



COMFY LEGS

A cloth nappy friendly loose jogging bottoms style
PDF Sewing pattern for ages Tiny Baby to age 7-8
years.



Description

This pattern is for Comfy Legs: jogging bottoms style trousers.

Additional Features:

- ♥ Pockets on the trousers
- ♥ Single or Double length cuffs

FABRIC OPTIONS:

The pattern works best with fabric with a small stretch value but can be used with non stretch sweatshirting or woven cotton. You can use the jersey or rib for the cuffs and waistband.

SEAM ALLOWANCE:

There is a 7mm (0.25 inch) seam allowance included in the pattern. This means you can serge along the edge of the fabric without trimming any fabric off with the blade.

PREWASH:

Remember to prewash all fabrics to allow them to preshrink and to remove any factory residues.

NOTIONS:

A sewing machine using a zigzag or stretch stitch or an overlocker. If using a sewing machine remember to use ballpoint or stretch needles and polyester thread.

ELASTIC will be needed for the Comfy Legs waist if you're using a jersey or rib without a strong recovery. A maximum width of 3cm for the elastic.

LEGAL STUFF: I can't really stop anyone from copying or distributing this pattern but I assume that you'll be cool and follow the rules and stuff. I'll list the legal things anyway just for info :) Please don't copy or share the pattern without prior agreement. If you are going to make items to sell with the pattern it would be awesome if you referenced the pattern but I understand that doesn't always happen so I'm not going to get hung up on that. I don't have the money to sue you if you decide to open a massive sweatshop and produce millions of items using my pattern but again I'm kind of trusting everyone to just be a nice person and hoping you won't do that.

SIZE GUIDE:

Use these measurements to work out which size pattern to make. Don't worry if your child is near the top measurement of either the length, weight or height and mid range for another. You can easily adjust the pattern to fit. If your child has a narrow waist you can cut a smaller waistband and the corresponding trouser size for their height. Or cut a larger waistband if your child's waist measurement is on the higher end for the required size.

SIZE	HEIGHT		WEIGHT		WAIST		INSEAM	
	cm	inches	kg	lbs	cm	inches	cm	inches
Tiny-IM	54	21.25	3.5	7.7		15	16	6.25
0-3M	62	24.4	5.5	12	43	17	18	7.1
3-6M	68	26.8	7.5	16.5	45	17.7	23	9
6-12M	80	31.5	9	20	48	18.9	27	11
1-2Y	90	35.4	13	29	50.5	19.9	33.5	13.25
2-3Y	98	38.6			52	20.5	39	15.4
3-4Y	104	41			54	21.3	42	16.5
4-5Y	110	43.3			55	21.7	46	18.1
5-6Y	116	45.7			56	22	49	19.3
6-7Y	122	48			58	22.8	53	21
7-8Y	128	50.4			60	23.6	57	22.5

FABRIC REQUIREMENTS:

Calculated on fabric of 150cm width and include the cuffs and waistband:

SIZE in metre	TROUSERS
Tiny-IM	0.3
0-3M	0.4
3-6M	0.4
6-12M	0.5
1-2Y	0.5
2-3Y	0.6
3-4Y	0.7
4-5Y	0.7
5-6Y	0.7
6-7Y	0.8
7-8Y	0.8

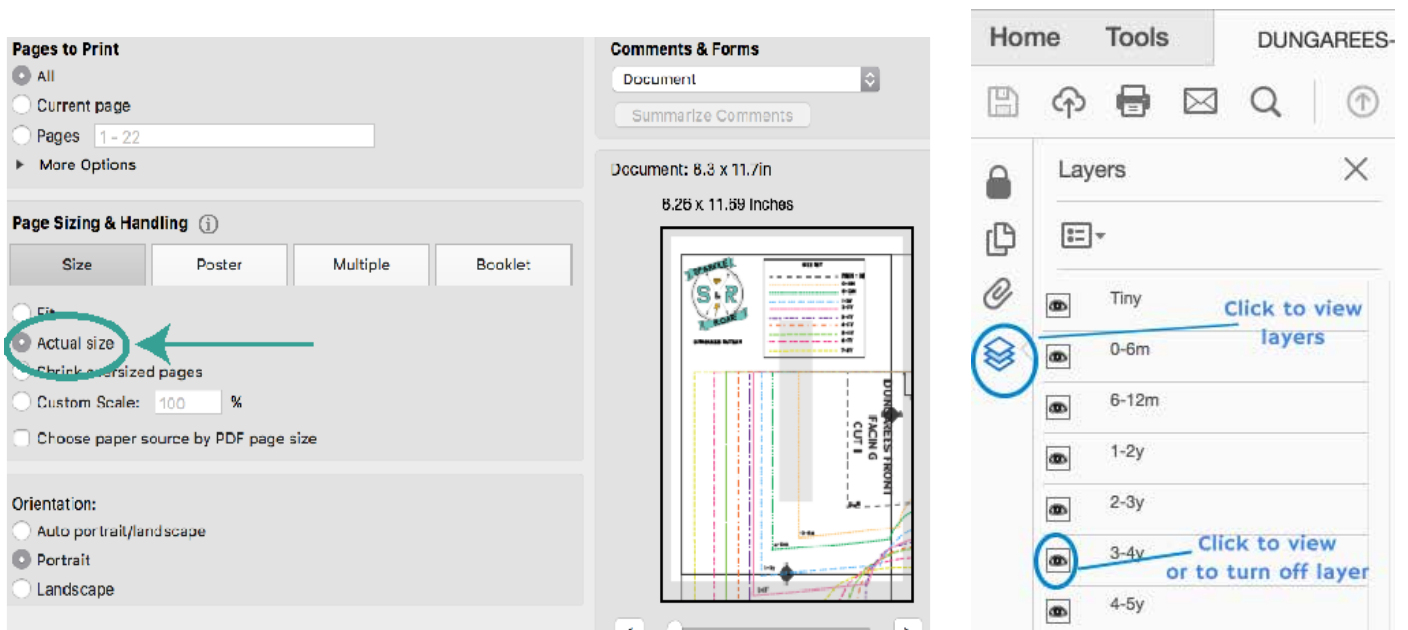
Table of measurements for the various pieces in the pattern and elastic requirements. You can just print out the pieces from the pattern, these measurements are mostly for reference.

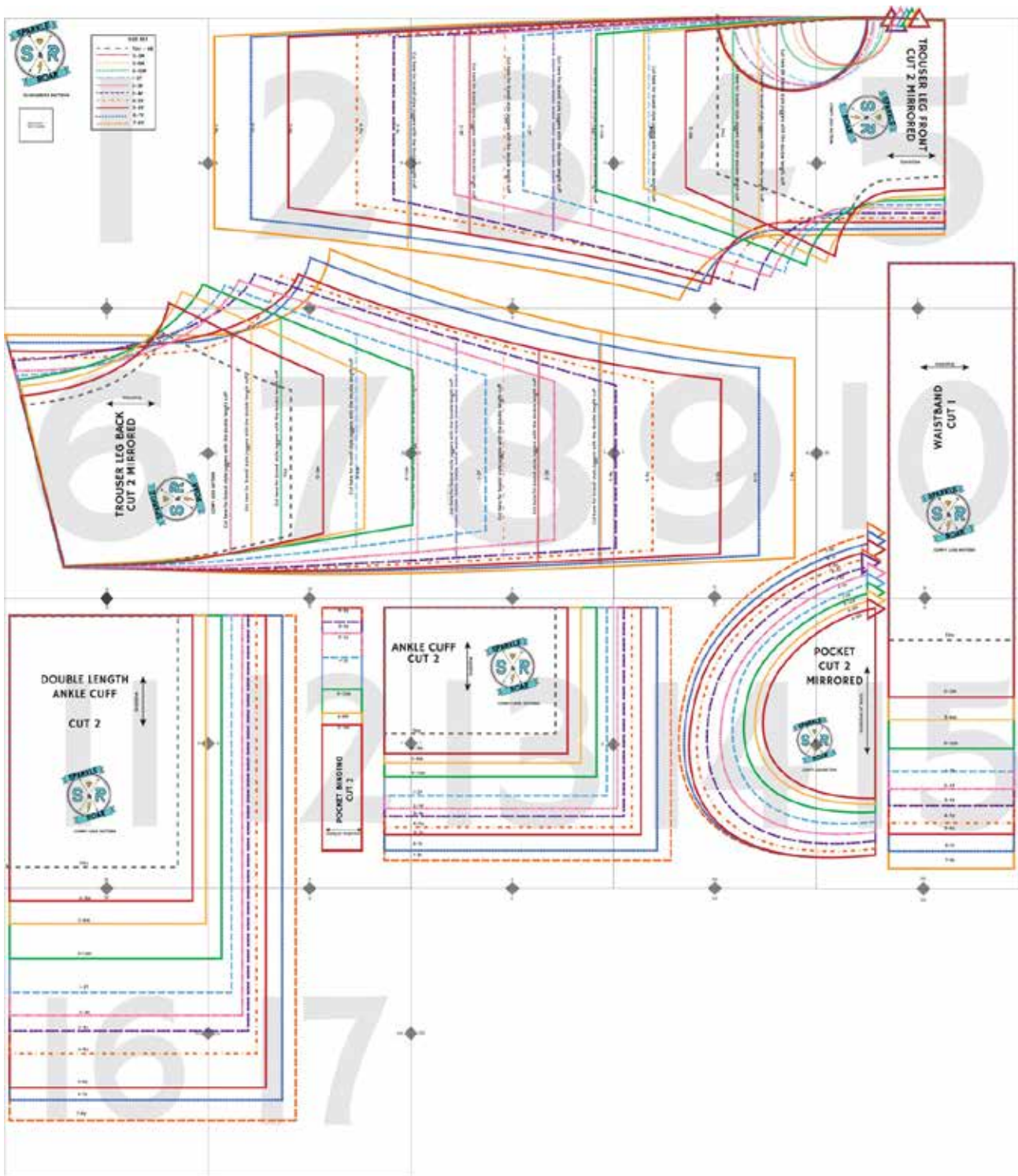
Measurements in cm	ANKLE CUFFS		WAISTBAND	WAIST ELASTIC
	Regular	Extra Length		Max width 3cm
	W x L	W x L	W x L	Length
Tiny-1m	15 x 11	15 x 22	11 x 33	
0-3m	16 x 12.7	16 x 25.4	11 x 38	
3-6m	17.2 x 13.6	17.2 x 27.2	11 x 40	
6-12m	18.6 x 15	18.6 x 30	11 x 42.5	43
1-2y	19.5 x 16.5	19.5 x 33	11 x 44.5	45
2-3y	20.4 x 17.6	20.4 x 35.2	11 x 46	47
3-4y	21 x 18.3	21 x 36.6	11 x 47.5	48
4-5y	21.7 x 19.2	21.7 x 38.4	11 x 49	49.5
5-6y	22.5 x 19.9	22.5 x 39.8	11 x 50	50.5
6-7y	24 x 21.3	24 x 42.3	11 x 51.5	52
7-8y	25.1 x 22.1	25.1 x 44.2	11 x 53	53.5

HOW TO PRINT THE PATTERN:

Print all pattern pieces at 100% or Actual Size making sure that no scaling has been set. The pattern is designed to be printed on A4 paper in portrait format.

In Acrobat Reader you can click on the layers option and choose which layers you want to view and print. Leave them all checked to print all or uncheck the sizes you don't want to print.





Comfy Legs pattern pieces layout

ARRANGING:

Arrange the printed pages as shown on this diagram then stick them together making sure you line up the lettered squares on each page. You can then cut your pattern pieces out. You can reuse the top half front and back A pieces as the facing pieces as they are exactly the same size if you would like to save on paper. If you want to bluetack the top to bottom half pieces cut an extra cm above the bottom half join line, this will help you be able to add and remove the top half with ease :)

IMPORTANT:

ALWAYS MEASURE THE TEST SQUARE TO MAKE SURE YOUR PATTERN HAS PRINTED AT THE CORRECT SCALE

CUTTING YOUR PATTERN PIECES:

COMFY LEGS -

- 1) Cut on the trouser line and combine with the regular cuff to make regular style jogging bottoms.
- 2) Cut on the trouser line and combine with the double length cuff to create a foldover cuff that can be extended when babywearing to keep the baby's feet warm. Designed to be worn with the cuff folded in half when not babywearing.

CUFFS AND STRAPS:

Both standard and double length cuff options are included in the pattern already but there is also a table of measurements for these pieces included at the beginning of these instructions if you would prefer to use them.

Construction

OPTION 1 - TROUSER LEGS:



Cut out your front and back trouser pieces. Where the pattern indicates to cut **MIRRORED**, this means you will cut one piece of the pattern as normal then cut another with the pattern piece flipped over as in the pictures.

(The pocket lines are only located on the front pieces of the Trouser Legs option. If you want to add trouser pockets cut out along the pocket lines.)

If you don't want trouser pockets then proceed to Joining the Trouser Legs. instructions.

POCKET CONSTRUCTION:

Cut the 2 mirrored pocket pieces and make sure to transfer the marking from the trouser leg pattern piece to the fabric piece. This will show you where to place the top edge of the pocket piece.

Place both pocket pieces onto the dungaree front with the right side of the pocket against the wrong side of the dungaree front lining up the top of each pocket piece with the markings.

Then stitch along where the red lines indicate. You can use a zigzag stitch or a coverstitch to sew the pocket pieces on.





Flip the trouser front right side up, it should look something like this.

Take the pocket binding pieces and fold them wrong sides together along the long edge.

Place a pin in the centre point of the binding and one pin on each edge roughly 1.5cm in from the edge as shown.

Pin the pocket binding to the raw edge of the pocket opening right sides together. Pin the edge pins in line with the pocket opening edges and the mid point pin in line with the mid point of the pocket opening on the trousers. You should have to stretch the binding slightly to fit around the pocket opening. This will give it a good shape once it's sewn in place.

Sew along the raw edges of the pocket opening and binding.

Follow the same process for the other pocket.



The finished pocket opening should look like this. I like to pin the binding down to prepare it for sewing the front trouser leg to the back trouser leg just to make sure everything stays in the right place when sewing.

NOTE: The reason I attach the pocket piece first before the binding is that it's easier to get a neat, flat pocket this way. If you feel more confident that you can still get a neat, flat pocket and would prefer to attach the binding piece first feel free to do so :)

JOINING THE TROUSER LEGS:

Place the front leg onto the back leg right sides together. The pieces aren't the same size and this is **TOTALLY NORMAL** and deliberate :) Pin the inseams and the outer leg seams together.

Then sew down each raw edge as indicated. Do the same for both the left and right legs.



Lay the two sewn up legs next to each other like this.



Next you're going to pin the raw edges from the left leg to the raw edges of the right leg from front to back making sure you line up the inseam seams together. This is going to form the crotch curve of your trousers.

Or you can do the inside leg method: Keep one leg inside out and turn the other the right way round. Place the right way round leg INSIDE the the other leg.



Line up the raw edges of the crotch curve together making sure the inside leg seams of both legs are aligned.

Pin the raw edges together and sew as shown

You can then pull the one leg out of the other and should have a pair of inside out trousers :)



ATTACHING THE WAISTBAND

You can finish the jogging bottoms by either using a jersey waistband and following the method below or you can use an elastic encased waistband and in that case you would follow the instructions on the next page instead.



Fold your waistband wrong sides together and stitch the shorter raw ends together to create a band.

Fold the raw ends wrong sides together along the long edges and place 4 pins at quarter points on the band. You can then line these up with the back, front and sides mid points of the skirt.

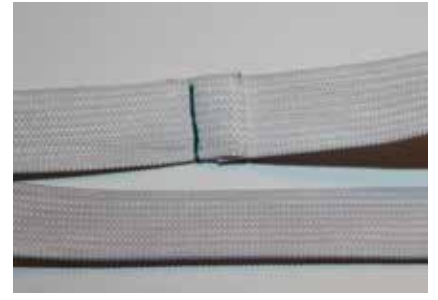
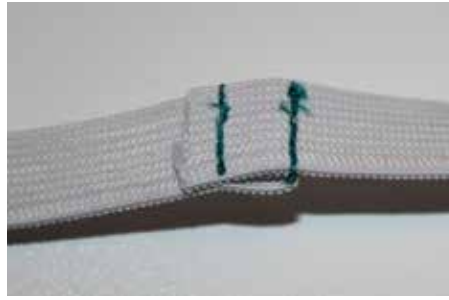
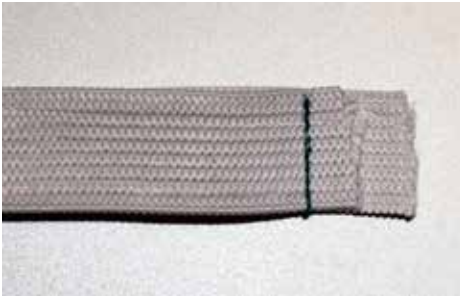


Place the waistband inside your trousers while they're inside out. Line the raw edge of the waistband with the raw edge of the top of the trousers.

Line up your quarter point pins on the waistband with the front, back and side points of the trousers then stretch the waistband to fit and place further pins so that the waistband is stretched evenly to fit inside the skirt.

Serge or stitch the waistband onto the skirt along the raw edges. Stretch the waistband to fit as you sew.

For using an elastic encased waistband follow these instructions:



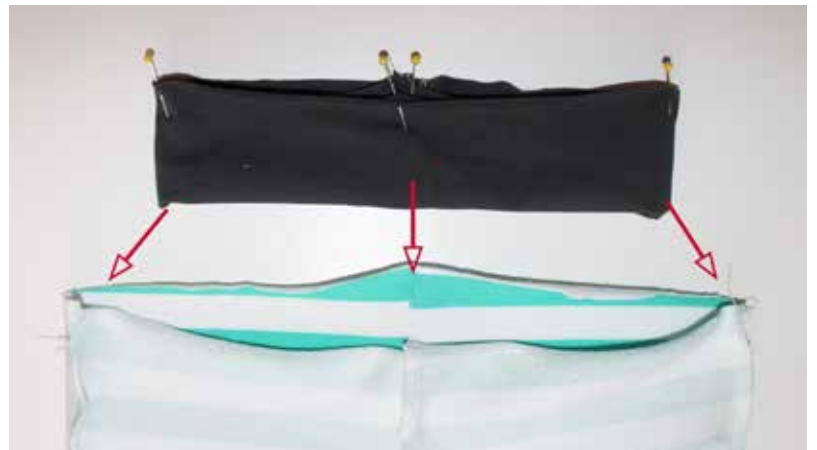
Sew the elastic ends together to make a band. You can do this by leaving an overhang, then stitching the overhang down in place. This gives the seam double the strength.



Sew the elastic ends together to make a band and insert the elastic band into the waistband.

Place 4 pins at quarter points on the waistband.

With the elastic band still inside the waistband, insert the waistband into the jogging bottoms with right sides together lining up the quarter points with the trouser quarter points.



Pin the waistband quarter points with the trouser quarter points.



Continue to pin the waistband to the trousers to get an even stretch of the waistband all the way around. Then serge the raw ends together.

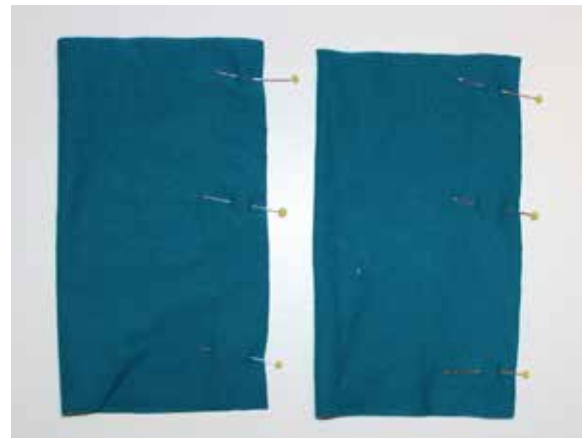
You can add a stay stitch to the waistband to stop the encased elastic from flipping over. I don't normally have an issue with the elastic flipping but if you find it starts to do this you can easily fix it by adding a stay stitch like this.



Your finished Comfy Legs should look a bit like this when turned right way around. Above made with jersey and elastic and to the left made with rib and elastic.

ATTACHING THE CUFFS:

Take your cut out cuff pieces and fold them wrong sides together along the long edge. Pin and stitch down the edge to make two tubes. The process is the same for the regular and the double length cuffs.



Fold the cuffs wrong sides together then place each cuff inside each trouser leg. Pin the raw edge of the trouser leg to the raw edges of the cuff and stitch in place.



If you're making the babywearing cuffs on the trousers then the trousers will be regular length and the cuff will be folded in half when worn normally.

When you have your baby in a baby carrier you can then pull the cuff down and over the baby's foot to keep their feet warm in the carrier :)



Credits: I just want to say a massive thank-you to all my pattern testers who used their own time and fabric to help bring you this pattern. Here is a list of everyone who has helped :)

All custom print fabric used in the instructions is by Second Star Fabric
www.facebook.com/groups/secondstarfabric/

Softshell from Mibs Fabric: www.facebook.com/mibsfabrics

Sweatshirting used for Comfy Legs is Lillestoff Organic available at
<https://www.sparkleandroar.com/product-category/super-cool-fabric-shop/>

Plain woven cotton from Caboodle Textiles: www.facebook.com/groups/CaboodleTextiles/

Some of the pattern testers are:

www.facebook.com/BooCreates/

www.caboodlekids.co.uk

www.Facebook.com/brightncomfy

www.facebook.com/wigglesandcurlywhiskers

www.facebook.com/littlegoodey

www.facebook.com/littlerainbows321

www.facebook.com/SweetLavenderAndChiliFlakes



Using woven cotton for the Comfy Legs



