



Unlocking Creativity

Onesie Pattern

Pattern & Tutorial

Free Size: 3-6 Mo

[Full Version \(NB - 36 Mo\) Available Here](#)

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Size & Requirements Chart:

Fabric (includes body, sleeves: Knit fabric 56-60" wide (see suggested fabrics below); Banding: ribbing fabric.
Notions: Matching thread, 3 snap sets or 2 inches of 3/4" velcro.

Machine requirements: Optional serger or sewing machine with a zig zag (or other stretchable type) stitch.

It is best to measure for accurate sizing. Please note that the sizing closely resembles 'ready to wear' clothing.

Use the height and chest for most accurate sizing.

Letter Size	NB	0-3 Mo.	3-6 Mo.	6-9 Mo.	9-12 Mo.	12-18 Mo.	18-24 Mo.	24-36 Mo.
Waist	14 in.	15 in.	16 in.	16.5 in.	17 in.	18 in.	19 in.	20 in.
Hips	14.5 in.	15.5 in.	16.5 in.	17 in.	17.5 in.	18.5 in.	19.5 in.	20.5 in.
* Height	<20 in.	17-25 in.	24-27 in.	26-29 in.	28-31 in.	29-32 in.	32-34 in.	34-38 in.
* Chest	<16 in.	17 in.	18 in.	18.5 in.	19 in.	19.5 in.	20 in.	21 in.
Main Fabric	1/2 yd.	5/8 yd.	5/8 yd.	5/8 yd.	5/8 yd.	2/3 yd.	2/3 yd.	3/4 yd.
Banding Fabric	1/4 yd.	1/4 yd.	1/4 yd.	1/4 yd.	1/4 yd.	1/4 yd.	1/4 yd.	1/4 yd.

Suggested Fabrics

Yardage fabric: purchase a knit fabric with at least a 2 way stretch. 60% or more horizontal stretch is the most comfortable. Examples include jersey knit or cotton lycra.

Knits are stretchy fabrics (unlike woven fabric, which has no stretch at all).

Budget Friendly Ideas

If you want to recycle other fabrics into these onesies, consider using a t-shirt or a jersey sheet. You could make a lot of onesies from one sheet.

Using an old t-shirt is an excellent way to have a variation for banding as well.

Helpful Hints & Tricks

See this helpful video on attaching pattern pieces
www.MammaCanDolt.com/notrimpattern

Here's our favorite trick to working with knits:
www.MammaCanDolt.com/walkingfoot

Regular or Cloth Diaper fit

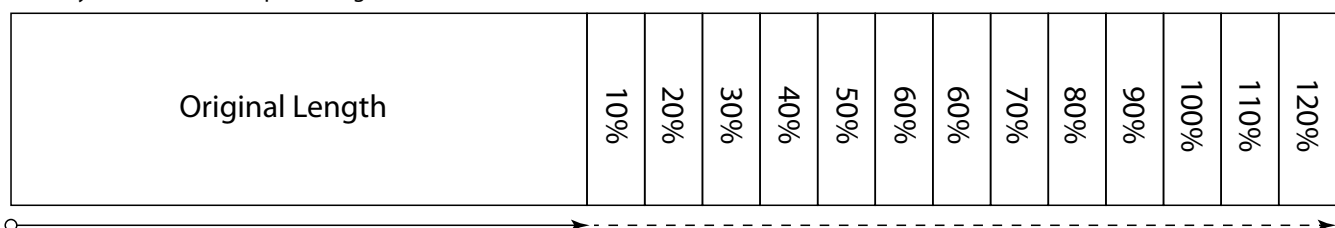
If your baby wears disposable diapers, and he/she fits in store bought onesies, you'll love the "Regular Onesie" pattern.

If you use cloth diapers, or if your baby has an extra long torso, you'll love the "Cloth Diaper Friendly Onesie" pattern.

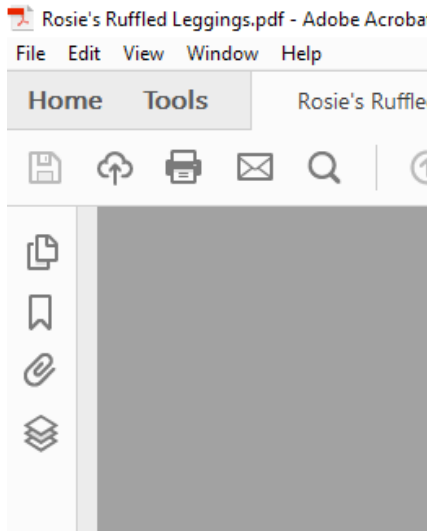
My favorite choice is the Cloth Diaper Friendly pattern whether you use cloth or disposable diapers. It's longer which means that it will grow with your baby; fitting for a longer period of time.

Fabric Stretch Percentage Guide

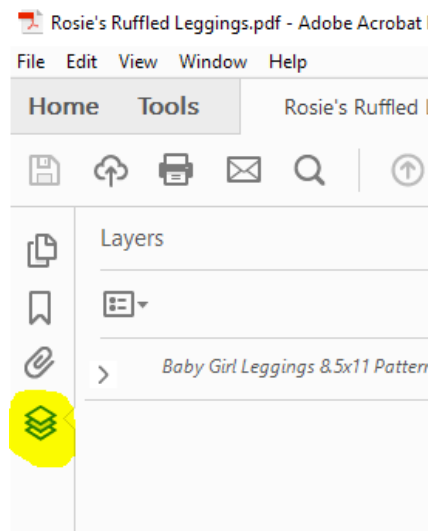
To determine the percentage of stretch of a knit fabric, hold the fabric at the indicated marks and stretch until you feel resistance. This is your fabric stretch percentage.



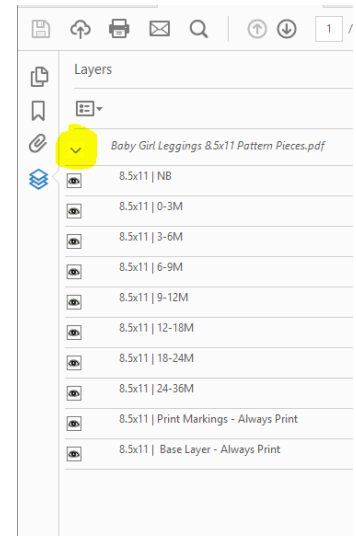
Printing Guide



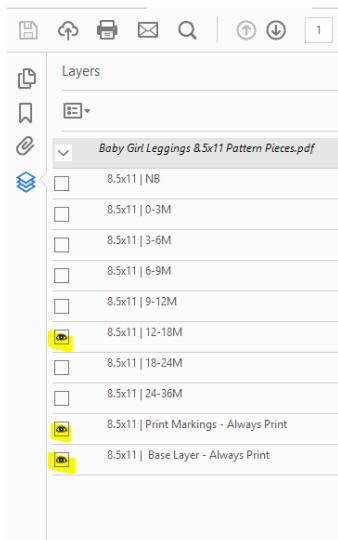
Step 1.
Open the file in Adobe Reader or Adobe Acrobat.



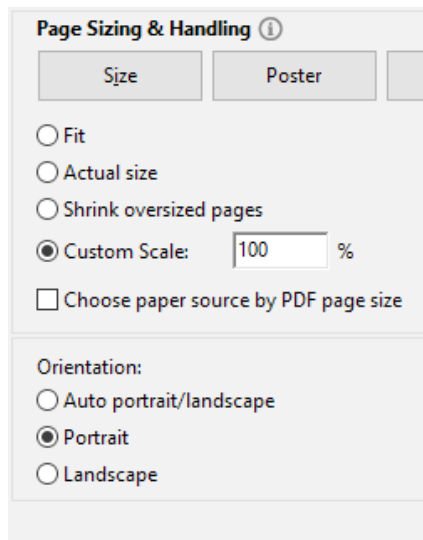
Step 2.
Click the "Layers" icon.



Step 3.
Click any arrows to see what is in the drop down menu.



Step 4.
Select the Base layers that you want to print.
Also select the size.



Step 5.
Click Print. Select "Custom scale 100%" and "portrait".

This Tutorial includes pattern pieces for 8.5x11 size paper.

An A4 and copyshop file are available as separate files as well.

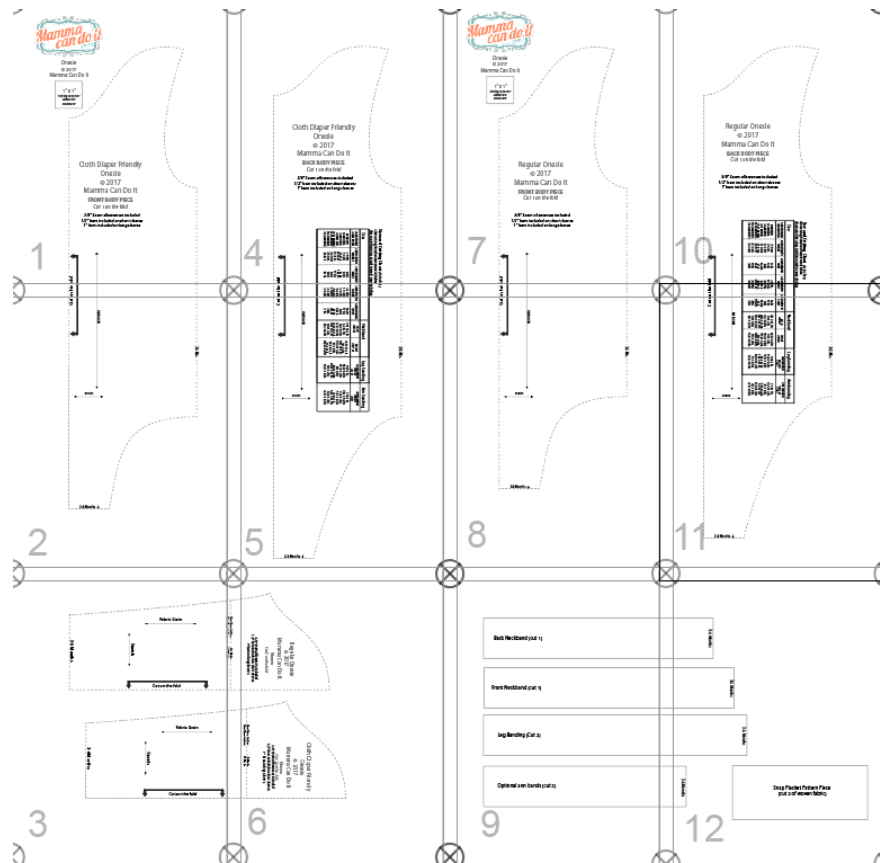
8.5 x 11 Pattern Assembly Guide

Assemble pattern pieces with overlapping edges without cutting.

Simply connect the circles in the corners of each page.

The pages overlap 1/2" when lining up the circles in each corner.

A4 and Copyshop files are available in a separate download.



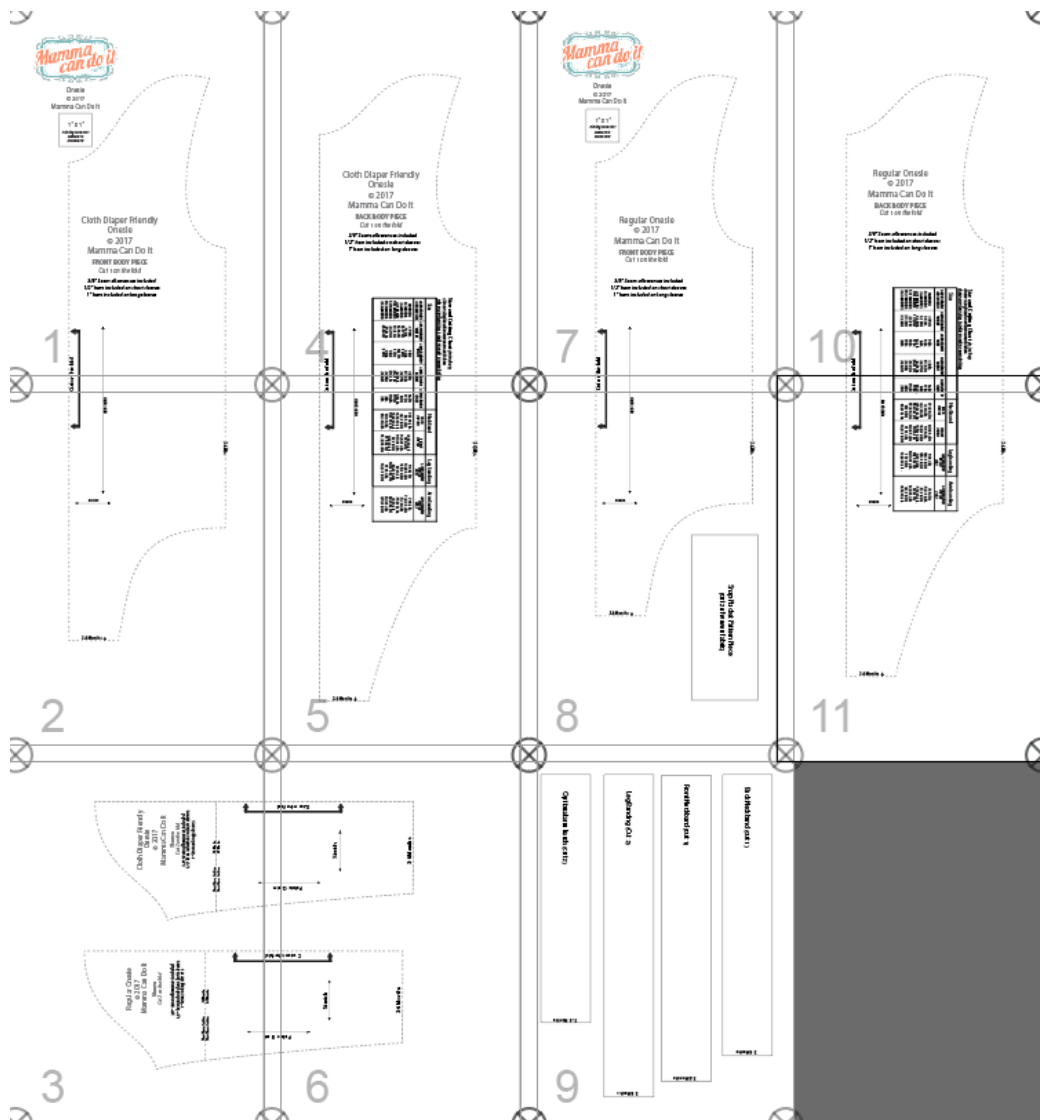
A4 Pattern Assembly Guide

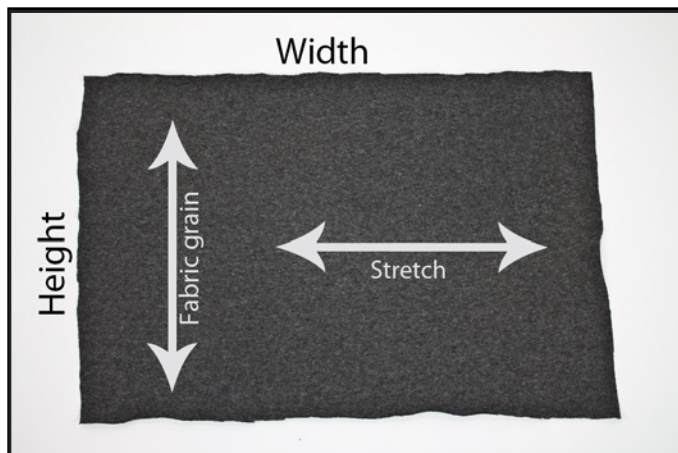
Assemble pattern pieces with overlapping edges without cutting.

Simply connect the circles in the corners of each page.

The pages overlap 1/2" when lining up the circles in each corner.

A4 and Copyshop files are available in a separate download.





Fabric Grain and Direction

The way that you cut knit fabric is important because it allows stretch in important areas.

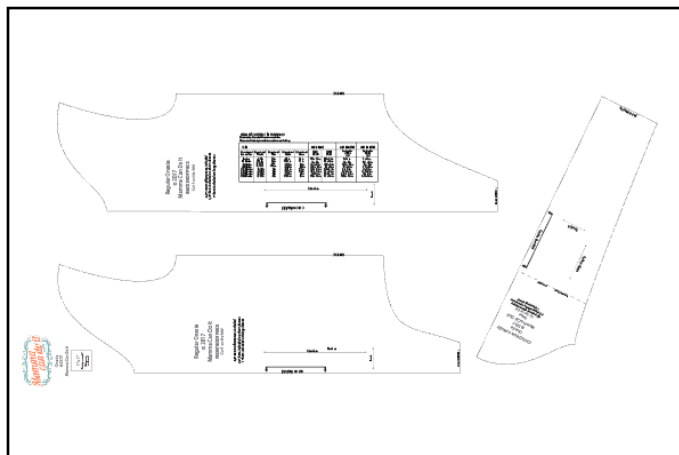
On the pattern there is an arrow that says “fabric grain”. Use this to place the pattern piece on the fabric in the correct direction.

Please use this simple illustration to know which direction the fabric grain should be going.

Step 1.

For digital version of this pattern, print pattern pieces and attach together with tape or glue.

For the book version of this pattern, simply use a copy machine or transfer by drawing. You could also cut out of book, but it's not recommended.



Step 2.

Cut out the desired size of pattern.



Step 3.

Cut (on the fold) one 'back body' piece and one 'front body' piece.

About Banding:

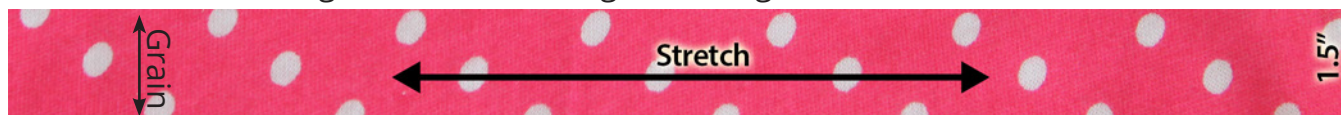
The type of banding that we are sewing is actually the same type that is on most of your t-shirts' neckline. Take a look at one before starting to sew. It'll give you a good idea of what the onesie banding will be like.

If you don't want to measure banding into separate strips, don't worry!
Make a LONG strip by cutting the longest strip that you can, 1.5" wide.
Simply pull the banding snugly while sewing and snip off the excess.

It is also important to note: All fabrics are different. The measurements that are on the pattern are great starting points - however, if you find that there isn't enough stretch in the fabric, or if there is too much stretch, you may need to adjust the banding lengths.

It is recommended to use ribbing fabric for all the banding.

Banding needs to be cut against the grain so that it will stretch



Step 4.

Cut the 'back body' and 'front body' **neck banding pieces**. The measurements are located on the pattern.
All banding is 1.5" wide.



Step 5.

Fold the banding in half lengthwise. Keep the 'right side' on the outside.
To clarify: to fold "lengthwise" is to put the long edges together.



Step 6.

Place the center of each banding strip onto the center of each body piece neckline. The opening of the banding strip needs to be lined up against the neckline. Pin the center of the banding onto the 'right side' of body piece as shown.
The "back banding" goes on the "back body piece" and the "front banding" goes on the "front body piece".





Step 7.

Starting at the pin, sew half of the banding onto the neckline. Pull/stretch the banding to fit properly. Sew $\frac{3}{8}$ " from the raw edge.

All seam allowances are $\frac{3}{8}$ " unless noted.

All seams must be sewn with a serger or stitch that stretches.



Optional serging Instructions

Rather than starting at the center point on step 7, simply pin the banding into place and serge. Carefully remove pins while serging as to not ruin the machine.



Step 8.

Sew the banding to the other side of neckline.



Step 9. (Optional)

Press the seam allowance toward the body piece. Sew a top stitch below the seam line (with a stretchable stitch). This holds the seam allowance into place and makes the neckline look finished.



Step 10.

Measure 3" from the neckline tip on the 'front body' piece (include the banding in the measurement). Mark with a pin. Measure on both sides of front piece.



Step 11.

Layer the shoulder tips of the 'back body' piece on top of the 'front body' piece up to the pins. *Use the pins as a guide.*



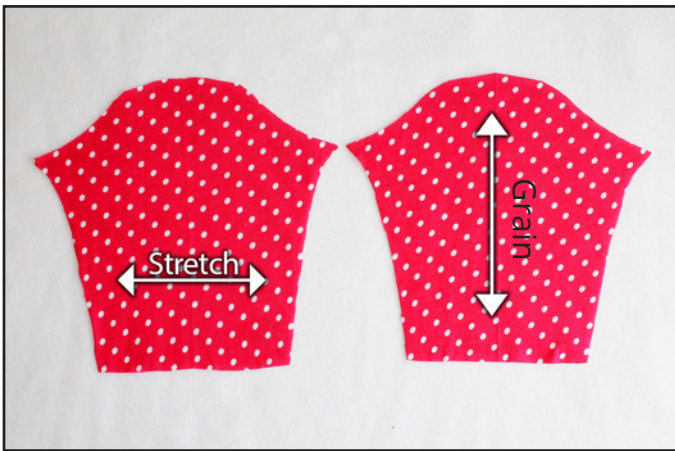
Step 12.

Baste (sew with a long stitch that is easy to remove) the overlapping shoulders together 1/8" from the edge. This will help to hold it in place while sewing on the sleeve or banding.



Step 13.

Lay the connected body pieces flat with the right side facing upward.



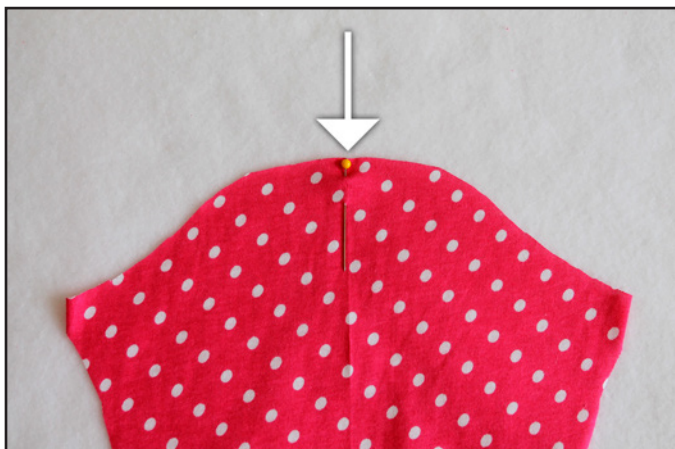
Step 14.

Using either the short or long sleeve pattern piece, cut two of fabric as shown.



Step 15.

Fold the flat end of the sleeve inward to create a hem. For long sleeves, the hem is 1". For short sleeves, the hem is 1/2". Press. Sew 1/8" from the inner edge of the hem. Remember to use a stitch that stretches such as a zig zag stitch.



Step 16.

Find the center of the curved edge of sleeve. Mark with a pin.



Step 17.

Find the center of the overlapped shoulders. Mark with pins.



Step 18.

Match up the center pin on the sleeve with the center pin on the overlapped shoulders. Place the sleeve face down as shown. Pin the pieces together in the center where the pins are.



Step 19.

Starting at the pin, sew half of the sleeve onto the body piece.

Please note: If the body pieces were overlapped properly in step 10, the sleeve will match up to the armhole perfectly without stretching.



Step 20.

Starting in the center, sew the remaining half of the sleeve onto the body piece. Repeat steps with the remaining sleeve.

Serger instructions: Pin entire sleeve into place and serge.



Step 21.

Arrange the onesie inside out. Line up the sleeves and the sides of the onesie. Pin and sew the sides and sleeves.



Step 22.

Cut the banding strips for each side of leg.



Step 23.

Fold the banding in half lengthwise and press.



Step 24.

Pin one piece of banding to one leg hole on the right side of the onesie.

Pin evenly by starting in the center of the banding and working your way to the outward edges.



Step 25.

Sew the banding into place.

Repeat with the remaining leg hole.



Step 26.

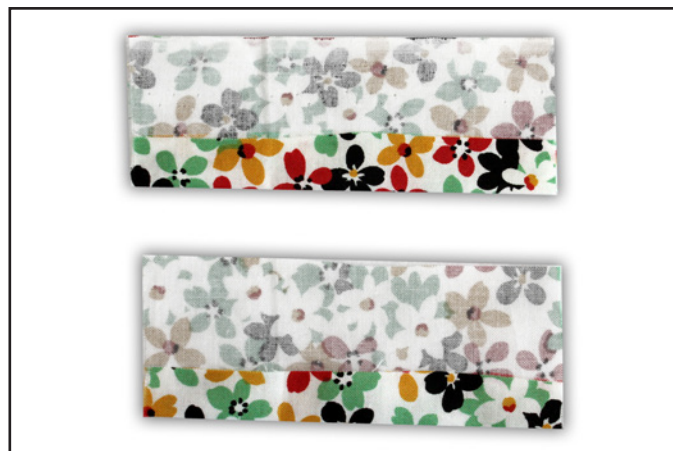
Press the seam allowance toward the onesie body and sew a top stitch on the onesie to tack down the seam allowance, next to the banding.



Step 27.

To create a snap placket which will help support the snaps, cut two pieces of scrap fabric 2x5".

Preferably woven fabric...it doesn't need to match.



Step 28.

Fold one long edge of each rectangle 1/2" toward the 'wrong side'. Press.



Step 29.

Center one of the rectangle pieces on one bottom edge of the onesie. Put the right sides together as shown. Sew 3/8" from the edge as shown. There is meant to be excess fabric on each side, so please do not snip the excess.
Do not serge this area. The seam allowance will add to the stability of the snap area.



Step 30.

Open the rectangle. Flip the onesie to the backside. Fold the excess sides inward toward the wrong side of the onesie.



Step 31.

Flip the rectangle to cover the raw edges and excess. Pin into place.
Repeat step 29 & 30 with other placket and body piece.



Step 32.

Sew the rectangle into place by sewing the 3 open sides of the rectangle. Sew 1/8" from the edges of the rectangle.



Step 33.

Mark the desired location for snaps or velcro.



Step 34.

Attach snaps as shown. The stud snaps (the ones that protrude outward) attach on the front flap. Socket snaps (the ones that are inverted) attach to the back flap.



Step 35.

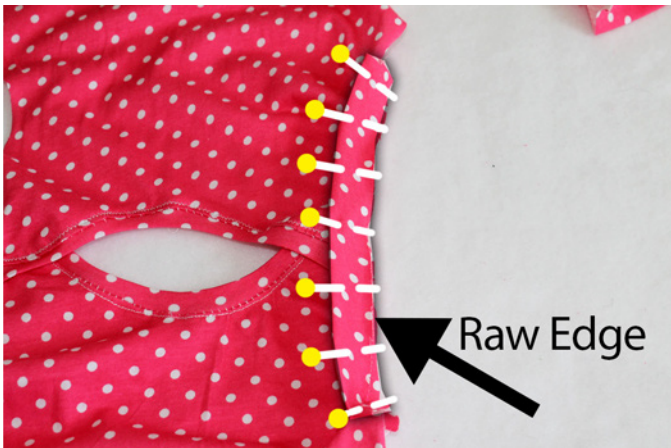
If velcro is desired, cut 2x3/4" wide strips of hook and loop. Attach the loop (soft side of velcro) to the front flap and hook (scratchy side of velcro) to the back flap.

Sleeveless Onesie Banding Tutorial



Step 1.

The measurement for tank banding is on the pattern piece. Cut two of banding. Fold the binding in half lengthwise and press.



Step 2.

Place one banding strip on one arm hole. The banding sits on the printed side (right side) of the onesie. Stretch and pin into place. Hint: The banding is much shorter than the armhole itself.



Step 3.

Sew the banding into place with a zig zag stitch. Sew $\frac{3}{8}$ " from the raw edge.



Step 4.

Sew a top stitch with a zig zag stitch. Sew very close to the banding seam.

Contact Us

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Pics from our testers!

