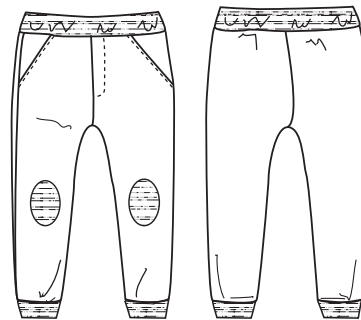




Photo ©Joliesbobines

ikatee

French Sewing Patterns for Kids



JIM

Jogpants
with or without appliqué
3-4-5-6-7-8-9-10-11-12 years

Skill level : easy

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Product DESCRIPTION

Knitted fleece or jersey jogpants

Comfortable .

Straight fit.

Elasticated waistband.

Flat knit rib at ankle cuffs and waistband.

You could also use main fabric for ankle cuffs and waistband instead of rib.

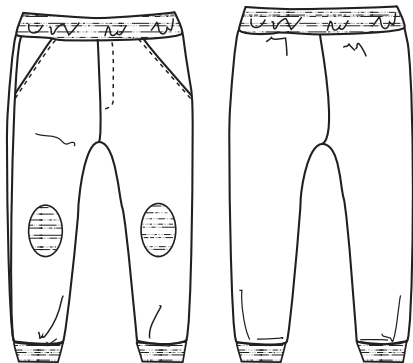
2 Italian front pockets.

Appliqués at knees as an option.

This easy garment is perfect for beginners



Photo ©Joliesbobines



FABRIC RECOMMENDATIONS

Best fabrics to use for this garment

OTHERS

FAB 2 : 100% cotton jersey for the pocket bags. For the appliqués at knees : contrasting jersey or main fabric on the wrong side. Or buy patches at haberdashery.

FAB 3 : Flat knit rib for waistband and ankle cuffs (matching or contrasting).

Upcycle your old sweatshirt or jogpants!

- You could cut up the fabric and sew a new one for your child. It is eco-friendly and easy. Just check out that your pattern pieces can be placed or laid out over the garment to be recycled and go ahead.

MAIN FABRIC 1

Any season

In Cotton or Cotton/Elastane
French terry fabric or heavy jersey
Or slub heavy jersey

For autumn winter season

In Cotton/Polyester
Terry fabric brushed on wrong side

TRIMS

- Flat elastic of 3cm wide (1-1/4 in.)
- Paper-backed fusible adhesive (like ©Vliesofix de ©Vlieseline) for appliqué

age (years)	3	4	5	6	7	8	9	10	11	12
height (cms)	98	104	110	116	122	128	134	140	146	152
Fabric 1 -140cm	55cm	60	65	65	70	75	80	85	85	90
in yard 1-1/2 wide	5/8	2/3	3/4	3/4	1	1	1	1	1	1
Fabric 2 - H*L in cm	20*50	20*50	20*50	20*50	20*50	20*50	20*50	20*50	20*50	20*50
Fabric 3 - H*L in cm	15*80	15*85	15*90	15*90	15*95	15*100	20*110	20*120	20*130	20*140
fusible interfacing H*L in cm	10*20	10*20	10*20	10*20	10*20	10*20	10*20	10*20	10*20	10*20
elastic of 3cm/ 1-1/4in	54cm	56	58	60	62	64	66	68	70	72

HOW TO PICK UP THE RIGTH SIZE

The sewing pattern is intended for kids aged 3, 4, 5, 6, 7, 8, 9, 10, 11 or 12 years old which corresponds to heights of 98, 104, 110, 116, 122, 128, 134, 140, 146, 152 cms. First check the child's measurements to make sure you choose the size that is the best for her/him.

European standard measurement guideline (in cms)

Age (years)	3	4	5	6	7	8	9	10	11	12
Height (cms)	98	104	110	116	122	128	134	140	146	152
waistline	50	52	53	54	55	56	57	59	60	62
waist to floor	58	63	67	71	76	80	84	88	91	95

CUTTING INSTRUCTIONS FOR SPECIAL PATTERNS

for fabrics with patterns or drawings

- In case of fabrics with direction either because of a surface pattern or a nap or pile : pieces to be laid out in the same direction.
- Stripes or checks : just check and ensure the pieces match at sides

SPECIFIC FABRIC INSTRUCTIONS

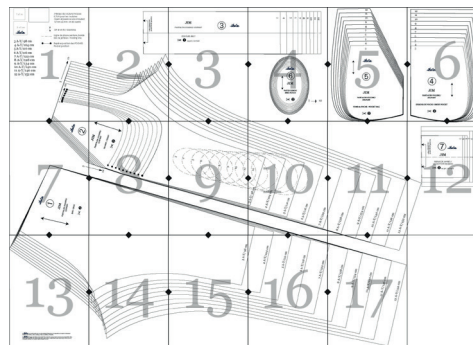
It is recommended that you pre-wash the fabric before cutting.

PDF PRINTING INSTRUCTIONS

Instructions :

Select the file for the age or size you want.

1. **Select to print at scale 100%** ; I highly recommend that you check the size of print is correct and at scale. Print only the first page and measure that the scales of 3 centimeters or 1 inch box on the sewing pattern to make sure that it is the right size.
2. **Launch print** on A4 or US Letter pages. The sewing pattern is sized to fit both sizes
3. **Put the pages together** according to the diagram that's on first page (following the order 1,2, 3 etc) and match the black triangles together to form squares. The print margins around the pages are to be cut or folded, and removed. **Use tape to stick the pages together** especially inside cut pieces.
4. **Cut around the shapes** and stick to the cutting lines. You only see cutting lines, seam allowances are included.
5. **Check with the diagram** underneath that you have all pieces, markings and notes.



Until 6 years : 16
pages to print (#11
is empty)

7 to 12 years : 17
pages to print

CUTTING

Seam allowances are included in the sewing pattern

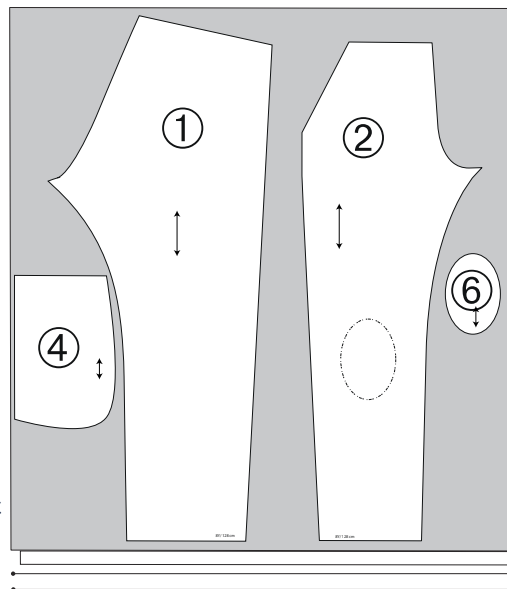
in 140 cm of width

SEWING PATTERN PIECES:

- ① BACK : ∞ 2 x (1 wrong, 1 right side of fabric#1)
- ② FRONT : ∞ 2 x (1 wrong, 1 right side of fabric#1)
- ③ WAISTBAND : ∞ 1 on fold (of fabric #1 or #3)
- ④ UNDER POCKET : ∞ 2 x (1 wrong, 1 right of fabric#1)
- ⑤ POCKET BAGS : ∞ 2 x (1 wrong, 1 right side of fabric#2)
- ⑥ OPTIONAL APPLIQUÉS ∞ 2 in fabric #1 or any other
- ⑦ ANKLE CUFFS ∞ 2 on fold in fabric #3

INSTRUCTIONS:

- The following fabric layouts are for fabric width of 140cm
- The fabric is folded in 2 as shown hereby
- The border lines are the cutting lines, including the seam allowances of 0,7cm (≈1/4in.) except where there are specific instructions (e.g. hems...) No seam allowance at appliqués.
- The sewing lines are not visible on the sewing pattern. You could draw them using tailor's chalk or temporary pens.



140 cm plié en 2 / 140 cm folded in 2

□ Pièces du patron / pattern pieces
■ Envers tissu / wrong side

BESOINS / SUPPLIES -(pour tailles / for heights: 98/104/110/116/122/128Cm)

TISSU / FABRIC 1-
55 / 60 / 65 / 65 / 70 / 75 cm



PIÈCES 5 À COUPER 2 FOIS DANS TISSU 2 /
PIECES NB 5 TO BE CUT IN FABRIC 2

PIÈCES 3 ET 7 À COUPER DANS TISSU 3 BORD
CÔTÉ SUR LA PLUIRE DU TISSU PLIÉ EN 2. SINON
COUPER DANS TISSU 1 POSSIBLE EN OPTION.
DANS CE CAS, AJOUTER 12CM DE HAUTEUR DE
BESOIN EN TISSU 1

PIÈCES NB 3 AND 7 TO BE CUT IN FABRIC 3
-RIBBED BAND - CENTERED ON FOLD (OPTION IS
TO CUT PIECES 3+7 IN SHELL FABRIC 1) THEN
ADD 12 CM OF FABRIC 1 AS SUPPLIES

KEY POINTS

and some tips...

Draw the sewing lines :

- The sewing lines are not on the sewing patterns. You could draw them if you need to, bearing in mind that the seam allowances are 0,7cm (1/4 in.) except for where specifically indicated.

Transfer the notches, markings and notes:

- Draw carefully the notches, markings (folding lines, any pocket position...) and notes (numbers of the pieces)

After cutting check:

- Before sewing, place the pieces to build up the garment approximatively. Check that nothing is missing.

...and while sewing:

- Regularly check your work. If you need to, just un-pick your stitches and re-sew again to improve the finish.
- When each step is finished, clean out your work and trim your seam allowances to no further than 4mm.

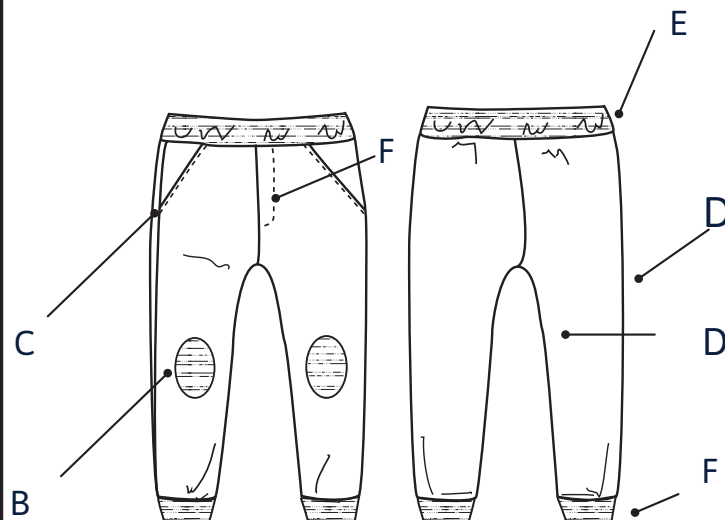
Seam finishes:

- After sewing any seam, neaten the raw edges to prevent them from fraying.
- You can even neaten the two layers together at the same time. Use either a zig zag stitch, a over-casting stitch or even a overlocker.
- Overlockers/sergers allow home sewers to benefit from a manufacturer seam finish. Overlocking forms stitched over a newly trimmed edge to get a neat finish. Use 3 threads except for heavy fabrics (then use 4 threads) ; it is possible to overlock raw edges together and neaten them at the same time.

SUMMARY OF INSTRUCTIONS

Key steps

- LAY OUT THE PATTERN PIECES, CUT, CHECK
- PREPARE AND ASSEMBLE APPLIQUÉS - OPTIONAL
- ASSEMBLE POCKETS
- ASSEMBLE LEGS
- ASSEMBLE ELASTICATED WAISTBAND
- FINISHES : ANKLE CUFFS



STEP-BY-STEP INSTRUCTIONS

Pictures, illustrations and tips...

A. LAY OUT THE PATTERN PIECES, CUT, CHECK



APPLIQUÉS-2 options

1- ready to fuse (from haberdashery),

2- to be cut out from fabric 1 or 3 with the #6 pattern piece

1 Lay out the pattern pieces on the fabrics, following the directions in the cutting layout and the grainline arrow printed on the pattern piece. Cut out. Check that no pieces are missing.

B. PREPARE AND ASSEMBLE APPLIQUÉS - OPTIONAL



2 If you choose to make appliqués at knees, place a rectangle of 20x15cm rectangle of a paper-backed fusible adhesive over the fabric (right side of the main fabric or wrong side of a jersey fabric 2). The adhesive side is over the fabric. Fuse with iron (check the instructions of the paper-backed fusible adhesive before using)



3 Place the template of the patches over the paper adhesive and draw the shape outline. Repeat to double or even triple the shape (the third appliqué will mean you can practice on a left-over fabric piece). Cut out the shape required.



4 Peel off the backing and place the appliqué shape onto the fabric.



5 Place the appliqués at right position following the marks on sewing pattern (the fusible side is over the fabric right side). Check the symmetry on both legs. Fuse the appliqués with iron.



6 Choose any decorative stitches or zig-zag stitch and practice sewing the outline of the appliqués on a spare piece of fabric.



7 As soon as you are comfortable with your stitch, sew carefully around the edge of the appliqué shape. You can use any thread colour (matching is you want something discreet or contrasting for a decorative look). You may need to lift the sewing machine foot (keep your needle down in the fabric) and pivot the fabric to keep your stitches flush with the edge. Continue sewing carefully.



8 The outline will hold the shape in place and enhance the design. If your finish needs improving, just unpick your stitches and re-sew. Alternatively, fuse ready-made appliqués from a haberdashery. They come backed with an adhesive so they are super-easy to apply.



C. ASSEMBLE POCKETS



9 With right sides together, place the #5 pieces on front legs (#2 pieces), according to the marks on pattern. Straight stitch using 1/4in. seam allowance at pocket opening only. Overcast or overlock the raw edges together. Turn the pocket bag inside out, press the pocket opening and repeat on the other pocket. Pin the pocket opening.



- 10** Topstitch the pocket opening line close to the edge.



- 11** With right sides together, place the under pocket (#4 pieces) on pocket bag. Pin or clip around the curved edge. Straight stitch around using 1/4in. seam allowance and overcast or overlock the raw edge. Repeat on the other pocket.

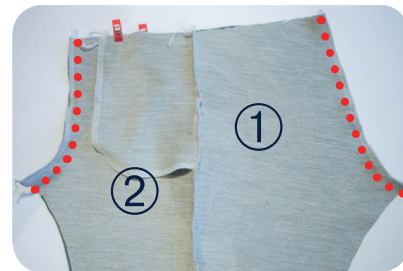


- 12** Hold the side and top of the pocket together with pins or clips.

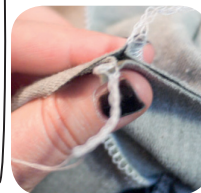
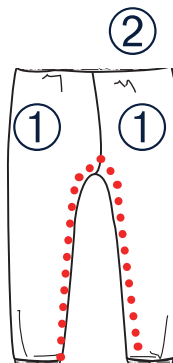
D. ASSEMBLE LEGS



- 13** With right sides together, pin the side seams of the front and back leg pieces along the side seam indicated. Straight stitch using 1/4in. seam allowance. Overcast or overlock raw edges together. Repeat with the other leg.



- 14** With right sides together, place front leg pieces together. Pin the front crotch. Straight stitch the front crotch using 1/4in. seam allowance. Repeat at back crotch. Overcast or overlock the raw edges together.



- 15** Pin the inner leg seams together (front and back right sides together). Repeat on the other leg. Straight stitch using 1/4in. seam allowance. Where the pieces meet at crotch, flatten the seam allowances in opposite directions to avoid excess bulk. Both inner legs can be stitched in one continuous line. Overcast or overlock the raw edges together.

E. ASSEMBLE ELASTICATED WAISTBAND



- 16** Place the wrong side of the waistband along the right side pants top edge to check the length of the waistband. Pin. The 2 ends should meet at back center.



- 17** Adjust and trim any excess fabric at waistband (The waistband pattern piece a little too long to enable you to adjust it to the pant top edge; the knit fabric might have been stretched during the assembly). Straight stitch the waistband ends together (leave an opening of 3cm /1-1/4in. to insert the elastic into the casing) and overcast or overlock the raw edges.



- 18** Fold the flat knit ribbed waistband in 2 (right side out)



- 19** Finish by pinning it around the pants top edge.

seam and center back are aligned



- 20** Check the seam is aligned with the back center.



- 21** Straight stitch the waistband and top edge using 1/4in. seam allowance and overcast or overlock the raw edges together.



- 22** Turn up the waistband. Cut a piece of flat elastic (3cm or 1-1/4in. wide) to the desired length (refer to the chart on page 3) or adjust it to the child's waist measurement + 4cms (2 cms at each end for seam allowances) . Pin one end to a safety pin.



- 23** Insert the safety pin and elastic into the channel and thread it all the way through. Join the 2 ends.

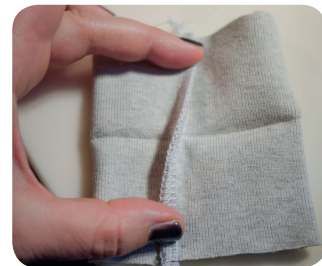


- 24** Overlap the ends by 2 cms and secure the elastic with two parallel lines of stitching.



- 25** Finish by inserting the rest of the elastic back into the channel. Close the waistband with a few straight stitches through all layers.

F. FINISHES : ANKLE CUFFS



- 26** Secure the short ends of the #7 pattern pieces with straight stitch and overlock / overcast at raw edges. Lay out and handle the seam allowance as shown above (flatten in opposite directions to avoid excess bulk when folding the ankle cuffs).



- 27** Fold the ankle cuffs in 2 with wrong sides together. The seam allowances are in opposite directions, to prevent from excess bulk.



28 Place the cuff band at ankle edge (aligning raw edges).



29 Pin all around, stretching the ribbed band slightly as it is shorter than the leg bottom. Start at seam line, then pin the opposite side and finish by pinning the two halfway points (quarter pinning technique)



30 Stitch together, stretching the ribbed band to the length of the leg bottom while stitching. Work from pin to another. Overcast or overlock the raw edges together. Turn out the ankle cuffs



31 Congrats. Your JIM jogpants are finished! One without, one with appliqués at knees

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