



NINNA NANNA

**Baby and child yoga pants
with a waistband
and cuffs**

**DIAPER version: sizes 0
months - 4 years**

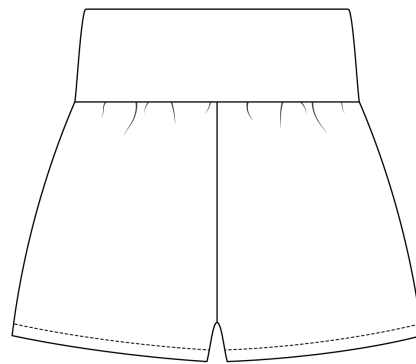
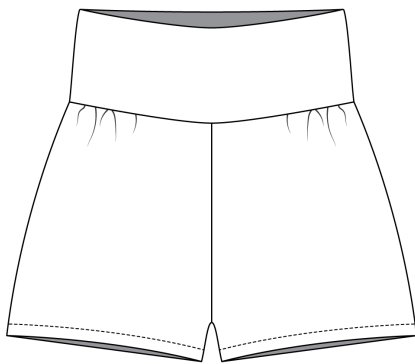
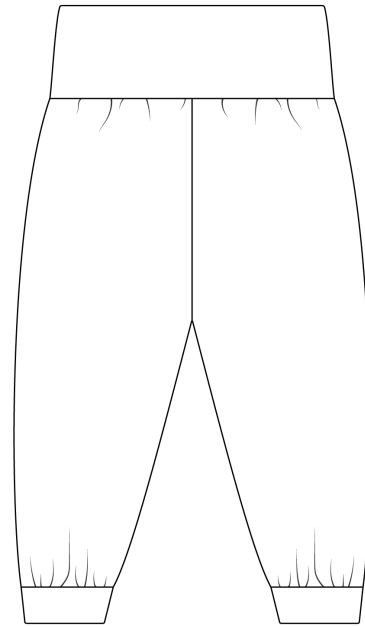
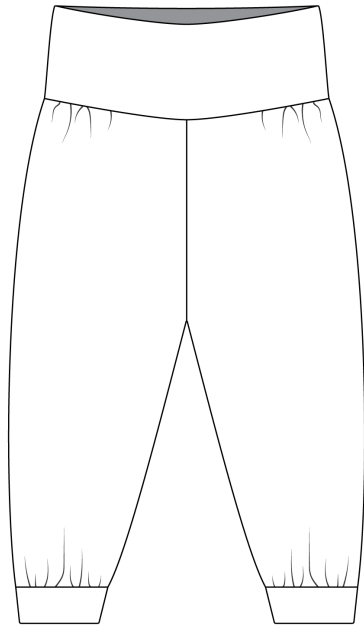
**DIAPERLESS version: 12
months - 10 years**

**Sewing pattern and step by
step tutorial**

**LEVEL:
Beginner**



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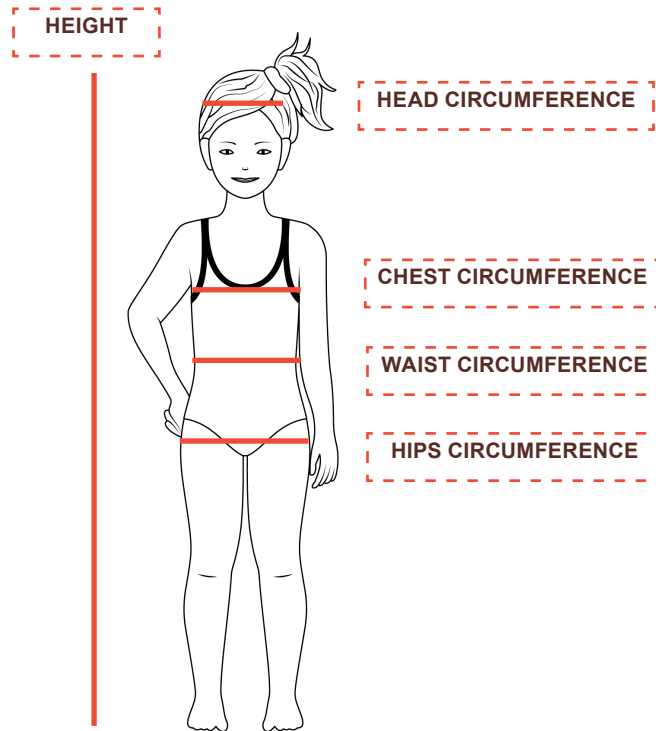




It can be either made as a pair of pajamas, paired with Ninna Nanna top (especially if made of the same fabric), or as a complete outfit (pants + top).

It can also be paired with other flattering designs to get a complete outfit.

HOW TO TAKE MEASURES



Measure your child before choosing the size.

Always choose the size based on your child's height

Make sure that the measuring tape is not too tight, by inserting a finger between the tape and the child.

While being measured, she should be in underwear or wearing a light t-shirt.

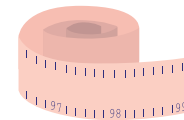
**Don't choose the size based on what you usually use or buy.
Choose the correct size by following the size chart.**

**Don't choose 1 size bigger to allow your child's growth because
it will look ill-fitting
Knit fabrics conform to the body and leave room for growth.**

BABY BODY MEASUREMENTS

Size	0M	3M	6-9M	12M	18M	24M
Height	22"	25"	28"	31 ½"	34"	36"
	56 cm	64 cm	72 cm	80 cm	86 cm	92 cm
Waist	16"	17 ¼"	17 ¾"	18 ½"	19 ¼"	20"
	41 cm	43 cm	45 cm	47 cm	49 cm	51 cm
Hips	16 ½"	17 ¼"	18"	18 ¾"	19 ½"	20 ¼"
	42 cm	44 cm	46 cm	48 cm	50 cm	52 cm

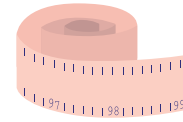
BABY FINISHED GARMENT MEASUREMENT



Size	0M	3M	6-9M	12M	18M	24M
Leg inseam + cuff	6 ⅛"	7 ¼"	8 ½"	10"	11 ¼"	12 ½"
	15,5 cm	18,5 cm	21,5 cm	25 cm	28,5 cm	32 cm

The ease on the hip area is around 10" (25 cm)
This design presents moderate width





TODDLER AND CHILD BODY MEASUREMENTS

Size	3YRS	4YRS	5YRS	6YRS	7YRS	8YRS	9YRS	10YRS
Height	38 ½"	41"	43 ¼"	45 ¾"	48"	50 ½"	52 ½"	55"
	98 cm	104 cm	110 cm	116 cm	122 cm	128 cm	134 cm	140 cm
Waist	20 ¾"	21 ¾"	22 ¼"	22 ¾"	23 ½"	24"	24 ¾"	25 "
	53 cm	55 cm	56,5 cm	58 cm	60 cm	61 cm	62,5 cm	64 cm
Hips	21 ¼"	22"	22 ¾"	23 ⅝"	24 ¾"	25 ½"	26 ¾"	28"
	54 cm	56 cm	58 cm	60 cm	63 cm	65 cm	68 cm	71 cm

TODDLER AND CHILD FINISHED GARMENT MEASUREMENTS

Size	3YRS	4YRS	5YRS	6YRS	7YRS	8YRS	9YRS	10YRS
Leg inseam + cuff	14"	15 ¾"	17 ½"	19"	20 ½"	22"	23 ⅝"	25 ¼"
	36	40	44	48	52	56	60	64

SUGGESTED FABRICS

- Jersey - single or double knit
- Fleece knit (French Terry)
- Any other knit fabric that stretches in 4 directions

FABRIC REQUIREMENTS - fabric 60" (150 cm)

Size	0M	3M	6-9M	12M	18M	24M
	1/2 yd	1/2 yd	1/2 yd	5/8 yd	5/8 yd	5/8 yd
	35 cm	40 cm	45 cm	50 cm	55 cm	60 cm

Size	3YRS	4YRS	5YRS	6YRS	7YRS	8YRS	9YRS	10YRS
	3/4 yd	3/4 yd	7/8 yd	7/8 yd	1 yd	1 yd	1 yd	1 1/8 yd
	65 cm	70 cm	75 cm	80 cm	85 cm	90 cm	95 cm	100 cm

15% of fabric shrinkage is included in these charts

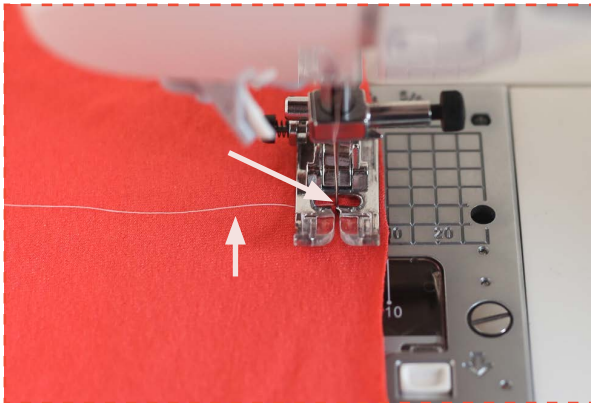
TOOLS

- Fabric scissors (or a rotary cutter)
- Pins
- Ballpoint or jersey needles
- Sewing machine
- 100% Polyester thread
- Cutting mat or paper (old newspaper or tissue paper)
- Iron with steam and Ironing board (or a table cloth)
- Overlocker (optional)



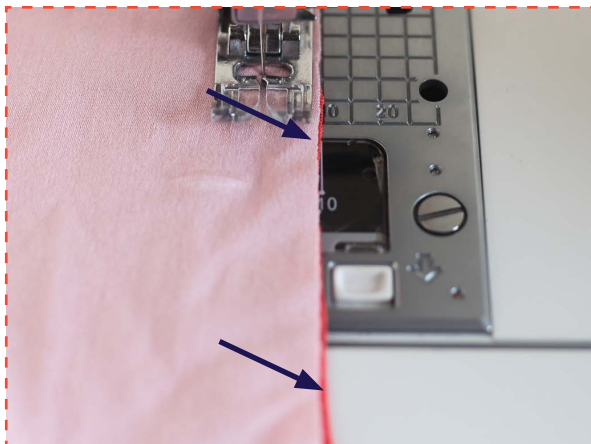


SEWING TIPS FOR BEGINNERS



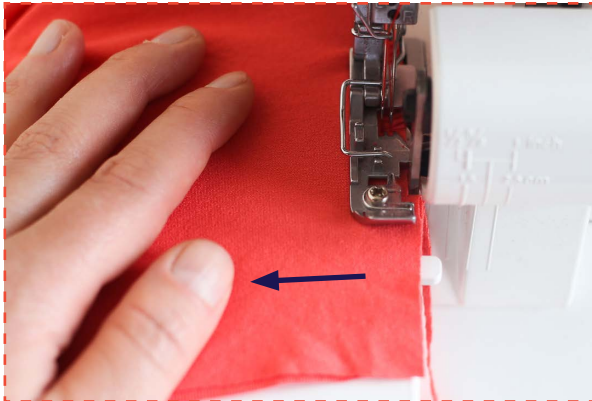
Keep the thread long, put it under the presser's foot and lower the needle. This will prevent the needle from unthreading.

Keep the needle inside the fabric all the time - when you stop sewing, be sure to lower it before you start sewing again.



Be sure to always see the layer of fabric under while sewing, both on the sewing machine and on the overlocker.

In this way you won't have to undo the hard work you've just done because the lower layer moved and wasn't caught fully in the stitching.

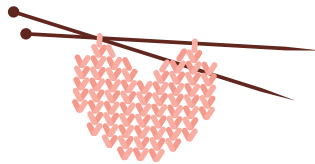


If you are using an overlocker make sure that you have one hand on the fabric and that you feel it flat all the time.

Put a silicon cover on your steam iron. It will prevent it from burning and shining your project.

The most important of all: **don't be a perfectionist in the beginning! Accept your projects as they are and be proud of them. Hone your skills with every new project.**

SEWING KNITS



- Wash the fabric before cutting it. Natural fibers (cotton, linen, silk, viscose, wool, rayon) shrink when they get in contact with water. Don't let it hang down on the dryer because it could stretch and get deformed. Fold it in 2 or more layers and place it flat on the dryer.
- Use only ballpoint needles or jersey needles: 70 for light weight fabrics and 80 for medium weight fabric. Standard needles skip stitches and could even damage the fabric by making holes in it.
- Do not pull or stretch while sewing. Place your hands on the fabric and gently feed it to the machine.
- Use a stretch stitch (zigzag or light-bolt). When using a straight stitch **keep in mind that the smaller the stitch, the less it will brake**. Keep the length between 2 and 2.5
- Knit fabrics do not fray so you can leave the edges raw

GATHERING WITH THE SHIRRING ELASTIC (ELASTIC THREAD)



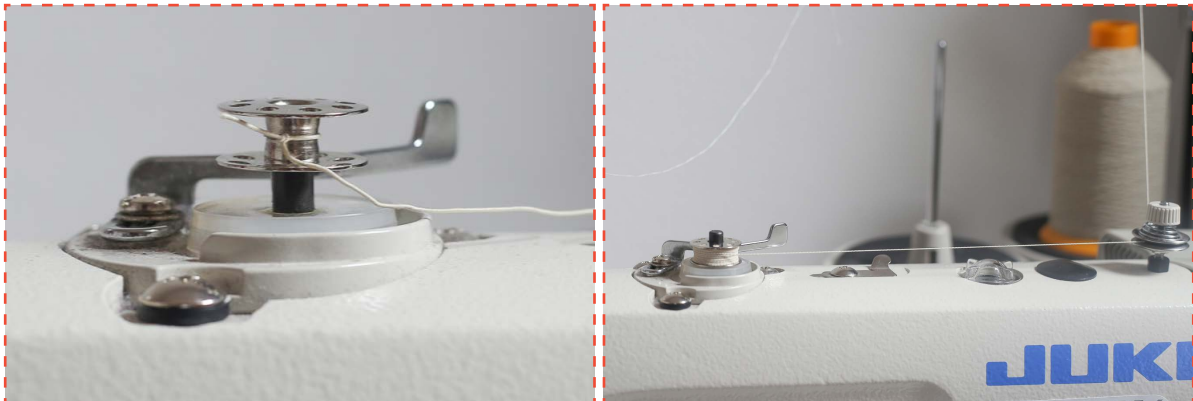
You have probably sewn a dress or a top with the elastic thread, making that gorgeous shirring effect!

But have you ever thought about using this technique when gathering the fabric?

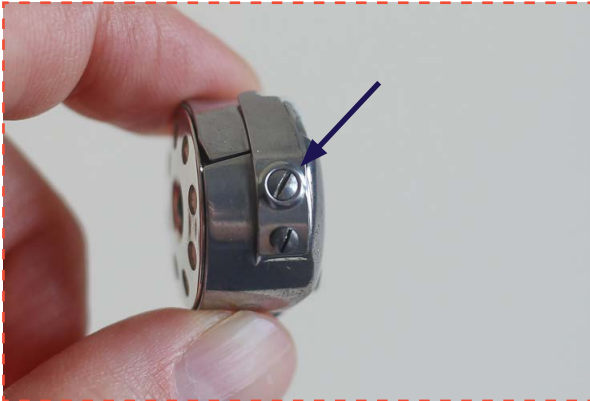
This gathering method is by far the easiest!

The best thing about it is that the gathering stays in place and it is evenly distributed. You can stretch and arrange it the way you need it!

LET'S GET RIGHT INTO IT!



- 1.** Make a double knot around the bobbin.
- 2.** Thread the bobbin as you usually do with the standard thread. You can also do it by hand. In both cases, it is important that the elastic is stretched while threading it. If not, it won't gather the fabric.

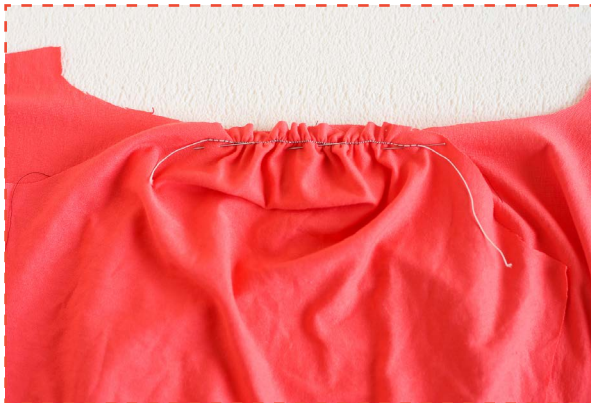


3. Insert the bobbin into the sewing machine. If your sewing machine has the bobbin case tighten the tension by turning the little screw by half a turn (clockwise).



4. Set your sewing machine to the stitch length around 3. Keep the elastic long when you start and when you finish sewing. Sew on the right side (the elastic thread will be on the wrong side).

5. Don't worry if your machine doesn't gather the fabric. Gather manually by pulling the elastic.



6. Put the pieces together, right sides touching, keeping the gathered piece on top. Arrange the gathering and pin it.

7. Sew directly below or above the shirring elastic.

NOTE: Keep a finger behind the presser foot and gather the fabric while you are sewing with the elastic thread. This will help gather the fabric.



8. Check the gathering on the right side.

9. Remove the elastic. Remember **ALWAYS DO THIS STEP** because the fabric lays out better once the elastic is removed.

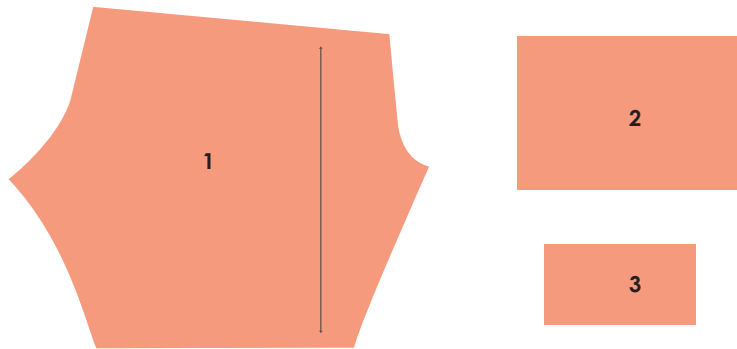
CUTTING INSTRUCTIONS

SEWING ALLOWANCES:
3/8" (1 cm)

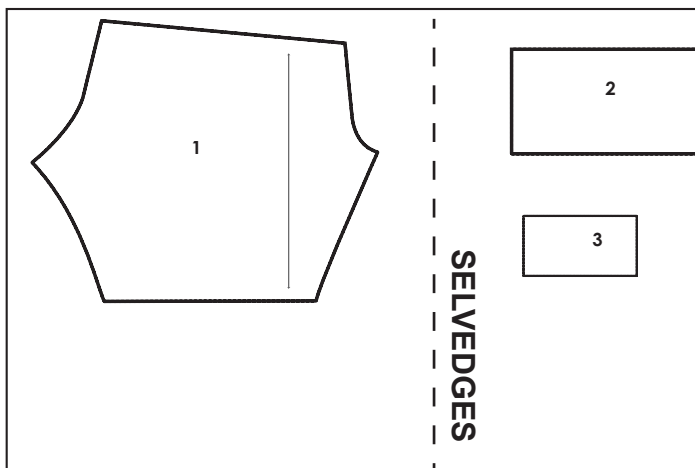
1A/1B. Pants block - cut two mirrored pieces of fabric

2A/2B. Waist band - cut 1 piece of fabric on fold

3A/3B. Cuff - cut 2 pieces



CUTTING LAYOUT



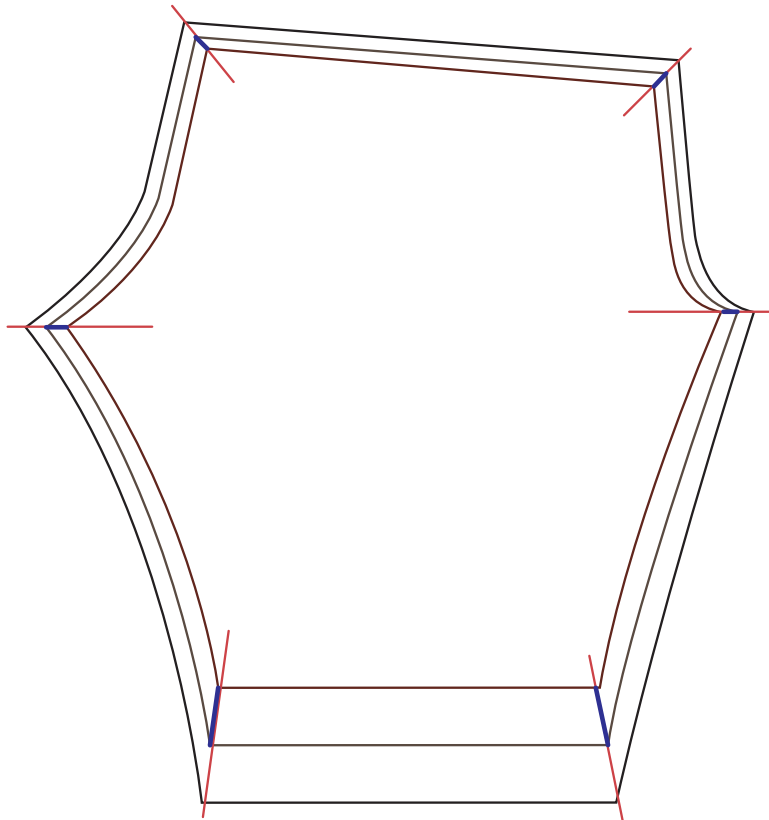
IMPORTANT NOTES:

- Pieces 1A, 2A and 3A are for the version with diaper (sizes 0 months - 4 years).
- Pieces 1B, 2B and 3B are for the diaperless version (sizes 12 months - 10 years)
- On projector file, cut the piece n.2A or 2B whole and not on fold

GRADING

If you love this design but your child is smaller or bigger than the sizes enclosed in this file, with the following method you can size it up or down by 1 or 2 sizes.

You can use this method on all the commercial patterns, both for children or adults.



1. Draw a line that connects the sizes on each diagonal point (waist, pleats notches, etc.) Extend this line beyond the last size, either the biggest or the smallest, depending on the number of sizes that you are grading.
2. Measure the distance between two sizes (see the blue line in the picture above) and mark this measure on the extended line that you have drawn, ones or twice, depending on the number of sizes that you are grading. **You must do this with the maximum precision because every $\frac{1}{16}$ " (1 mm) counts!**
3. Do the same marking on the vertical and horizontal lines.
4. Grade inward to get a smaller size and outward to get a bigger size.
5. In the example above the size 12 months was down graded by two sizes.

STRETCH STITCHES

Use only stretch stitches when sewing together two pieces of knit fabrics, otherwise the stitching will break.

Keep the length of the stitch rather short, because the longer the stitch the more it breaks.

Whatever stitch you decide to use, always try on a scrap piece of fabric first and pull to see if it breaks.

If it does, keep adjusting the length until it stops breaking.

If you are using an overlocker, loose the tension, starting with the needles.

ELASTIC STITCH OPTIONS



Overlocker - 1/4" (0,7 cm) 2 needles stitch.

Remember to use ball-point needles (jersey needles) as with the standard sewing machine.

This stitch is 1/4" wide (0,7 cm) and since the sewing allowance is included (3/8" - 1 cm), **cut away 1/8" (3 mm)**.



Sewing machine - top to bottom:

1. triple stitch
2. overlocker stitch
3. zigzag stitch
4. light-bolt stitch

In each case you can either cut away the excess of fabric or leave it.

PRINT LAYOUT



PATTERN NOTIONS

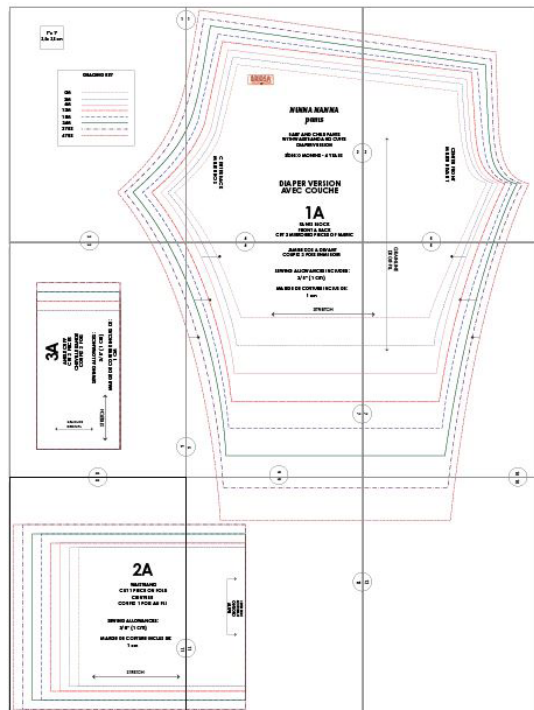
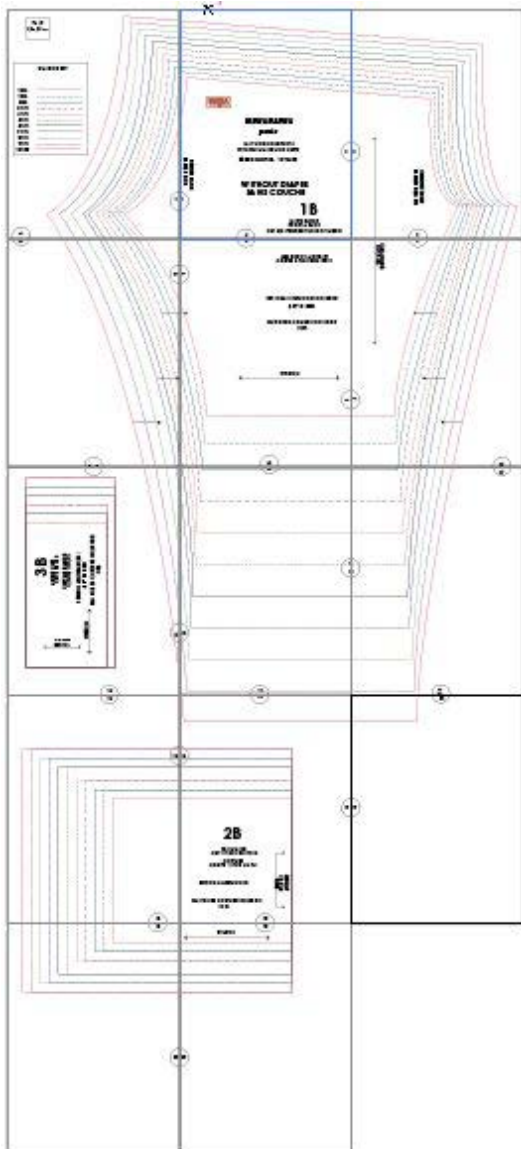
NOTCHES ●

GRAIN LINE ↔

PLACE ON FOLD ↕

SIZES

- 0M
- 3M
- 6M
- 12M
- 18M
- 24M
- 3YRS
- 4YRS
- 5YRS
- 6YRS
- 7YRS
- 8YRS
- 9YRS
- 10YRS



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PRINT INSTRUCTIONS



Open this file in Adobe Acrobat on your device.

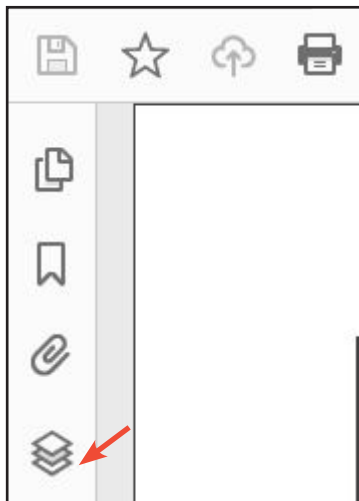
Set your printer to A4 or US letter format and print the document at 100% and do not scale.

Only print the pattern templates and follow the sewing tutorial from your phone/tablet.

Print only the first page and check the test square. Measure the square with a ruler and if it's exactly 1"x1" (2,5 x 2,5 cm) print the rest of the template pages.

Tape the pages together from left to right, top to bottom, following the circles with the numbers, overlapping the sheets on the layout.

LAYERS - PRINT ONLY THE SIZE (S) THAT YOU NEED

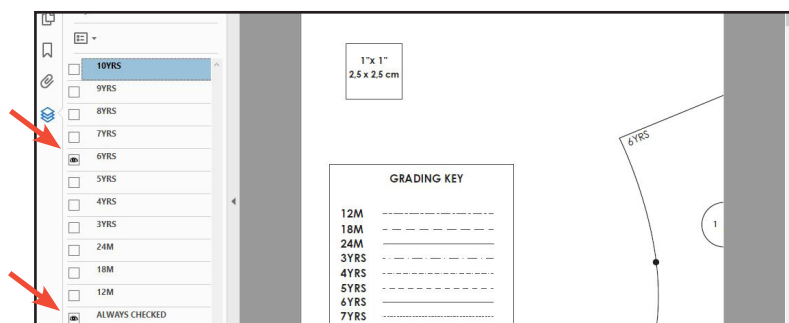


Print only the size(s) that you need to speed up your work.

Open this document in Adobe Acrobat Reader and click on the layers icon (the symbol with 3 layers of rectangles)

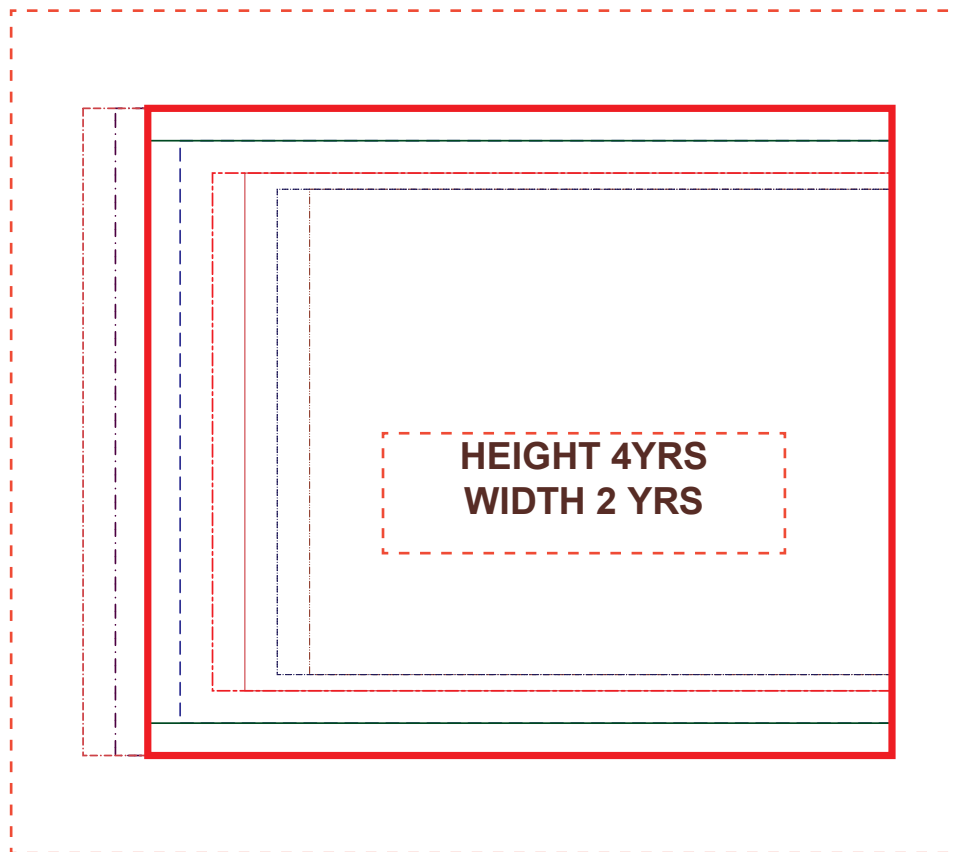
The eye icon shows which layers are going to print. Choose which size(s) you want to print and deselect the others by clicking on the eye icon.

Always let the eye icon selected on the bottom layer "ALWAYS CHECKED".





GET THE CUSTOM FIT

Do not adapt the pattern but only choose the waistband based on your child's waist circumference. Choose the size of the pants based on your child's height.

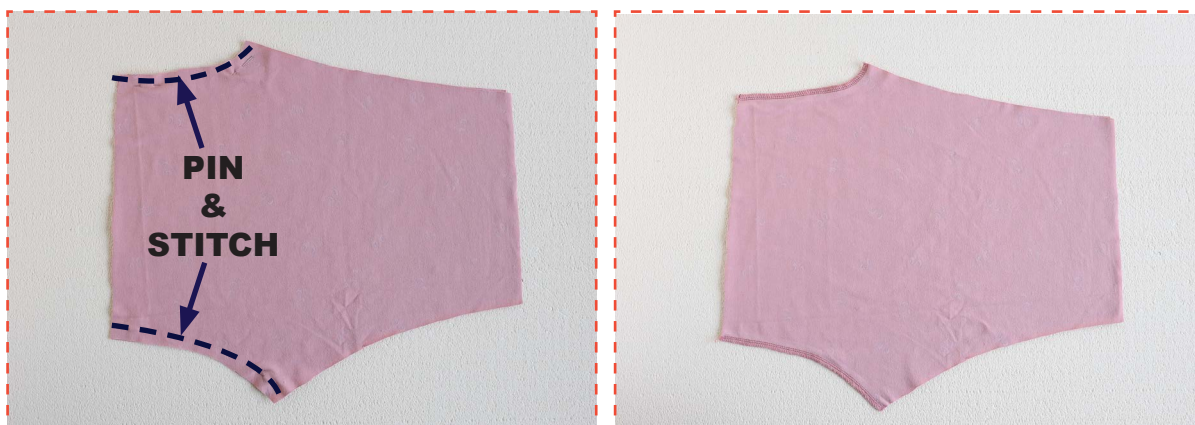


PREPPING & CUTTING

1. Prepare the fabric: wash and steam iron it
2. Tape together sheets of an old newspaper and use them as a cutting mat (if you don't have one). This helps keep slippery fabrics in place (like knits, silk, rayon) and the cutting is much easier. When you pin and cut the pattern pieces also pin and cut the paper under the fabric (and no, it won't dull your scissors!).
3. Fold the fabric so the selvages are touching. One part must be wider to accommodate the pants block (see the cutting layout). While folding, pay attention to the fold, there must be no wrinkles!
4. **Never let the fabric fall over the edge!** All the fabric must be on the cutting surface. Cut on the floor if you don't have enough space on the table.
5. Place the patterns onto the fabric, following the diagram. Place the pieces on fold with this symbol 
The pieces with this symbol  are to be placed parallel to the selvedge. Both ends have to be at the same distance from the selvedge.
6. Cut the pieces and mark the notches ●

SEWING

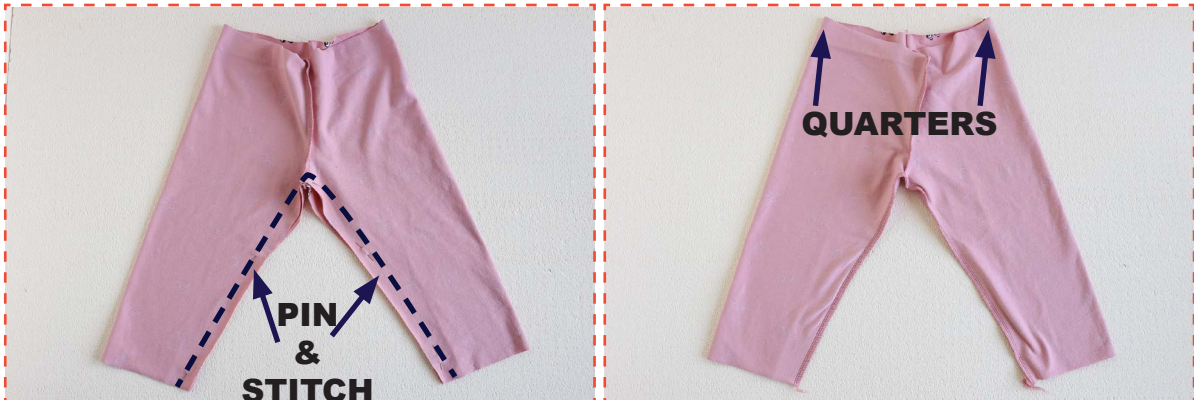
**SEWING ALLOWANCES:
3/8" - 1 cm**



- 1.** Pin the two pants blocks (part n.1), on the back and on the front crotch, right sides touching
- 2.** Stitch at 3/8" (1 cm) with a stretch stitch and press the seams in opposite directions



- 3.** Open the pants and join the front and the back crotch seams, right sides touching. Pin the two legs sides on the inseam, starting with one ankle and finishing with the other.

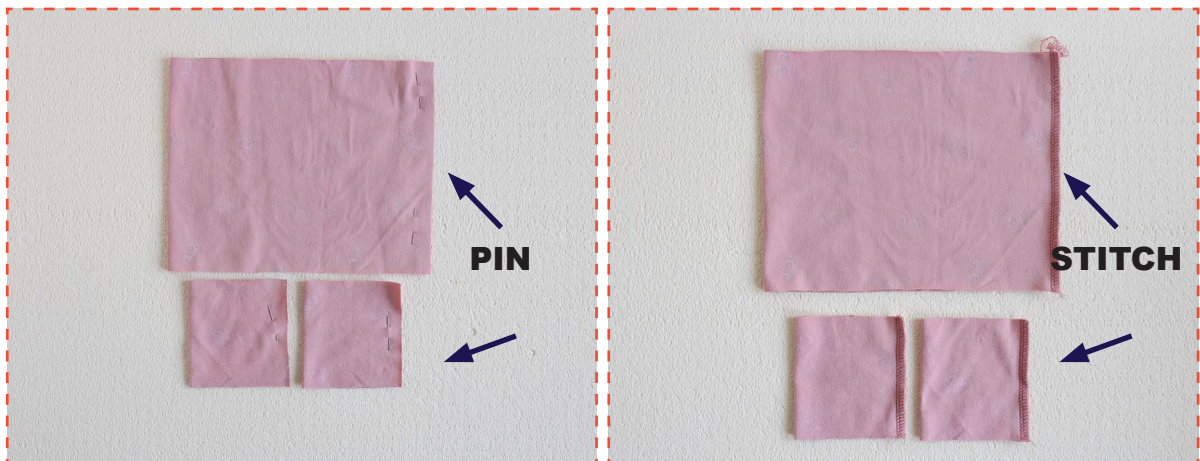


4. Pin the inside legs, matching the notches, and stitch at 3/8" (1 cm) with a stretch stitch.

Press towards the back side

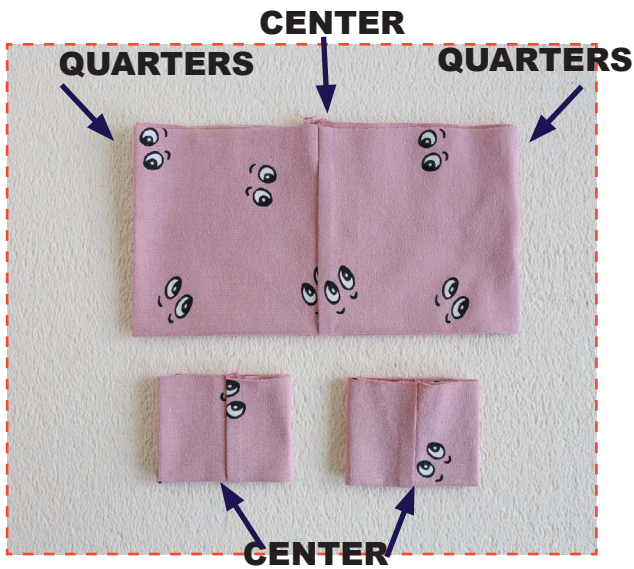
PRO TIP: turn crotch seams in opposite directions in order to get that perfect matching seams and avoid bulk.

5. Mark the quarters of the pants by matching the crotch seams



6. Pin the short sides of the waist band (piece n. 2) and of the cuffs (piece n.3) and sew at 3/8" (1 cm) with a stretch stitch)

NOTE: you can also stitch with the straight stitch and press the seams open. In this way you'll avoid the bulk of the 2 seams overlapping.



7. Fold the waist band and the cuffs in half, wrong sides touching and press

8. Mark the center of the waist band and of the cuffs

9. Mark the quarters of the waist band



10. Close the waistband and the cuffs with a long stitch at 1/4" (0,6 cm).

11. Gather the waist and the ankles of the pants

Refer to the shirring elastic gathering method present in this file or gather as you usually do or prefer.



Follow the previous steps also for the short pants, except sewing the cuffs. Instead follow the following steps to hem the pants.

- 1.** Finish the edges and press towards the wrong side at 3/4" (2 cm)
- 2.** Hand baste the hems.
- 3.** Sew with a stretch stitch at 5/8" (1,5 cm)





12. Pin the waist band and the cuffs on the pants, right sides touching, centers and quarters matching. Match the waistband's seam on the back side (back crotch seam). Match the cuff's seam to the inner leg seam of the pants.

13. Sew at 3/8" (1 cm) with an elastic stitch, keeping the gathered part (the pants) on top. Sew directly above or under the shirring elastic (gathering stitch).

PRO TIP: always keep the gathered part on top in order to control the stitching on the gathering.



14. Check the gathering on the right side. If you are happy with the result remove the shirring elastic.

15. Finish the seam by sewing directly on the straight stitch you've just made, either with an elastic stitch or with the overlocker. Press towards the waist band and the cuffs

16. Finish the project by pressing the seams on the wrong side towards the pants

CONGRATULATION! YOU FINISHED THE PROJECT!

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INSTAGRAM ACCOUNT

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briosa:patterns@gmail.com

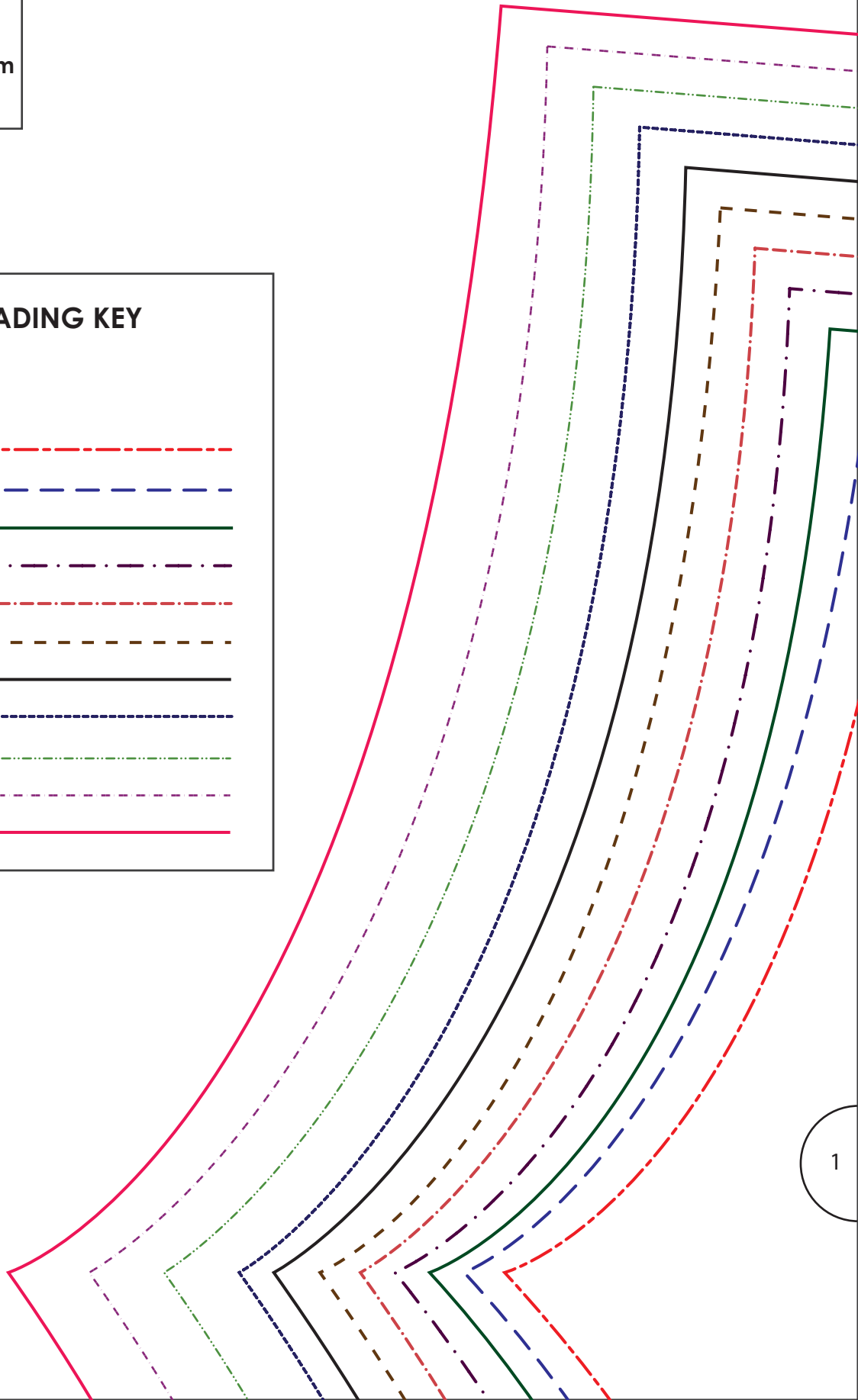


**SHARE YOUR PHOTOS ON INSTAGRAM WITH THE HASHTAG
#briosapatterns**

1" x 1"
2,5 x 2,5 cm

GRADING KEY

12M	
18M	
24M	
3YRS	
4YRS	
5YRS	
6YRS	
7YRS	
8YRS	
9YRS	
10YRS	





NINNA NANNA *pants*

**BABY AND CHILD PANTS
WITH WAISTBAND AND CUFFS**

Sizes: 0 MONTHS - 10 YEARS

**WITHOUT DIAPER
SANS COUCHE**

1B

**PANTS BLOCK
FRONT & BACK
CUT 2 MIRRORED PIECES OF FABRIC**

**JAMBE DOS & DEVANT
COUPEZ 2 FOIS EN MIROIR**

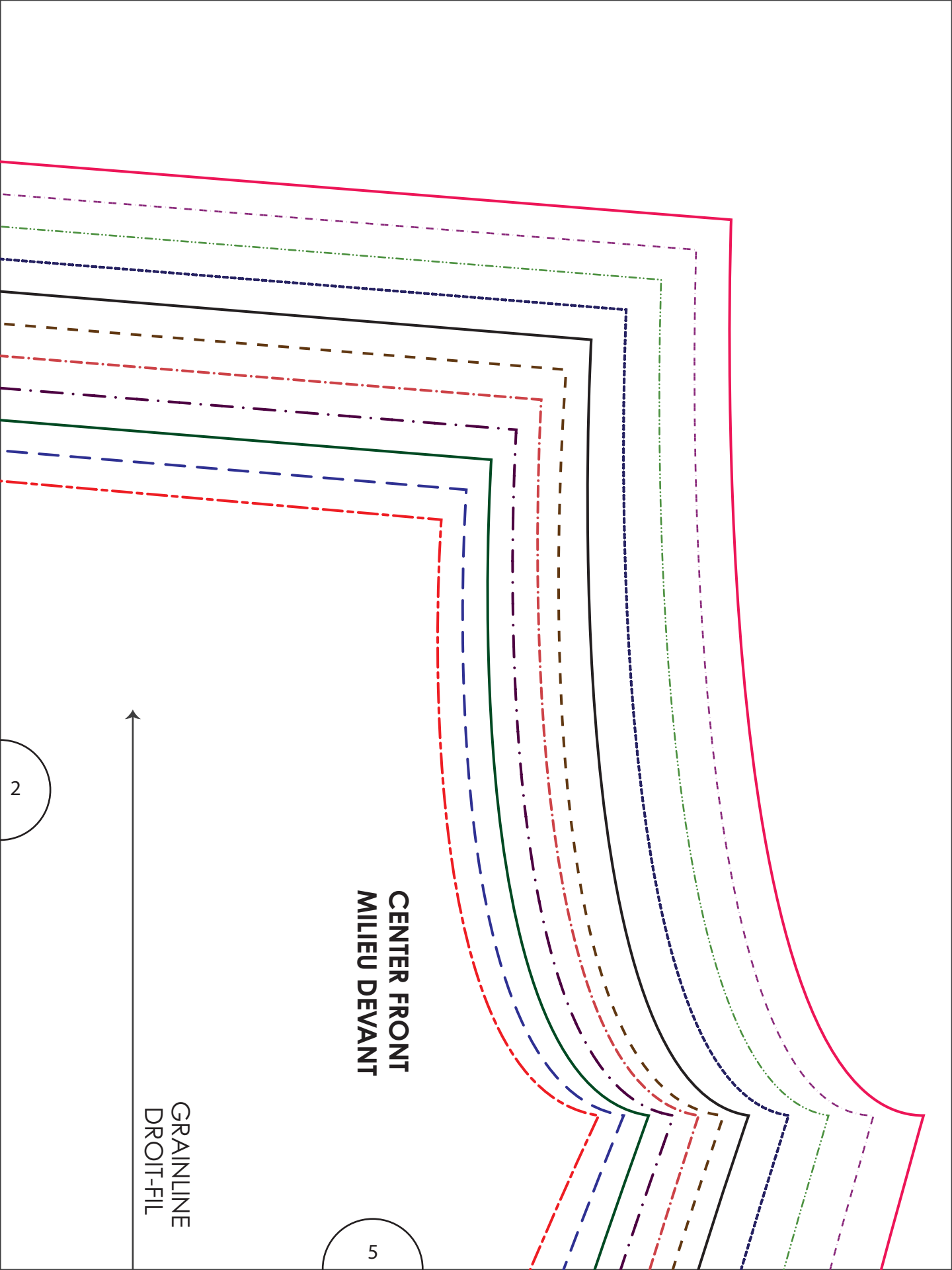
**CUT HERE FOR SHORTS
COUPEZ ICI POUR SHORTS**

**CENTER BACK
MILIEU DOS**

2

1

4

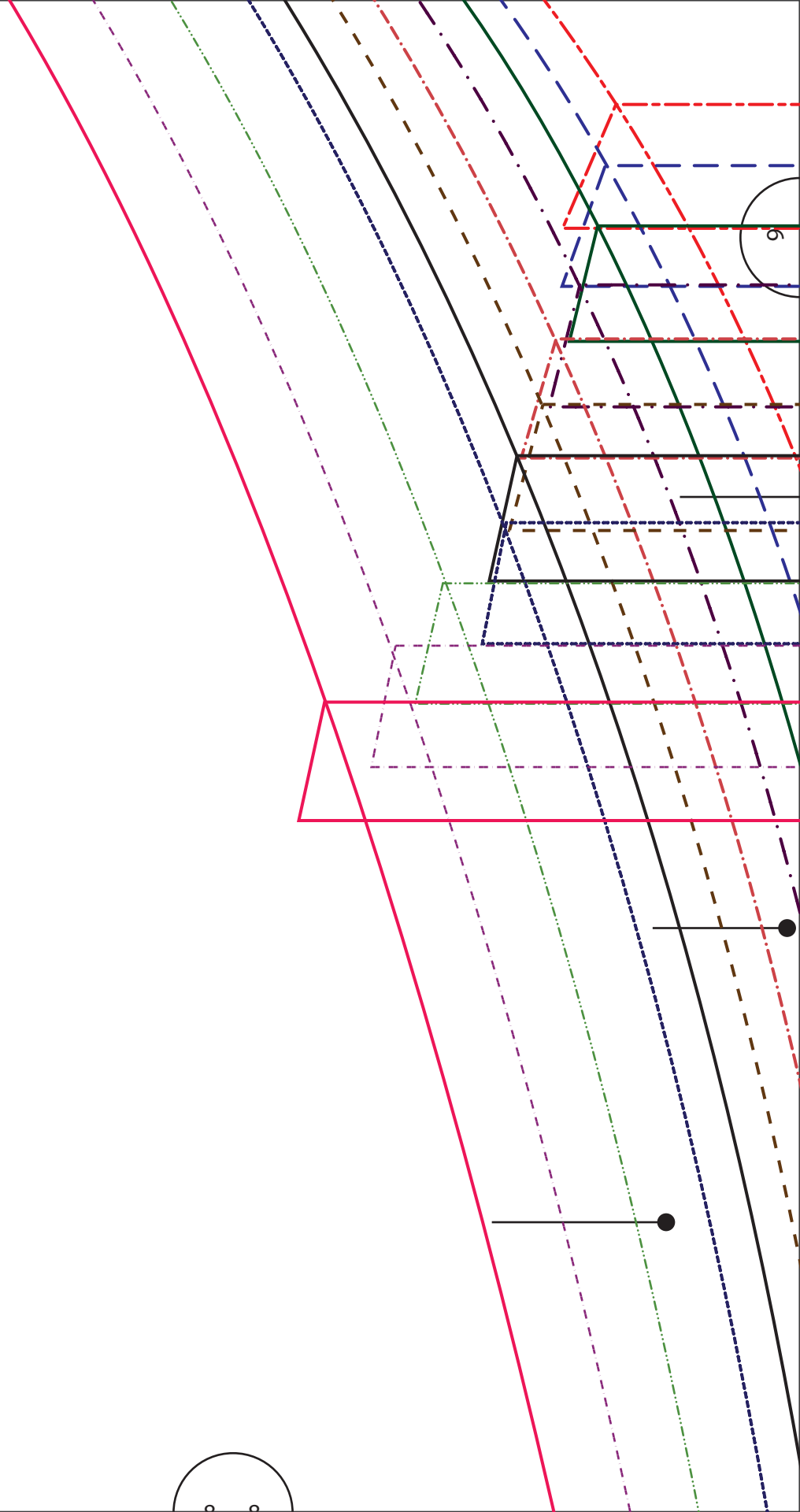


**CENTER FRONT
MILIEU DEVANT**

GRAINLINE
DROIT-FIL

2

5



4

9

**SEWING ALLOWANCES INCLUDED:
3/8" (1 cm)**

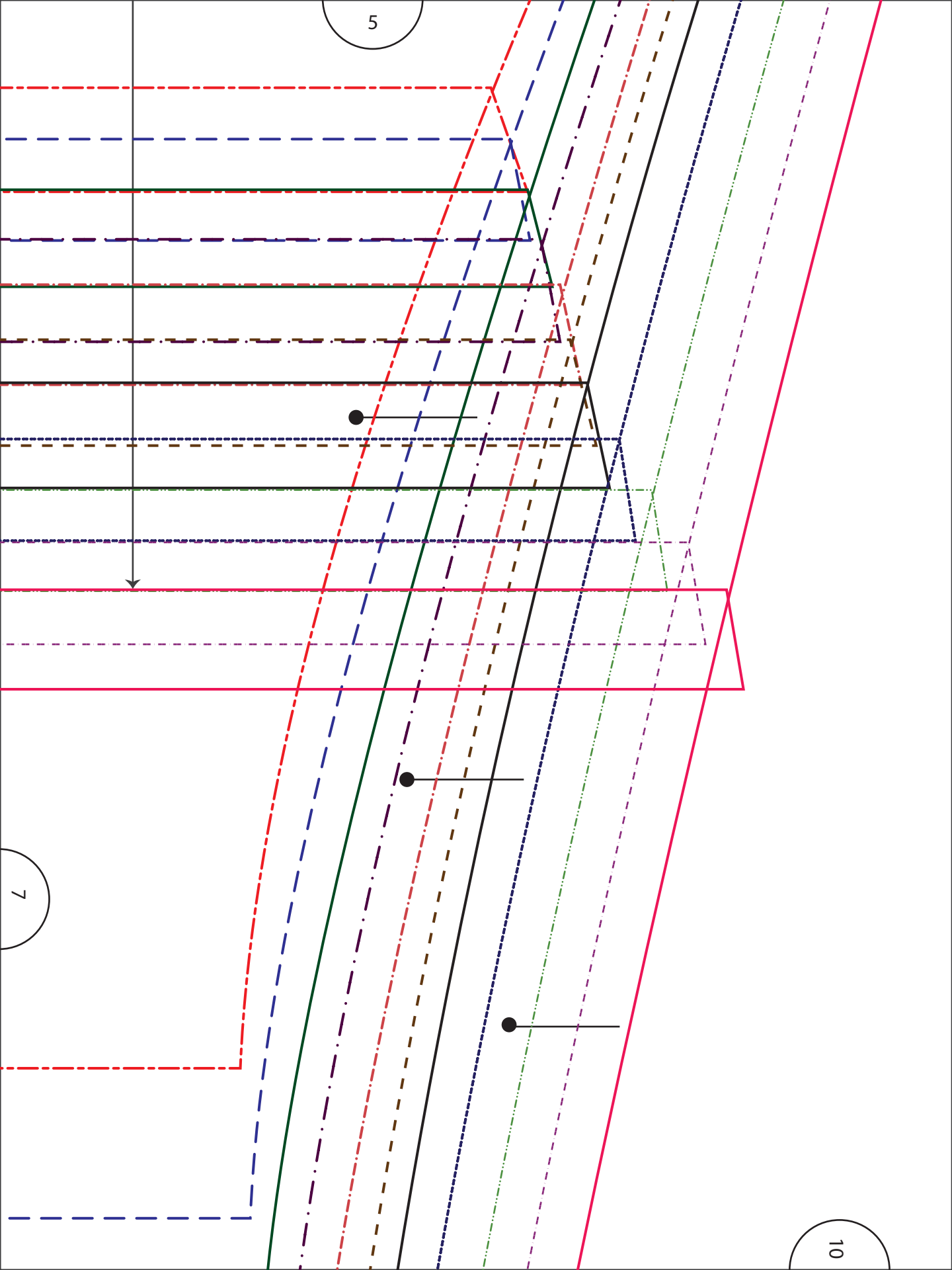
**MARGE DE COUTURE INCLUS DE:
1 cm**

STRETCH



7

6



5

7

10

3B

ANKLE CUFF
CUT 2 PIECES

CHEVILLE BANDE
COUPEZ 2 FOIS

SEWING ALLOWANCES:

3/8" (1 cm)

MARGE DE COUTURE INCLUS DE:
1 CM

GRAINLINE
DROIT-FIL

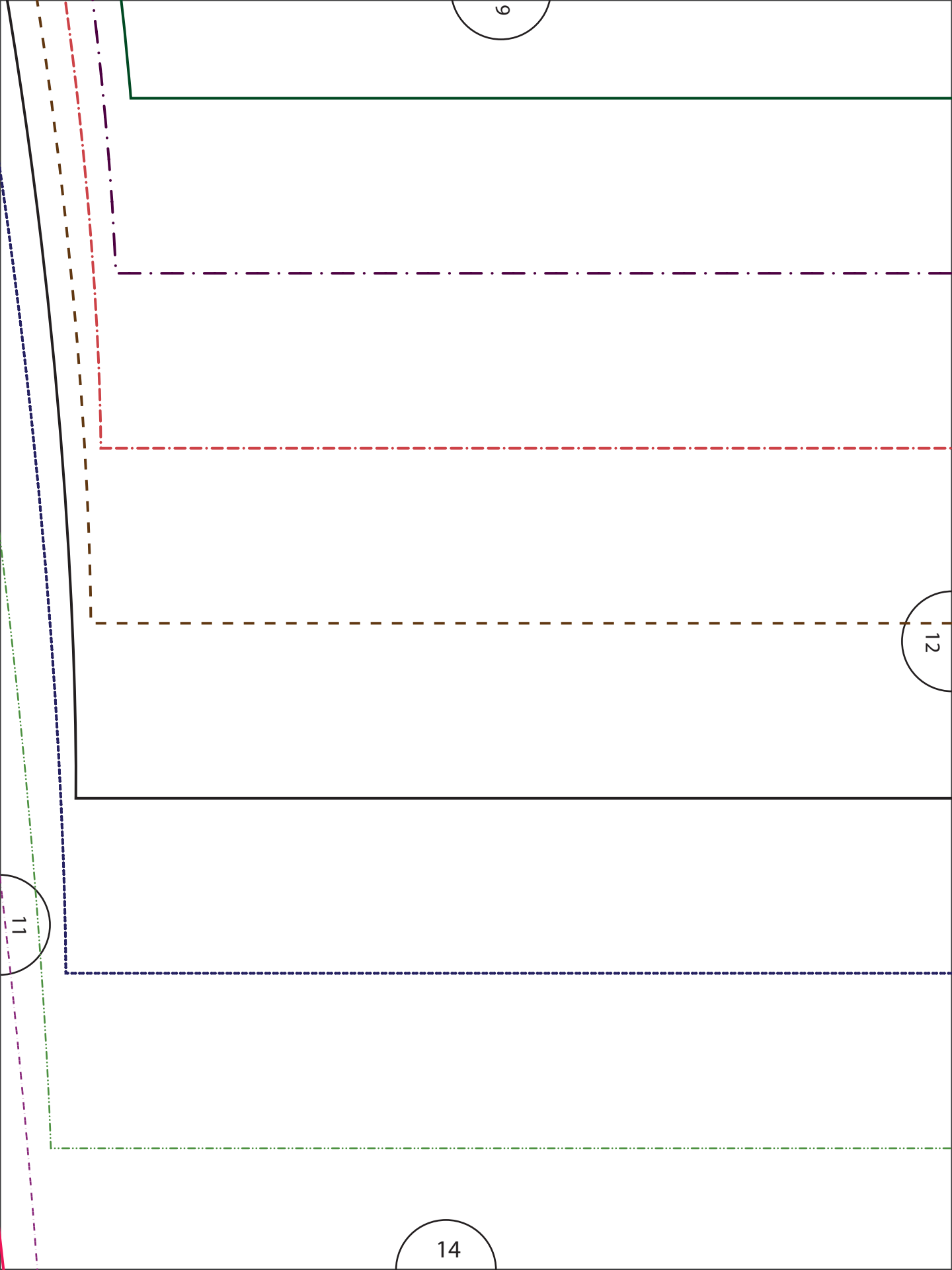
STRETCH

9

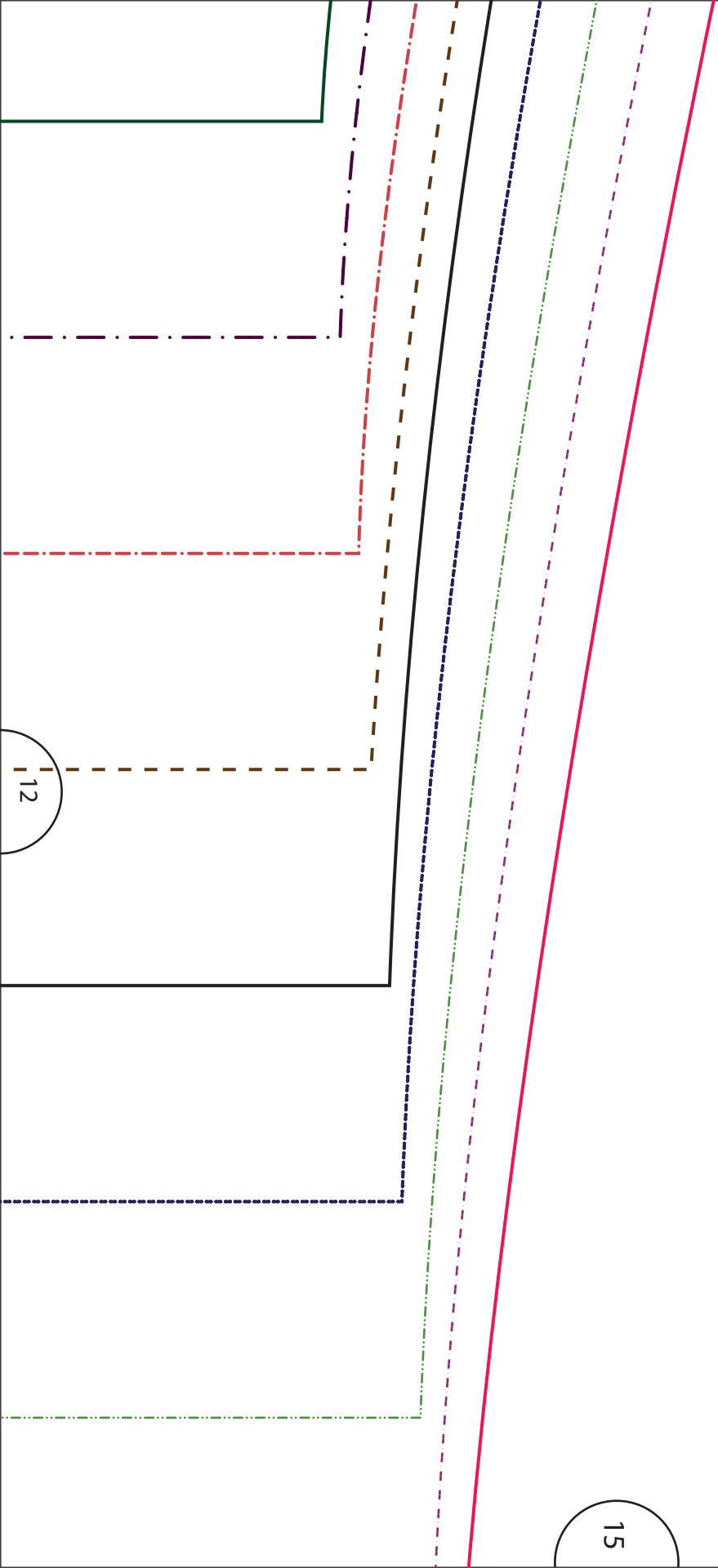
12

11

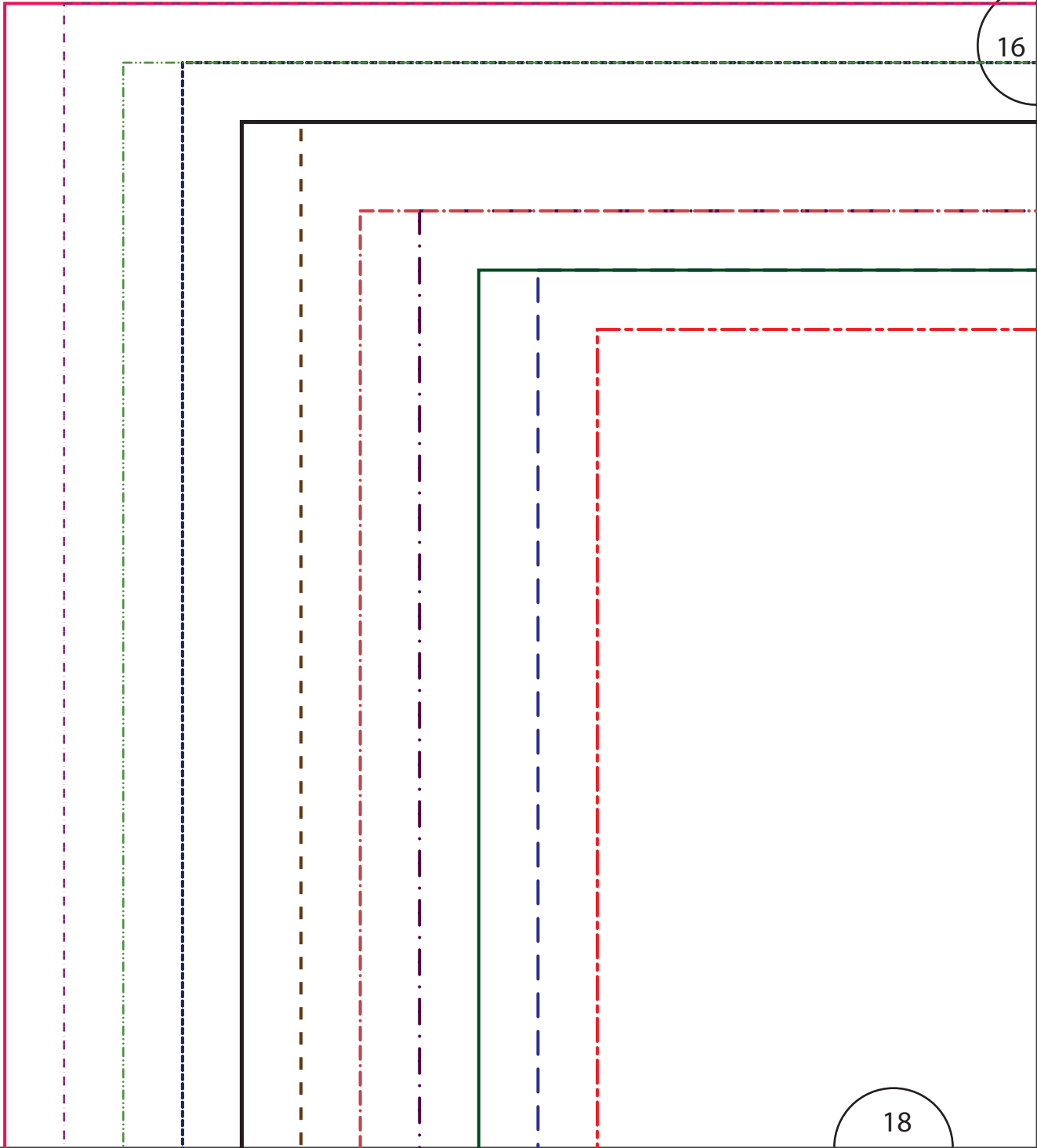
14



10



15



14

16

17

2B

**WAISTBAND
CUT 1 PIECE ON FOLD
CEINTURE
COUPEZ 1 FOIS AU PLI**

SEWING ALLOWANCES:

**MARGE DE COUTURE INCLUS DE:
1 cm**

ON FOLD
PLIURE
CENTER FRONT
MILIEU DEVANT

19

Don't choose the size based on what you usually use or buy.

Choose the correct size by following the size chart.

**Don't choose 1 size bigger to allow your child's growth because
it will look ill-fitting**

Knit fabrics conform to the body and leave room for growth.

**Ne choisissez pas la taille en fonction de ce que vous utilisez
ou achetez habituellement.**

**Choisissez bien en fonction du tableau des tailles que vous
trouverez dans les instructions.**

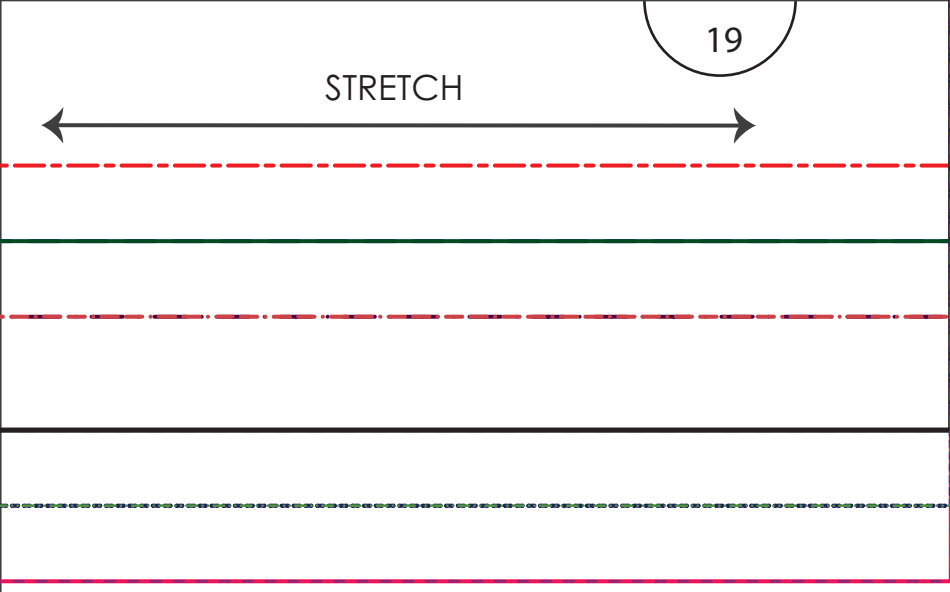
Ne choisissez pas une taille plus grande car elle n'irait pas.

**Les tissus tricotés s'adaptent au corps
et laissent de la place pour la croissance.**

**Choose the size based on the child's HEIGHT and adapt the rest (if needed).
See the instructions in the tutorial.**









essary).

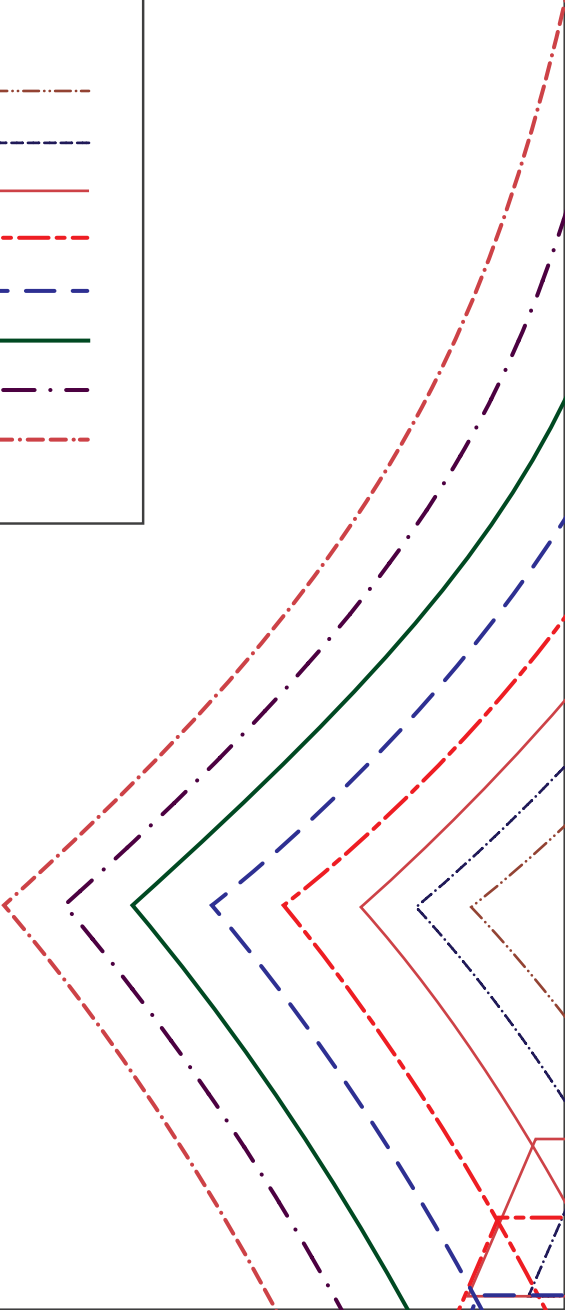
20



19

1"x 1"
2,5 x 2,5 cm

GRADING KEY	
0M	
3M	
6M	
12M	
18M	
24M	
3YRS	
4YRS	



1



NINNA NANNA pants

BABY AND CHILD PANTS
WITH WAISTBAND AND CUFFS
DIAPER VERSION

Sizes: 0 MONTHS - 4 YEARS

CENTER BACK
MILIEU DOS

1A

PANTS BLOCK
FRONT & BACK
CUT 2 MIRRORED PIECES OF FABRIC

JAMBE DOS & DEVANT
COUPEZ 2 FOIS EN MIROIR

CUT HERE FOR SHORTS
COUPEZ ICI POUR SHORTS

2

4

DIAPER VERSION AVEC COUCHE

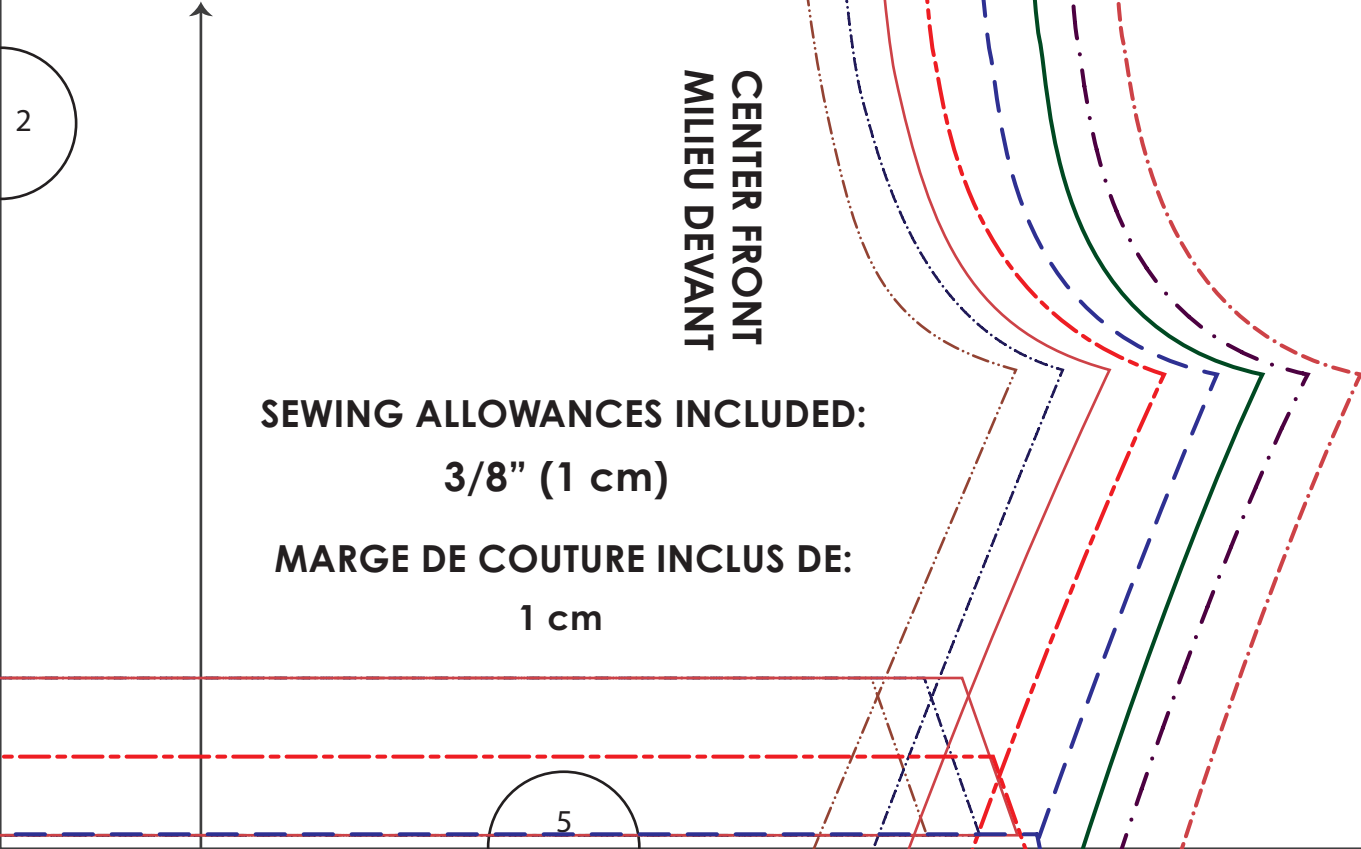
CENTER FRONT
MILIEU DEVANT

SEWING ALLOWANCES INCLUDED:

3/8" (1 cm)

MARGE DE COUTURE INCLUS DE:

1 cm

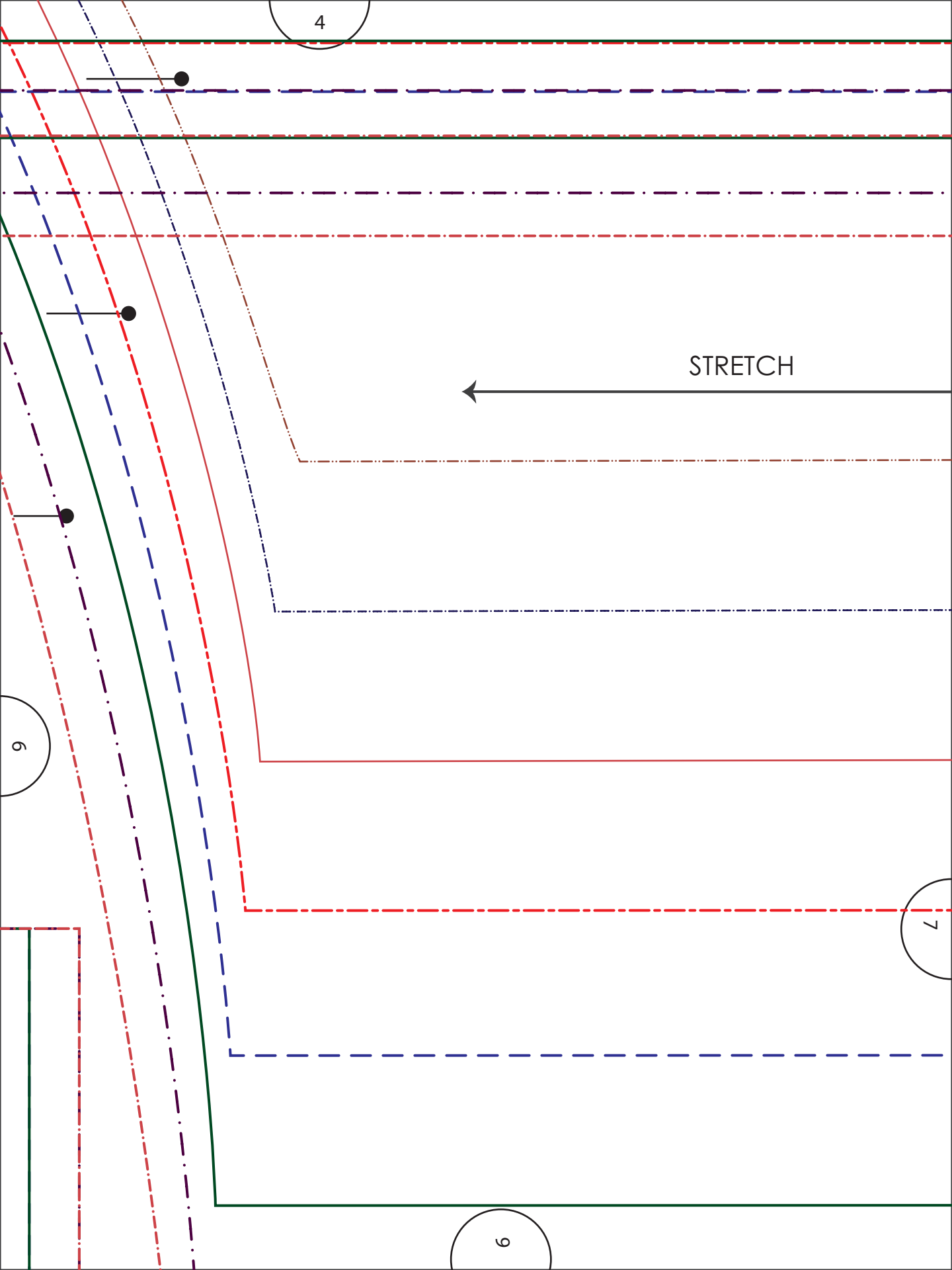


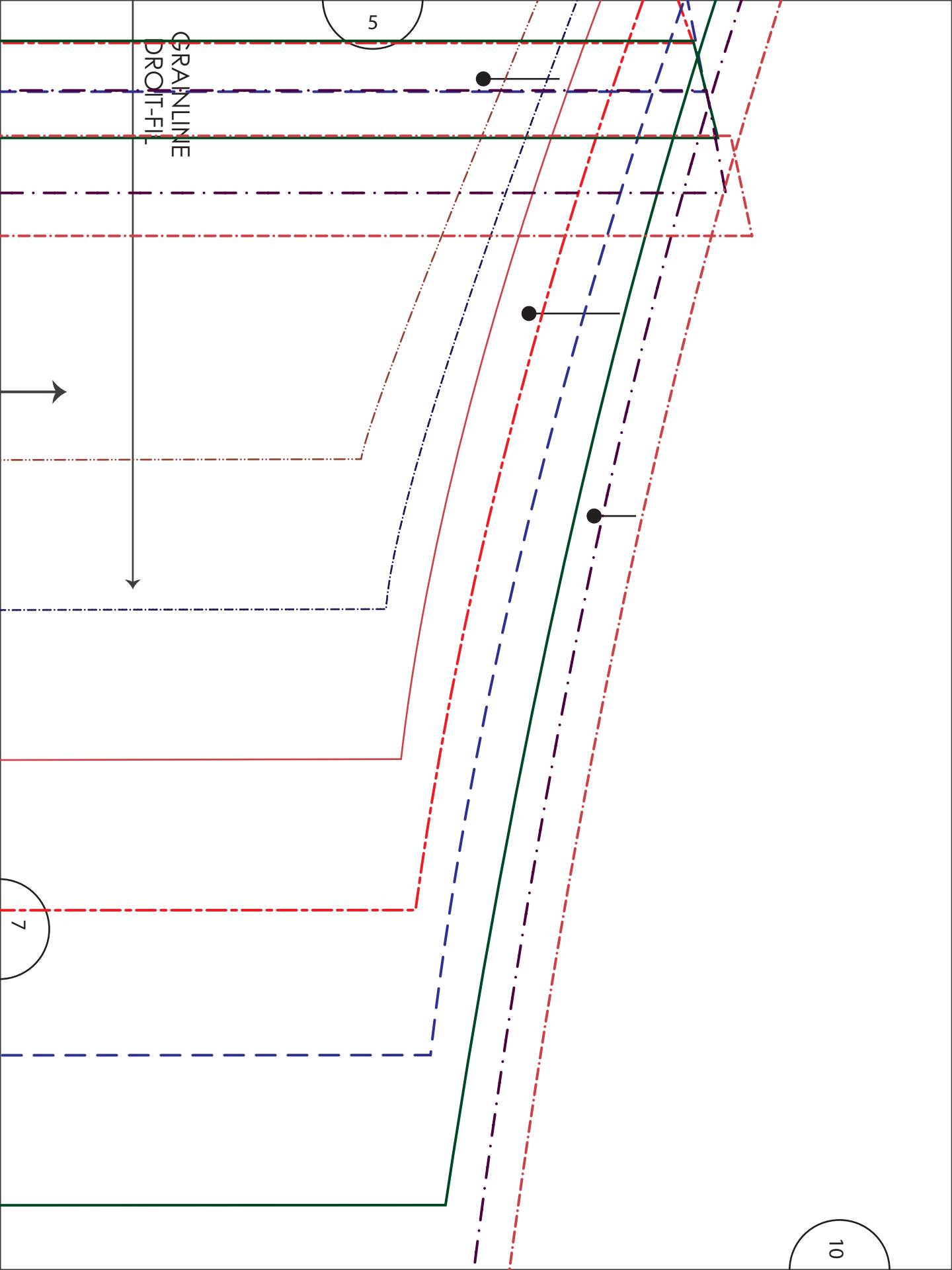
Don't choose the size based on what you usually use or buy.
Choose the correct size by following the size chart.
Don't choose 1 size bigger to allow your child's growth because
it will look ill-fitting
Knit fabrics conform to the body and leave room for growth.

Ne choisissez pas la taille en fonction de ce que vous utilisez
ou achetez habituellement.
Choisissez bien en fonction du tableau des tailles que vous
trouverez dans les instructions.
Ne choisissez pas une taille plus grande car elle n'irait pas.
Les tissus tricotés s'adaptent au corps
et laissent de la place pour la croissance.

CENTER FRONT
MILIEU DEVANT

ON FOLD
AU PLI





2A

WAISTBAND
CUT 1 PIECE ON FOLD
CEINTURE
COUPEZ 1 FOIS AU PLI

SEWING ALLOWANCES:
3/8" (1 cm)

MARGE DE COUTURE INCLUS DE:
1 cm

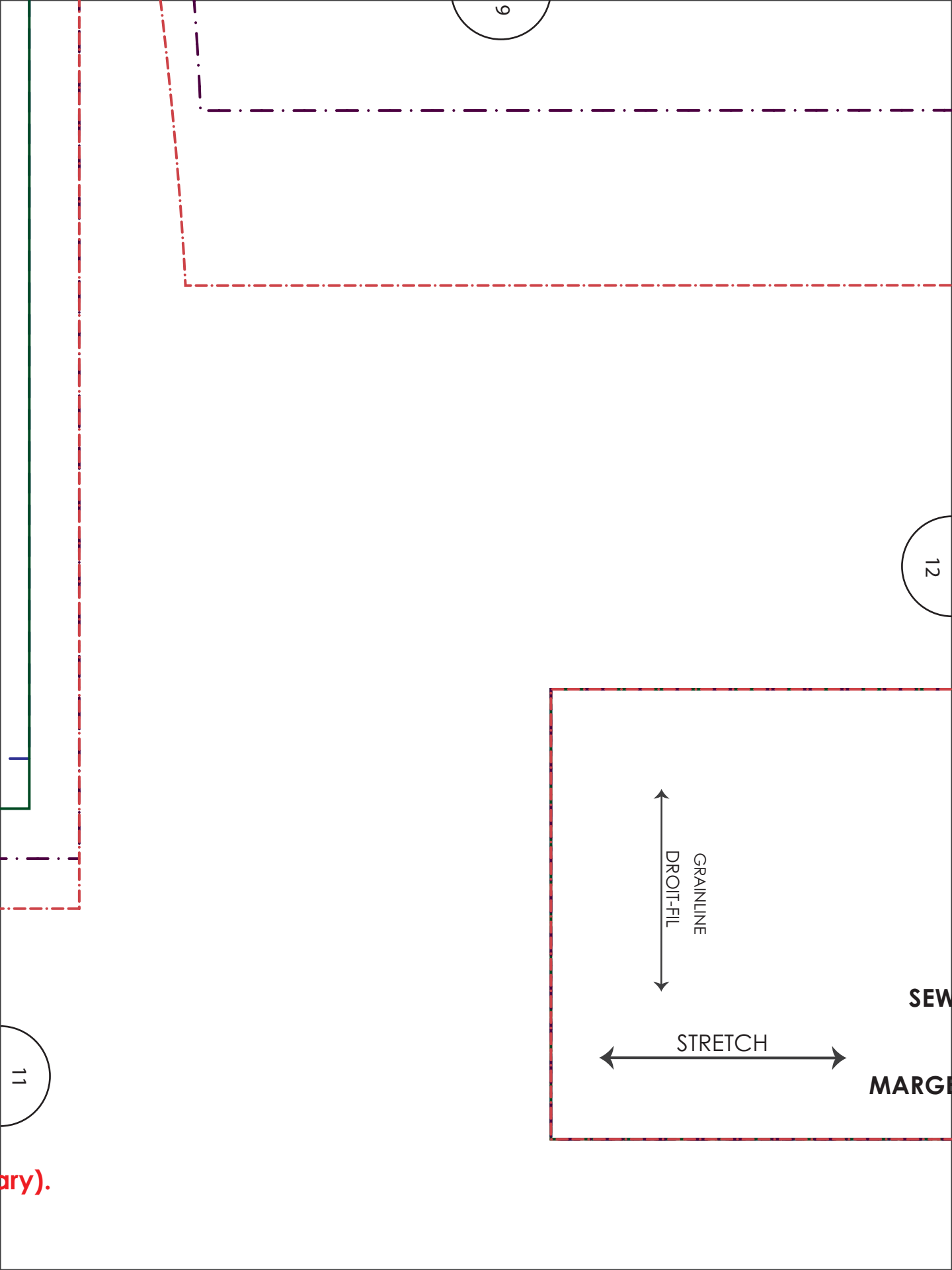
STRETCH



8

11

**Choose the size based on the child's HEIGHT and adapt the rest (if necessary)
See the instructions in the tutorial.**



3A

ANKLE CUFF
CUT 2 PIECES

CHEVILLE BANDE
COUPEZ 2 FOIS

SEWING ALLOWANCES:

3/8" (1 cm)

MARGE DE COUTURE INCLUS DE:

1 CM

