



Supply List

Fabric

Any knit fabric can be used for this pattern. My favorite fabric to use is French terry and if I have matching rib, I like to use it for the cuffs, waistband and binding.

Usage Requirements

NB - 12M	1/2 Yard	0.4M
12M - 4T	1 Yard	0.9M
5T - 9/10	1 1/2 Yard	1.4M

Notions

3 - 4 buttons (1/2")

Machines

Sewing Machine (if you're doing buttons, one that has a button hole setting)
Serger (small zig zag in place of serged seams if you don't have one)
Coverstitch Machine (optional)

Tools

- Scissors Or Rotary Cutter and Mat
- Pins

Note on pins/clips: I only use pins/clips when I NEED to. I've spent enough time with my machine and knits that I feel comfortable not using pins on every piece I sew. If you are a beginner, PLEASE use pins/clips! You may not see certain things pinned/clipped in the tutorial but anytime you're sewing pieces together and you feel like you need to pin or clip, GO FOR IT!

Sewing Terms

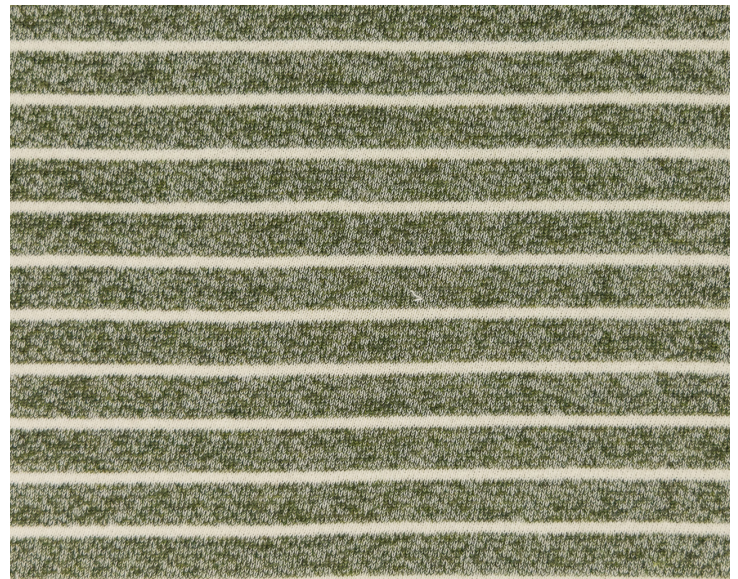
Cut Opposites

For some pattern pieces, there needs to be a right and a left side. What I like to do is fold my fabric on top of itself, then place my pattern piece on top and cut. If you want to cut them individually, just make sure that after you cut the first piece, flip that pattern piece over to cut the other so they're opposite!



Grainline

It is important to understand grainline to make sure you cut your fabric in the right direction. If the grainline is vertical, your stretch will be horizontal. Most fabrics stretch horizontal because the fabric will be going around the body (where you want it to be stretchy, of course). If you can't see the grainline, try stretching the fabric.



Right Sides Together

Usually when assembling a garment you sew the right sides together. This just means that the right sides of the fabric will be laying together when you sew and the wrong sides will be visible. When sewing, assume right sides will always be together unless otherwise specified.



Fabric

With all the different fabric types out there, here are a few that we like to use for Lowland patterns.

Jersey knit	• Soft hand • Most common type of knit • Shirts, tops, dresses
Slub Jersey knit	• Knitted with slight imperfections/bumps for texture • Tees, tops, rompers, sweats (heavier weight) • Varies in weight (less than 8oz not recommended)
French Terry knit	• Soft hand on top, loops on bottom • Tops, dresses, sweatshirts, lightweight jackets, rompers, shorts, sweatpants
Rib knit	• Alternating raised and lowered rows • Great stretch • Neckbands, cuffs, slim fitting garments
Waffle knit	• Knitted into a grid • Tops, sweaters, dresses

Each fabric type will also have varying fiber content which will impact finishes such as drape, recovery, stretch, etc. These fibers are often mixed together in different combinations and weights which should be considered when selecting fabric for projects.

100 % Cotton	• Less pilling • Soft • Breathable • Less stretch/recovery
Lycra (spandex)	• 4 way stretch • Great recovery • Great for kid/baby clothes
Poly	• Very soft • Great drape • Not very breathable • Tends to pill more
Rayon	• “man-made cotton” • Drapes well • Breathable

Choosing Your Size

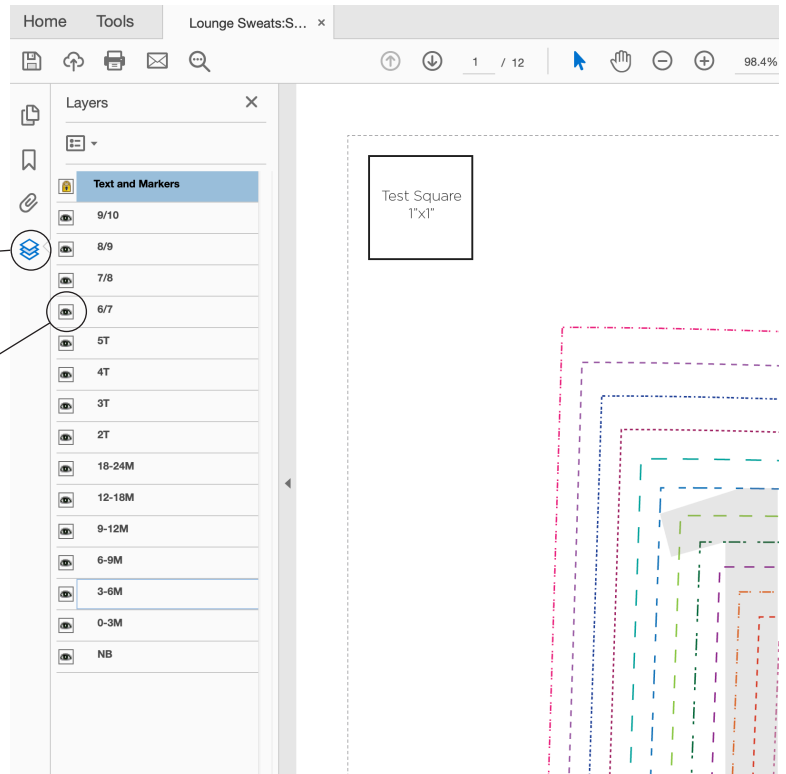
Use the size chart below to determine which size to sew for your kiddo. If your child is in-between sizes, don't be afraid to take the width of one and length of another. Every kid is different so not all sizes fit alike!

Size	Height (cm)	Chest (cm)	Waist (cm)	Hips (cm)
NB	19-21 (53)	15 (38)	14 (35)	15 (28)
0-3	21-24 (61)	16.5 (42)	15 (38)	15.5 (39)
3-6	24-26 (66)	17 (43)	15.5 (39)	16 (40)
6-9	26-27 (69)	17.5 (44)	16.25 (41)	16.5 (42)
9-12	27-29 (73)	18 (46)	16.75 (43)	17 (43)
12-18	29-31 (78)	18.5 (47)	17 (43)	18 (46)
18-24	31-33 (83)	19.5 (49)	18.5 (47)	18.5 (47)
2T	33-36 (91)	21 (53)	19.5 (49)	19.5 (49)
3T	36-39 (99)	22 (56)	20 (51)	21.5 (54)
4T	39-44 (112)	23 (58)	21 (53)	22.5 (57)
5T	44-50 (126)	24 (61)	21.5 (54)	23 (58)
6/7	48-52 (132)	25 (63)	22 (56)	24 (61)
7/8	50-56 (142)	26.25 (66)	22.5 (57)	25 (63)
8/9	54-58 (147)	27.25 (69)	23.25 (59)	26 (66)
9/10	56-62 (156)	28.5 (71)	24 (61)	27 (68)

Printing Instructions

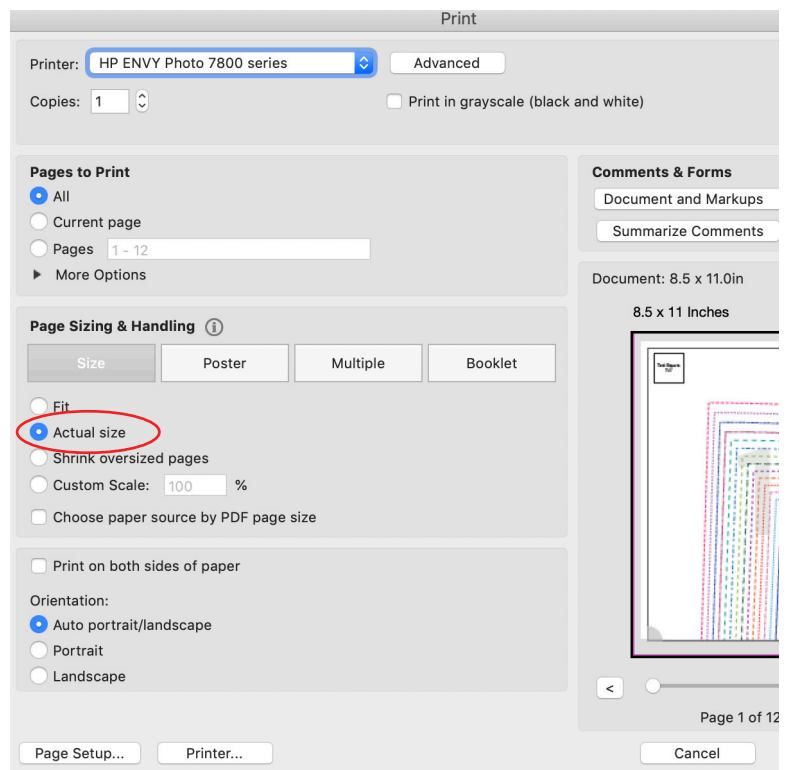
Open the pattern file using Adobe Acrobat Reader. This is a free program you can download [HERE](#) if you don't already have it. Select the layers icon on the left.

Deselect any layers you do NOT want to print by clicking on the eye icon. If you're mixing sizes at all, make sure you have both of those sizes visible.



Go to File > Print and make sure you select “actual size” or 100%. **Do not scale.**

Print the page with the test square first and measure the square to make sure your pattern is printed correctly. If it measures correctly, go ahead and print the rest!



Binding Info

For this hoodie the binding is meant to finish at 1/2" (1.3cm) thick. To achieve this, you'll want to cut your binding strip 1 1/2" (3.8cm) thick. I usually like to use my binding attachment because it always ends up with a more professional finish. The begining thickness will depend on the attachment.

The length measurements for the HOOD binding allows 1" to hang off of the edges. When doing the henley method, make sure that you don't stretch the binding on the straight part, only around the hood. For the pocket, there is meant to have just a tiny bit of hang off to make topstitching eaiser (about 1/4")

See the video [HERE](#) for a tutorial on constructing the Henley!

Binding measurements for crossover hood - Cut 1 at 1 1/2" (3.8cm) thickness

	NB	0-3	3-6	6-9	9-12	12-18	18-24	2T	3T	4T	5T	6/7	7/8	8/9	9/10
Inches	17"	18.5"	19"	20"	21"	21.5"	22.5"	23.5"	24.5"	26"	27"	27.5"	28"	29"	29.5"
CM	43	47	48	51	53	55	57	60	62	66	69	70	71	74	75

Binding measurements for Henley hoodie - Cut 1 at 1 1/2" (3.8cm) thickness

	NB	0-3	3-6	6-9	9-12	12-18	18-24	2T	3T	4T	5T	6/7	7/8	8/9	9/10
Inches	23.5"	24.5"	26"	27"	28"	30"	31"	32"	33"	34"	35.5"	37"	38"	39.5"	43"
CM	60	63	66	70	71	76	79	82	84	87	90	94	97	100	109

Binding measurements kangaroo pocket - Cut 2 at 1 1/2" (3.8cm) thickness

	NB	0-3	3-6	6-9	9-12	12-18	18-24	2T	3T	4T	5T	6/7	7/8	8/9	9/10
Inches	3.25"	3.5"	3.75"	4"	4"	4.25"	4.5"	4.5"	4.75"	5"	5"	5.25"	5.5"	5.75"	6"
CM	8.25	9	9.5	10	10.5	10.75	11.25	11.5	12	12.75	13	13.25	14	14.5	15.25

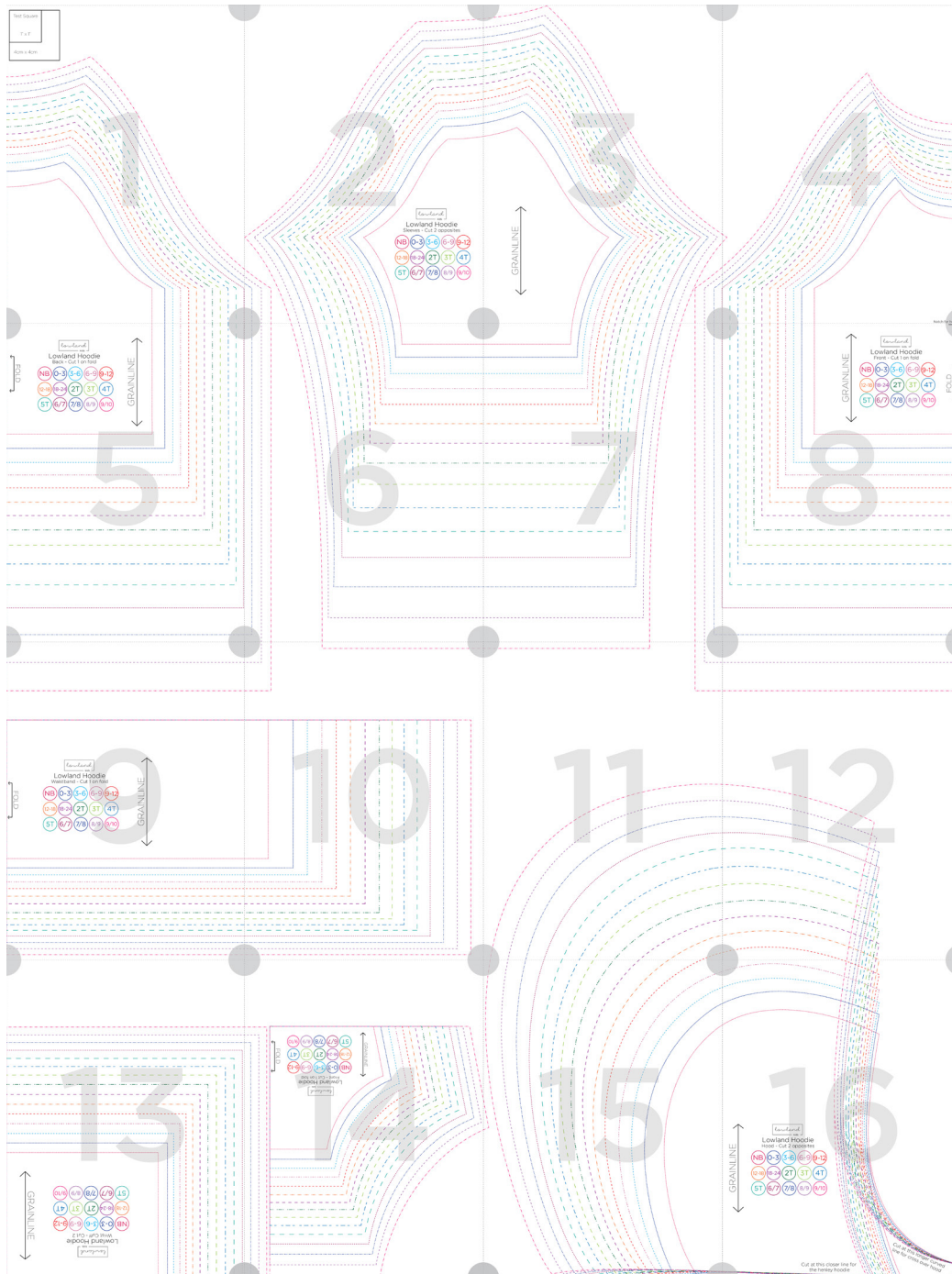
Print Guide by Size

If you're printing from home with Letter size paper and only printing a specific size, use the guide below to know which pages to print without wasting paper!

NB	1-10, 13-16
0-3	1-10, 13-16
3-6	1-10, 13-16
6-9	1-10, 13-16
9-12	1-16
12-18	1-16
18-24	1-16
2T	1-16
3T	1-16
4T	1-16
5T	1-16
6/7	1-16
7/8	1-16
8/9	1-16
9/10	1-16

Cut and Tape Guide

If you're printing at home, use the guide below to cut and tape your pattern together. I like to cut the left and top edges when assembling!



Let's Start Sewing!

1/4" (0.6 cm) seam allowance
included in all pieces unless
stated otherwise

Here are the pieces you'll need to make this hoodie:

- 1 front (shown on fold)
- 1 back (shown on fold)
- 2 sleeves (opposites)
- 2 hood pieces (opposites)
- 1 piece of binding (finished width should be 1/2" thick)
- 1 waistband
- 2 wrist cuffs
- 1 pocket (optional and not shown here)



We're going to start with the pocket! If you're not doing a pocket skip to the middle step of the next page.

Begin by binding the curved parts of the pocket.



Then flip it so that the wrong side is facing you.

Iron the top and slanted side edges in 1/4". I like to use fusible interfacing to make it stay down and it helps keep it stable for top stitching.



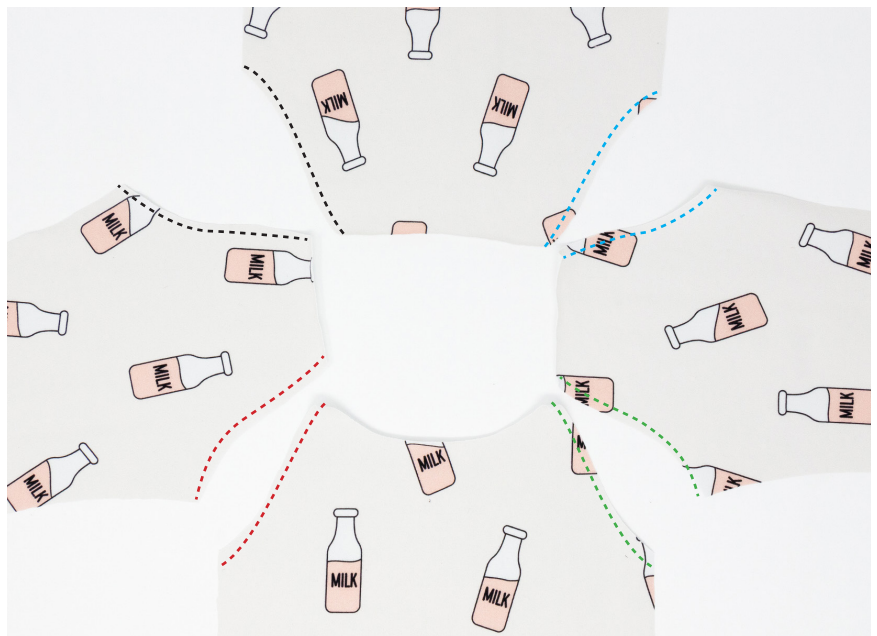
Line up the bottom center of the pocket with the bottom center of the front body piece of the hoodie.

Pin along the top and curved sides that you just ironed. Top stitch using a straight stitch. Remember to reinforce your stitch when beginning and ending these stitches!



Now grab the body pieces and sleeves. Lay them as shown. Make sure the sleeves are laid out correctly. The back curve of the sleeve is slightly longer than the front. You can also refer to the pattern piece to make sure they're correct.

Sew the sleeves to the body pieces right sides together as indicated by the matching colors.



Then lay the hood pieces right sides together and sew the curve!

If you're doing the Henley continue to the next step. For the cross over hood skip to page 14.



For the Henley, use the notch on the pattern piece as a guide to cut a straight line from the top middle of the front piece down to the mark on the pattern piece.

To see a video tutorial of how to construct this Henley, click [HERE](#).



Take your hood and pin/clip the seam of the hood right sides together with the middle back piece. Then pin evenly around until the edges of the hood are lined up with the edges of the line you just cut (the hood piece will need to stretch a little bit).

Sew the hood onto the neckline!



At the bottom of the line you cut, use small scissors to cut a little upside down V. Make sure that the width of the end of each point is 1/2" (1.3cm) as indicated on the picture.



Attach your binding along the edge of the line you cut and around the hood. You'll want to make sure that on the inside your binding lines up as close as possible to the edge of the V.

Overlap the binding pieces at the bottom so that one is directly above the other.

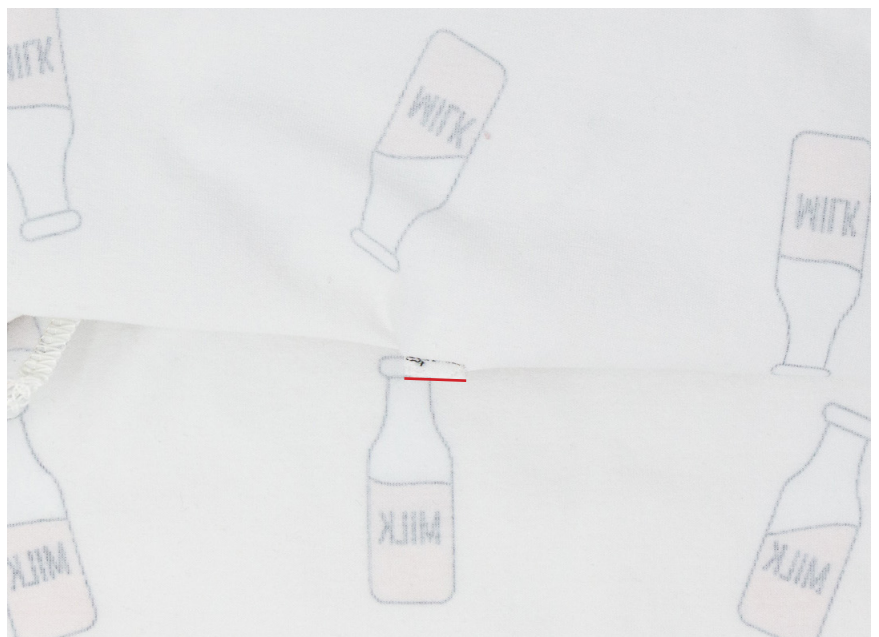


Flip the bottom of the front piece up so that you can see the extra binding that is hanging below. Make sure that the V is pointed down and that it is as flat as possible.

Sew from one corner to the other. This will be a very small stitch. Try not to go past the corner otherwise the front will show a seam.



Trim the excess binding!



On the right side, top stitch a little box with an X inside to secure it.



Refer to your sewing machine manual to attach your button holes to the front strip on your Henley.

I like to add button holes only to the top two because we never end up unbuttoning the bottom so I just sew a button straight on there!

Skip to page 15 to finish constructing the hoodie!



Attach your binding to the front edge of your hood.

For a video tutorial on binding Click [HERE](#).



Take your hood and pin/clip the middle seam of the hood right sides together with the middle back piece.

Start pinning/clipping one side of the hoodie around the hood. It should overlap the middle of the front neckline. (Stretch the hood piece a little bit as you go)



Then go to the other side and pin/clip that all the way around overlapping the other side of the hood by 4" (7.6cm)

If you're not totally confident with attaching a hood this way, baste the overlapped pieces to the neckline of the hoodie before sewing the hood on. Make sure that the binding pieces are sticking up a little so that you don't end up with holes when you're all done.

Sew the hood all the way around the neckline.



Put your hoodie right sides together and sew from the wrists, through the armpits then down to the bottom of the hoodie.



Fold your cuffs right sides together and sew the sides as shown.



Fold your waistband right sides together and sew the side as shown.



Fold a sleeve cuff right sides out.

Then slip it into the sleeve and sew the full circle to attach the cuff to the sleeve. Repeat with the other side.



Now fold the waistband right sides out and slip it into the bottom of the hoodie.

Sew the full circle!



Attach your buttons if you haven't already and you're all done!



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