Children's Hospital Gown - How to Make the Pattern & Cut the Fabric

These are instructions on how to make the pattern and cut the fabric for a hospital gown for a child.  The hospital gown has an opening at the back that completely overlaps to give full coverage.  The back has two 16" tie closures on each side - one is on the outside and one is on the inside. There is also a 16" tie closure at the neck. It has a square neckline and butterfly sleeves. The short butterfly sleeves allow for full access to the arm for ease in medical procedures.

The pattern is a very simple pattern to sew and is designed for beginner sewers. There are no complicated bias trims or rounded edges. A traditional sewing machine or serger can be used. It is helpful if the sewing machine has a zigzag stitch, but this is not necessary.

Please note that you may want to buy grosgrain ribbon instead of making your own ties as this will save considerable construction time; in which case, please omit the instructions below on cutting the ties. Each gown will require three yards of grosgrain.

The pattern includes five sizes: small (sizes 3-4); medium (sizes 5-6); large (sizes 7-8); extra large (sizes 10-12); and XX-large (sizes 14-16). Yardage ranges from one yard to two and a quarter yards. A good quality cotton/ polyester blend is recommended. This blend will allow for the garment to be laundered with minimal or no wrinkling.

Please see the blog post on how to construct the pattern by clicking here. That blog post also includes the full list of materials to construct the gown. This blog post is merely on how to make the pattern for the gown and how to cut the fabric. Please read both before starting the gown. Both posts are available as a PDF download without pictures at the end of each post.

All fabric should be washed and dried on the hottest temperatures possible before cutting.

**FABRIC YARDAGE BY GOWN SIZE**

* Size Small (3-4) - 1 yard
* Size Medium (5-6) - 1 yard
* Size Large (7-8) - 1 1/4 yards
* Size Extra Large (10-12) - 2 yards
* Size XX-Large (14-16) - 2 1/4 yards

MATERIALS to Make the Pattern and Cut the Fabric

* Access to a computer & a printer to download and print the patterns
* Paper wide as the gown width - minimum 7" and maximum 12" (brown paper bag, tissue paper, medical table paper, craft paper, printer paper, etc.)
* Pencil or pen
* Tape
* Ruler
* Scissors

PATTERNS - Please go to [www.The-Embroiderist.com](http://www.The-Embroiderist.com) and click on the “Blog” for the patterns for the gown.

STEP 1 - PREPARATION

* At the computer download the pattern and print it.
* Cut out both patterns on the inside of the dark line.

STEP 3 - CONSTRUCTING the Body of the Pattern

* FInd the body pattern. Place the edge of the body pattern that says "CENTER" on the edge of the paper. Trace this on the paper.
* EXCEPTION for size 16 - Size 16 needs to have an additional 2" added to the left side of the pattern. Place the pattern two inches from the edge of the fabric and then follow the directions below.
* Each body pattern has inches to be added to the length. This measurement can be found at the bottom edge of the body pattern.
* Using the ruler measure this amount below the bottom of the pattern. To keep the same distance from the edge of the paper to the other edge that you are drawing, mark the width of the pattern at several places along the length of the paper.
* Connect the lines so that there is a continuous line from the bottom of the pattern to the amount to be added to the pattern.
* Connect the line from edge to edge.

STEP 4

Trace the body of this pattern two more times. You will now have 3 full length body patterns.

STEP 5 - PATTERN FRONT

* Label one of the patterns "FRONT".
* Write the size on line 2.
* Add the words "Cut one on the Fold" to line 3
* On the longest left line - CENTER - add the words "FOLD" with an arrow.

STEP 6 - PATTERN BACK

* Tape two of the body pieces together at the "CENTER."
* On the right side where there is a diagonal, measure 3" and mark.
* Cut this 3" off just the one side.
* Label the pattern "BACK."
* Write the size on line 2.

STEP 7 - PATTERN SLEEVE

* Trace the sleeve pattern onto the paper.
* Each sleeve pattern has inches to be added to the length. This measurement can be found at the bottom edge of the sleeve pattern.
* Using the ruler measure this amount below the bottom of the pattern. To keep the same distance from the edge of the paper to the other edge that you are drawing, mark the width of the pattern at several places along the length of the paper.
* Connect the lines so that there is a continuous line from the bottom of the pattern to the amount to be added to the pattern.
* Connect the line from edge to edge.
* Label the pattern "SLEEVE."
* Write the size on line 2.

STEP - CUTTING THE FABRIC

* Fold the fabric in half with the wrong sides together (colorful on the outside). Match the selvages (the finished side of the fabric). The raw/cut ends should be at the top and bottom.
* Each pattern will require a different placement due to the size. The pictures show size XX-Large; however, size Small can fit more pieces next to each other. Please play with the pieces to make the most of the pattern on the pieces.
* Align all the pieces on the fabric before cutting. Pin in place then cut as follows.
* Place the "Front" of the pattern on the fold. Cut one on the 3 sides.
* Place the "Back" next to the "Front" or below it, depending on the size. Cut one on all 4 sides. This will give you 2 pieces facing opposite directions.
* Place the "Sleeve" where it will fit twice. Cut this pattern 2 times. This will give you 4 pieces with 2 facing opposite directions.
* Measure and cut 6 pieces of fabric (for the ties) that are 16" by 2".

Please go to [www.The-Embroiderist.com](http://www.The-Embroiderist.com) and click on the “Blog” for the instructions on how to construct the gown.

If you have any questions, or there are any errors, please contact Colleen Bell at [Colleen@TheEmbroiderist.com](mailto:Colleen@TheEmbroiderist.com) .