to place some mark on either front or back, so the child can easily recognize the way it should be worn. I usually place a tiny ribbon bow in the front outside, or a piece of ribbon on the center back inside.

For beginners: You can determine which is the back, by looking of the crotch seams - the back is longer than the front and forms higher waist.

The front seam of the crotch is shorter.



Step 8: By pushing and pulling the safety pin into the tube, lead the elastic all the way around the waist and pull it through the opening. If you never have done this before, you might want to pin the first end of the elastic to the seam, so it doesn't jump into the tube while you pull the other end. Other important point is to avoid twisting the elastic into the tube. Check all the time, that it is flat inside.



Step 9: Join both ends of the elastic, by placing them one over the other and sewing back and forth few times with a zig-zag stitch. Now pull the waist all the way you can and the elastic will pop in. Redistribute it inside by pulling the waist several times and if needed, pull the fabric around the elastic.

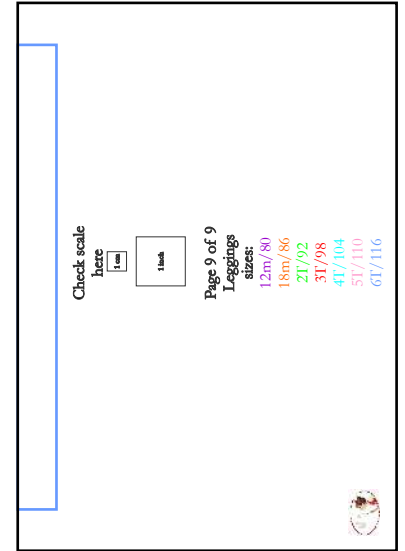
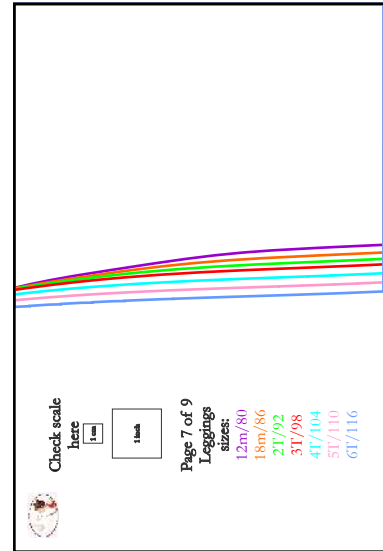
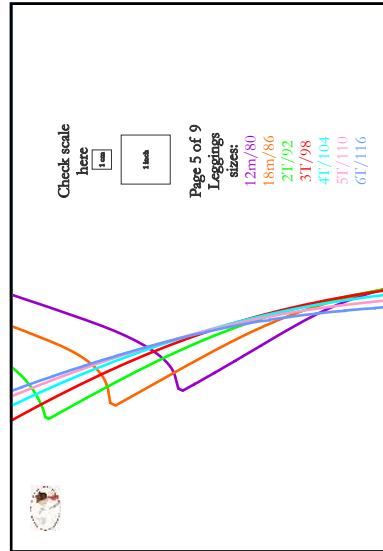
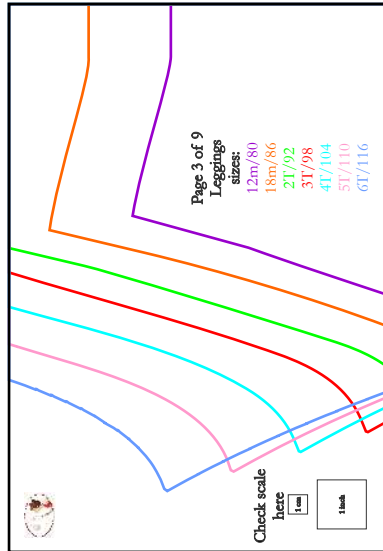
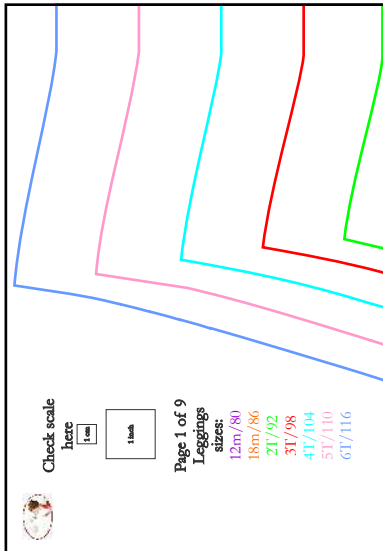
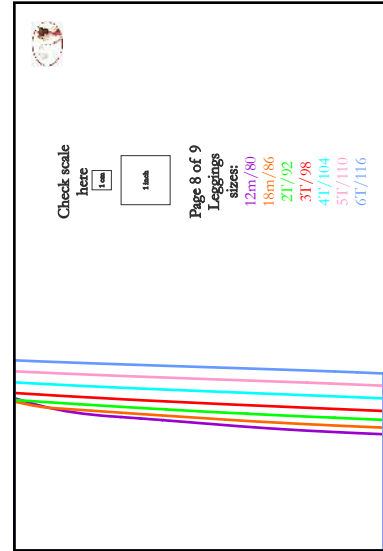
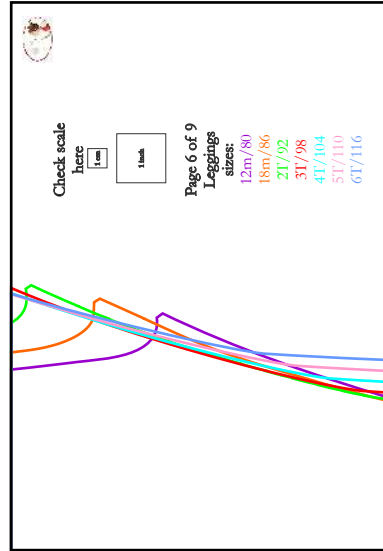
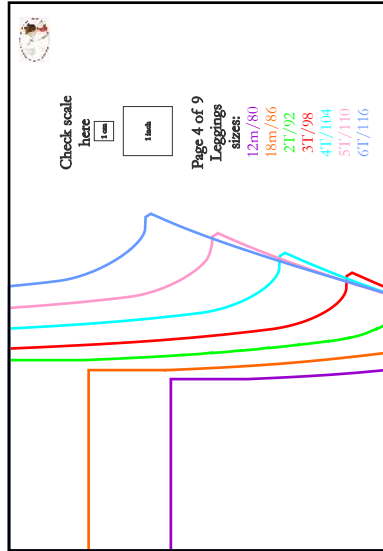
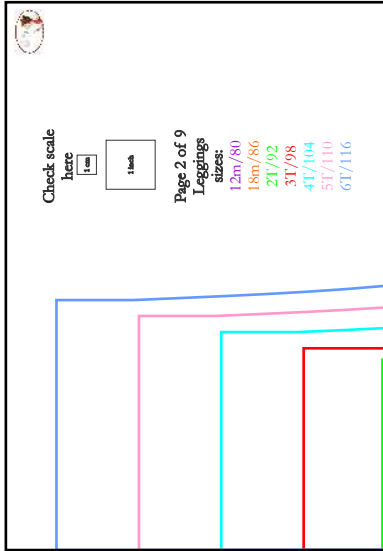




Each page is numbered as 1 of 9 , 2 of 9 etc. and sizes of patterns are written. If you're searching for size 86, you should print all 9 pages that have size 86.

Place all pages together as shown on the pictures and tape them, so the lines match, but don't overlap. Cut the patterns and use.

All seam allowances are included. Crotch seams and inside leg seams have 1/4 in / 6mm build in seam allowance.





Check scale
here

1 cm

1 inch

Page 1 of 9
Leggings
sizes:

12m/80

18m/86

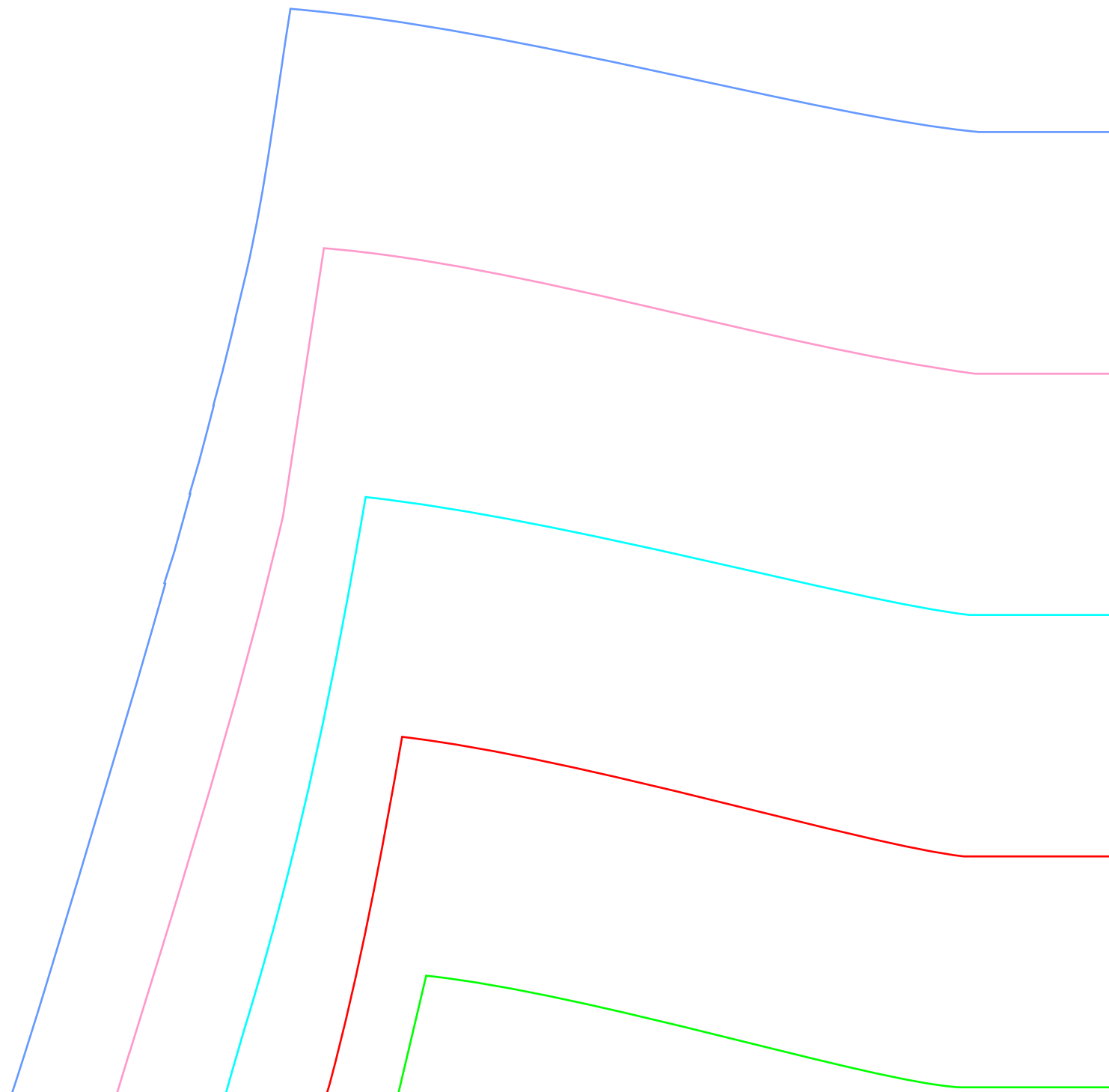
2T/92

3T/98

4T/104

5T/110

6T/116





Check scale
here

1 cm

1 inch

Page 2 of 9
Leggings
sizes:

12m/80

18m/86

2T/92

3T/98

4T/104

5T/110

6T/116



Check scale
here

1 cm

1 inch

Page 3 of 9
Leggings
sizes:

12m/80

18m/86

2T/92

3T/98

4T/104

5T/110

6T/116



Check scale
here

1 cm

1 inch

Page 4 of 9
Leggings
sizes:

12m/80

18m/86

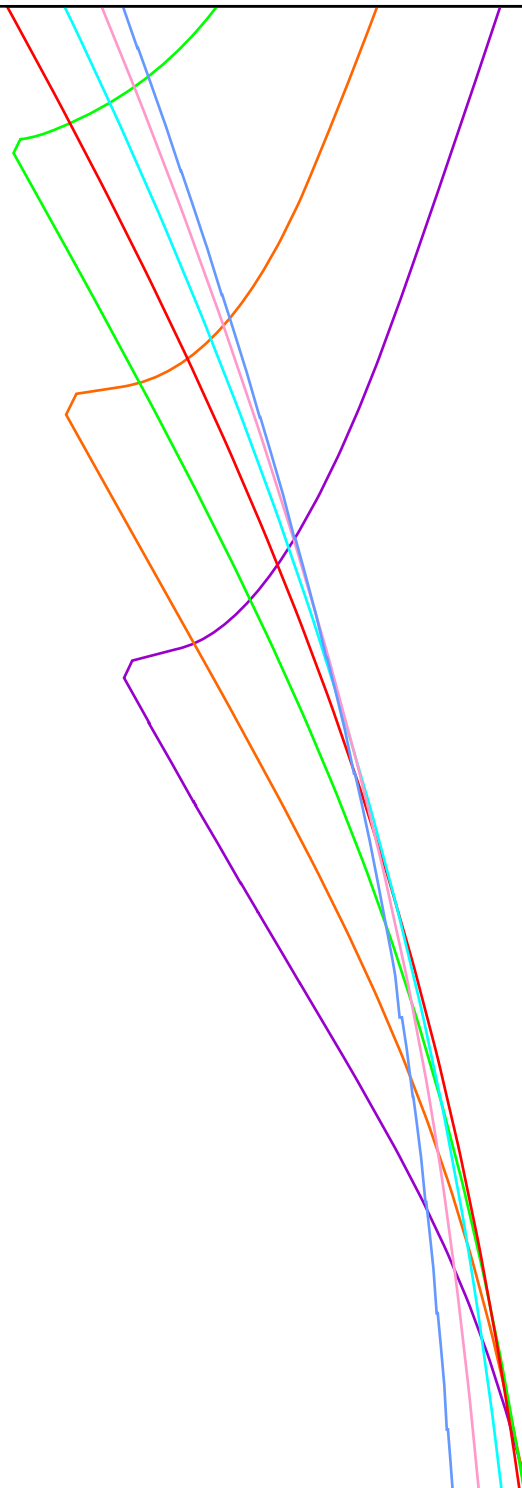
2T/92

3T/98

4T/104

5T/110

6T/116



Check scale
here

1 cm

1 inch

Page 5 of 9
Leggings
sizes:

12m/80

18m/86

2T/92

3T/98

4T/104

5T/110

6T/116



Check scale
here

1 cm

1 inch

Page 6 of 9
Leggings
sizes:

12m/80

18m/86

2T/92

3T/98

4T/104

5T/110

6T/116



Check scale
here

1 cm

1 inch

Page 7 of 9
Leggings
sizes:

12m/80

18m/86

2T/92

3T/98

4T/104

5T/110

6T/116



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Пышка



Check scale
here

1 cm

1 inch

Page 8 of 9
Leggings
sizes:

12m/80

18m/86

2T/92

3T/98

4T/104

5T/110

6T/116

Check scale
here

1 cm

1 inch

Page 9 of 9
Leggings
sizes:

12m/80

18m/86

2T/92

3T/98

4T/104

5T/110

6T/116

