


BRIOSA ⁺₊
SEWING  PATTERNS

NINNA NANNA

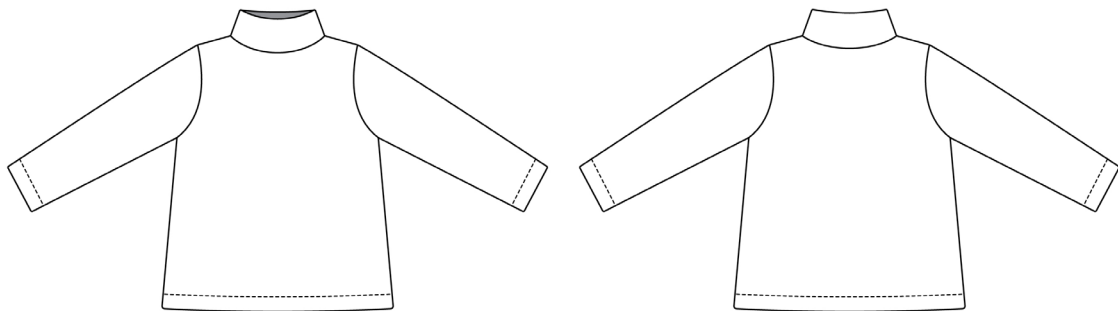
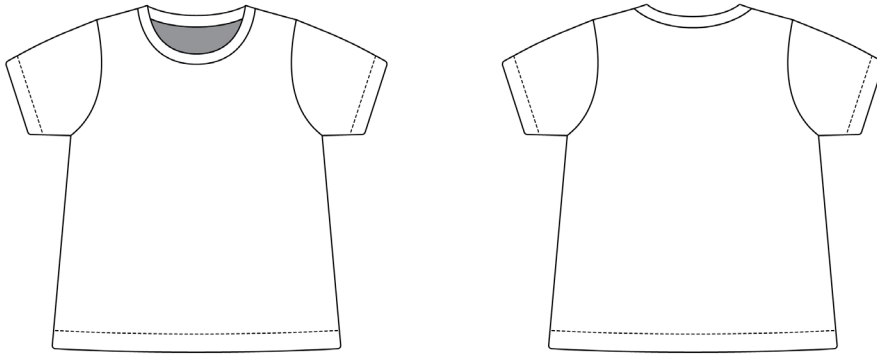
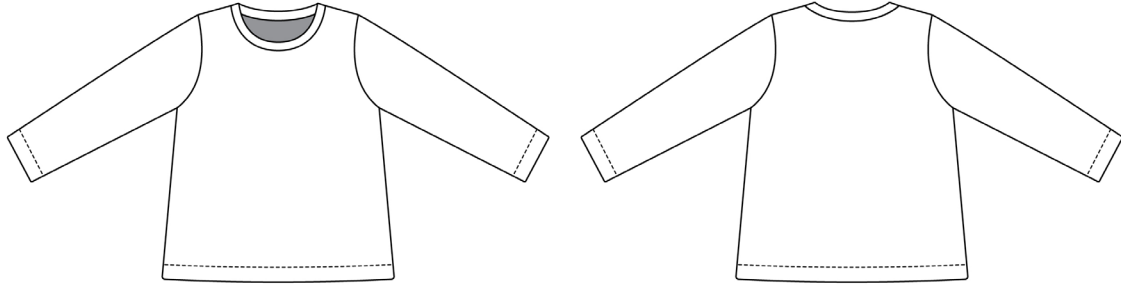
**Semi-fitted knit t-shirt
with long and short sleeves
scooped neck or turtle neck
Sizes: 0 months - 10 years**

**Sewing pattern and step by
step tutorial**

**LEVEL:
Beginner**



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LONG SLEEVES



SHORT SLEEVES



It can be either made as a pair of pajamas, paired with Ninna Nanna pants (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.

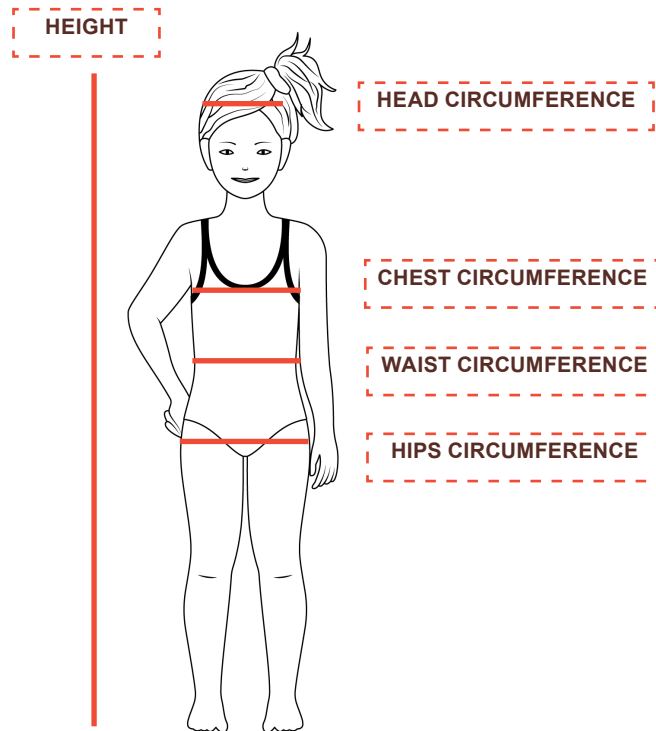
TURTLE NECK



The turtle neck is a little bit challenging to pass through with the head for the small sizes (12M - 3YRS) but doable.

For this reason use only light-weight jersey with the 50% stretch and a good recovery.

HOW TO TAKE MEASURES



Measure your child before choosing the size.

Always choose the size based on your child's height and blend the rest if needed (see the instructions in the following pages).

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.

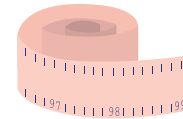
**Don't choose the size based on what you usually use or buy.
Choose the correct size by following the size chart.**

**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	6/9 M	12M	18M	24M
Height	22"	25"	28"	31 ½"	34"	36"
	56 cm	64 cm	72 cm	80 cm	86 cm	92 cm
Chest	16 ¼"	17"	18"	19"	19 ¾"	20 ½"
	41 cm	43 cm	46 cm	48 cm	50 cm	52 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 ¾"	17 ¾"	19"	20"	21 ¼"	22"
	42 cm	45 cm	48 cm	51 cm	54 cm	56 cm
Head	16 ¾"	17 ½"	18 ¼"	19"	19 ½"	20"
	42,5 cm	44,5 cm	46,5 cm	48,5 cm	49,5 cm	50,5 cm

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
Chest	21 ¾"	22 ½"	23 ¼"	24 ½"	25"	26 ½"	27 ¼"	28"
	55 cm	57 cm	59 cm	62 cm	64 cm	67 cm	69 cm	72 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
Head	20 ¼"	20 ½"	20 ½"	20 ¾"	21"	21 ¼"	21 ½"	21 ¾"
	51,2 cm	51,8 cm	52,4 cm	53 cm	53,6 cm	54 cm	54,4 cm	54,8 cm

BABY FINISHED GARMENT MEASUREMENT

Size	0M	3M	6/9 M	12M	18M	24M
Center back to hem	10 ½"	11"	11 ¾"	12 ¾"	13 ½"	14 ½"
	26 cm	28 cm	30 cm	32,5 cm	34,5 cm	36,5 cm
Long sleeve inseam	5 ½"	16 ¼"	7"	7 ¾"	8 ½"	9 ½"
	14 cm	16 cm	18 cm	20	22	24
Short sleeve inseam	1 ⅜"	1 ⅜"	1 ⅜"	1 ⅜"	1 ⅜"	1 ⅜"
	3,5 cm	3,5 cm	3,5 cm	3,5 cm	3,5 cm	3,5 cm

TODDLER AND CHILD FINISHED GARMENT MEASUREMENT

Size	3YRS	4YRS	5YRS	6YRS	7YRS	8YRS	9YRS	10YRS
Center back to hem	15 ½"	16 ¼"	17"	17 ¾"	18 ½"	19 ¼"	20"	10 ¾"
	39	41	43	45	47	49	51	53
Long sleeve inseam	10 ¼"	11"	11 ¾"	12 ¼"	13"	13 ¾"	14 ½"	15 ½"
	26 cm	28 cm	30 cm	31 cm	33 cm	35 cm	37 cm	39 cm
Short sleeve inseam	1 ¾"	1 ¾"	1 ¾"	1 ¾"	1 ¾"	1 ¾"	1 ¾"	1 ¾"
	4,5 cm	4,5 cm	4,5 cm	4,5 cm	5,5 cm	5,5 cm	5,5 cm	5,5 cm

The ease in the chest and the waist area is between 1" and 2" (3 and 6 cm)

**CUTTING CHART
TURTLE NECK PART**

Size	12M	18M	24M
	13 3/4 x 6 1/3"	14 1/8 x 6 5/8"	14 1/2" x 7 1/8"
	35 x 16 cm	36 x 17 cm	37 x 18 cm

NOTE:
The measures are in inches.
The first number is the width
and the second one is the
height of the rectangle.

Cut 1 rectangle

Size	3YRS	4YRS	5YRS	6YRS	7YRS	8YRS	9YRS	10YRS
	15 x 7 1/2"	15 1/3 x 7 7/8"	15 1/2 x 8 1/4"	15 3/4 x 8 2/3"	16 x 9"	16 1/8 x 9 1/2"	16 1/3 x 9 7/8"	16 1/2 x 10 1/4"
	38 x 19 cm	39 x 20 cm	39,5 x 21	40 x 22 cm	40,5 x 23 cm	41 x 24 cm	41,5 25 cm	42 x 26 cm



SUGGESTED FABRICS

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

For the turtle neck:

Only a very soft knit with at least 50% stretch

FABRIC REQUIREMENTS - fabric 60" (150 cm)

Size	0M	3M	6/9 M	12M	18M	24M
LONG SLEEVES	3/4 yd	3/4 yd	7/8 yd	7/8 yd	7/8 yd	1 yd
	63 cm	67 cm	72 cm	77 cm	82 cm	86 cm
SHORT SLEEVES	5/8 yd	5/8 yd	5/8 yd	5/8 yd	5/8 yd	5/8 yd
	53 cm	55 cm	58 cm	61 cm	64 cm	68 cm

Size	3YRS	4YRS	5YRS	6YRS	7YRS	8YRS	9YRS	10YRS
LONG SLEEVES	1 yd	1 yd	1 1/8 yd	1 1/8 yd	1 1/4 yd	1 1/4 yd	1 3/8 yd	1 3/8 yd
	92 cm	98 cm	103 cm	108 cm	115 cm	120 cm	125 cm	130 cm
SHORT SLEEVES	3/4 yd	3/4 yd	7/8 yd	7/8 yd	1 yd	1 yd	1 yd 1	1 yd
	69 cm	73 cm	76 cm	79 cm	87 cm	90 cm	93 cm	96 cm

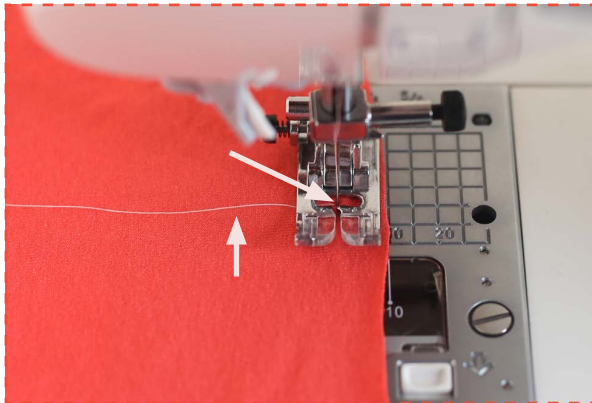
15% of fabric shrinkage is included in these charts

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)

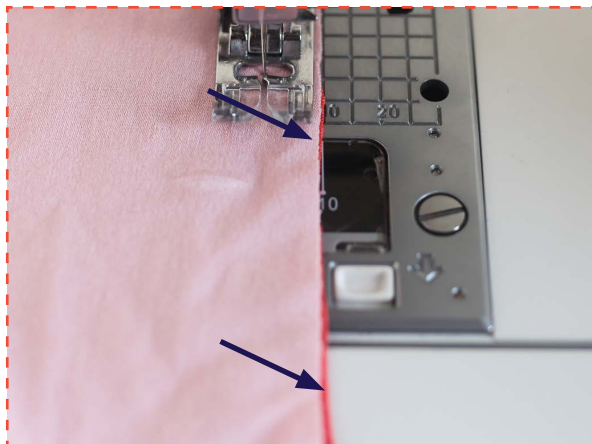


SEWING TIPS FOR BEGINNERS



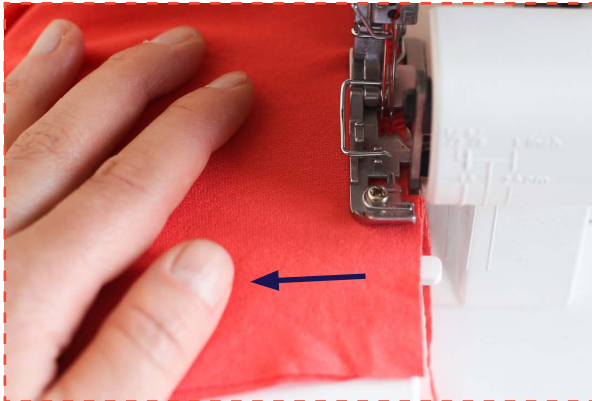
Keep the thread long, put it under the presser's foot and lower the needle. This will prevent the needle from unthreading.

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.

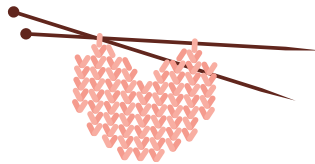


If you are using an overlocker make sure that you have one hand on the fabric and that you feel it flat all the time.

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.**

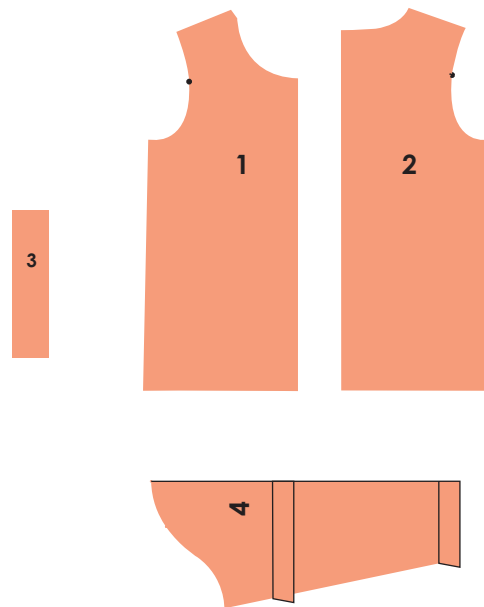
SEWING KNITS



- 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

CUTTING INSTRUCTIONS PRINTED PATTERN PIECES

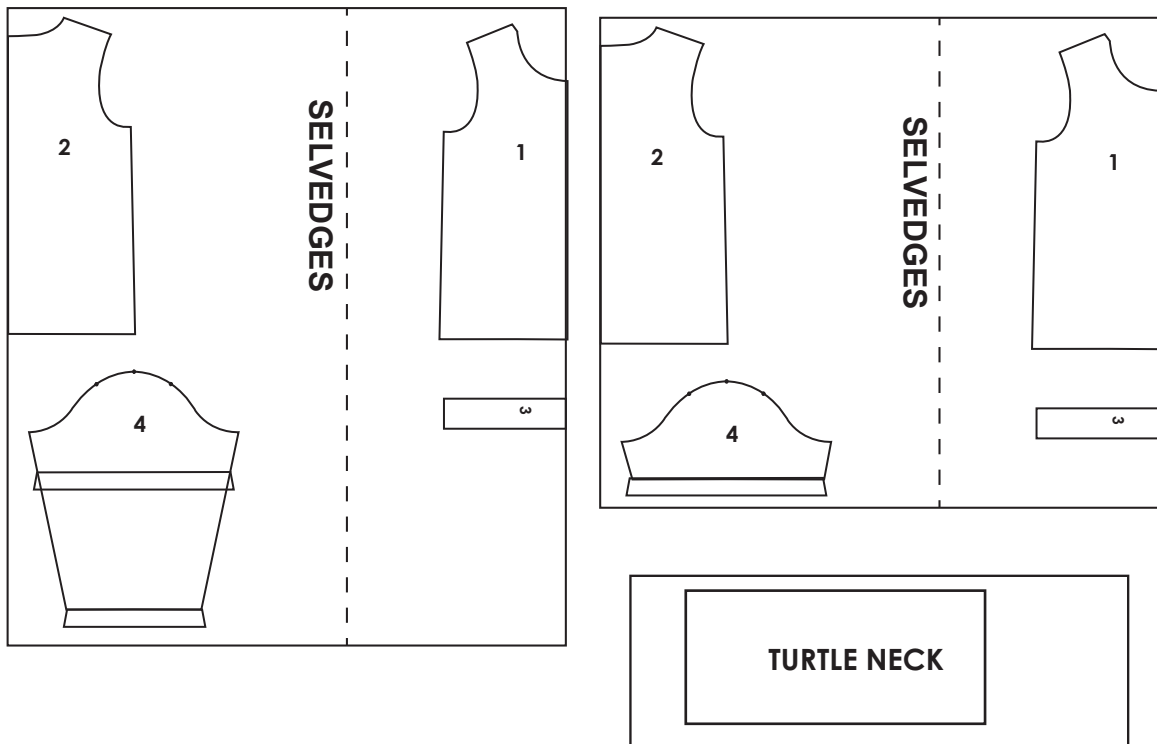
1. **Front bodice** - cut one piece of fabric on fold
2. **Back bodice** - cut one piece of fabric on fold
3. **Neckline binding**
3A sizes 12 months - 10 years
3B sizes 0 months - 6 months
 cut 1 piece of fabric on fold
4. **Long and short sleeve** - cut 2 pieces of fabric on fold



SEWING ALLOWANCES

- Neckline $\frac{1}{4}$ " (0,7 cm)
- the rest $\frac{3}{8}$ " (1 cm)

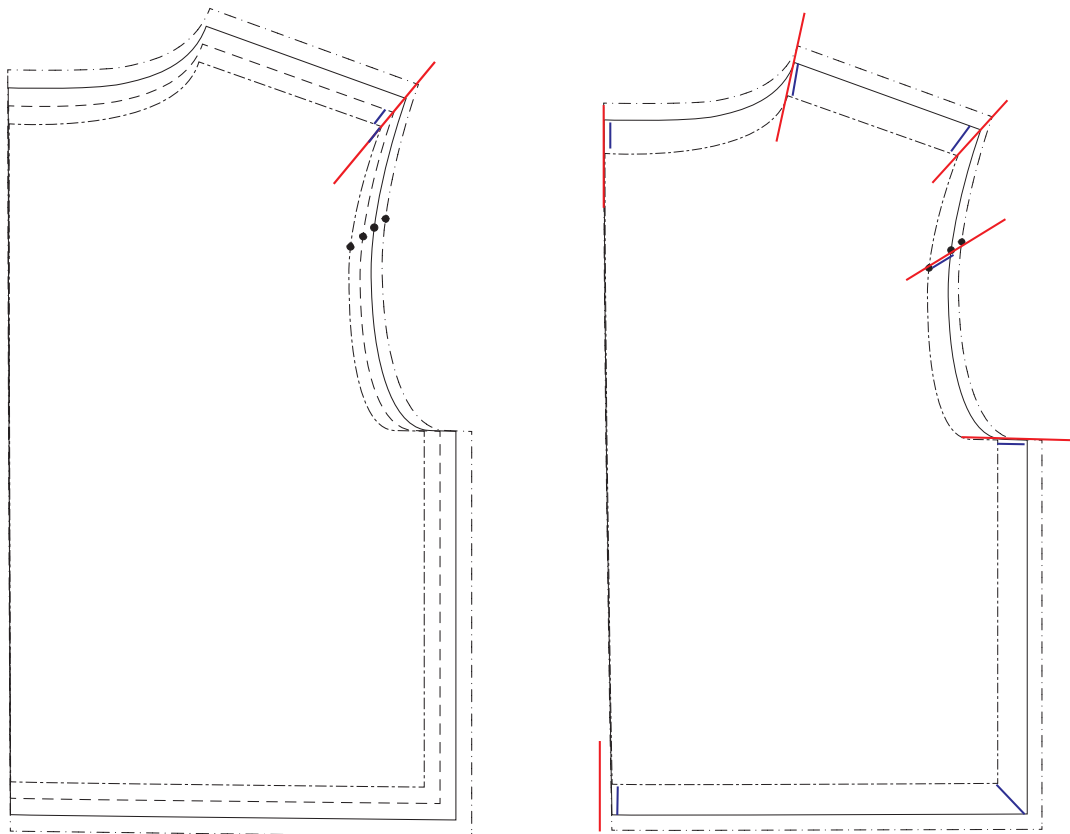
CUTTING LAYOUT



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 (shoulder, neckline, sleeve notch, 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.

GET THE CUSTOM FIT

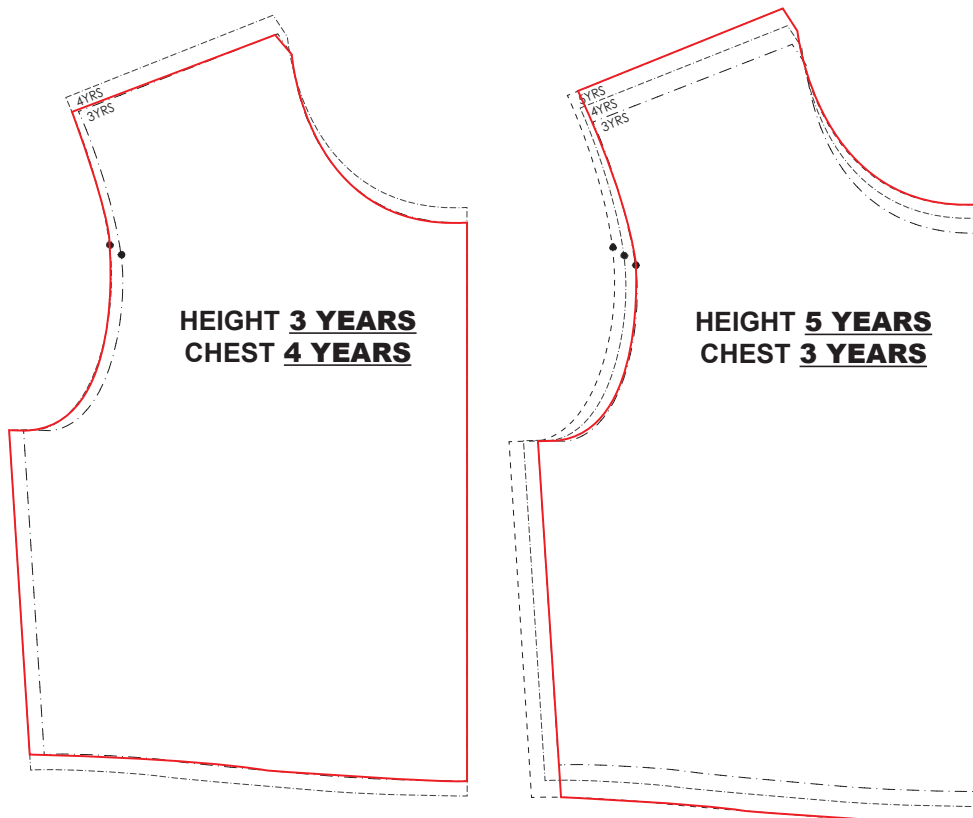
If your child doesn't fit the standard measurements you can blend sizes to get the custom fit you need.

To do so print only the sizes that you need

Bellow you have two examples:

- 1.** On the left the child has the height of the size 3 years but the chest circumference of the size 4 years.
- 2.** On the right the child has the height of the size 5 years and the chest circumference of the size 3 years.

Always choose the size based on the child's height and blend between sizes to get the chest circumference that you need. Do the same with the sleeve.

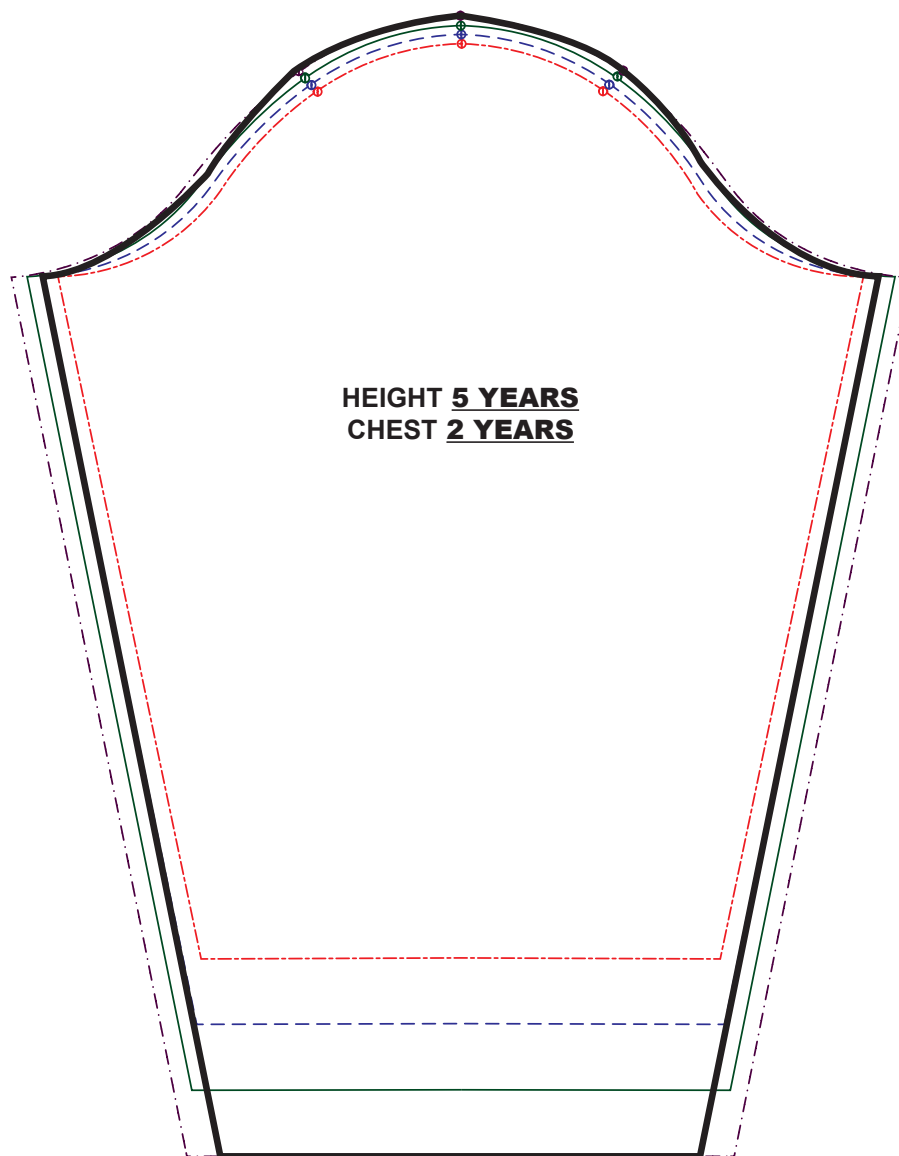


Blend the sleeve as follows:

If the difference is only by 1 size, don't make any alterations. For example, if the child is size 5 in height and size 4 in chest circumference, use the sleeve of the size 5 years.

If the difference is by 2 sizes, take the size in between and blend it. For example, if the child is size 5 in height and size 3 in chest circumference, use the sleeve of the size 4 years for width and size 5 for height.

If the difference is by 3 sizes - For example, if the child is size 5 in height and size 2 in chest circumference, use the sleeve of the size 3 years for width and size 5 for height.



PRINT INSTRUCTIONS



Open this file in Adobe Acrobat on your device.

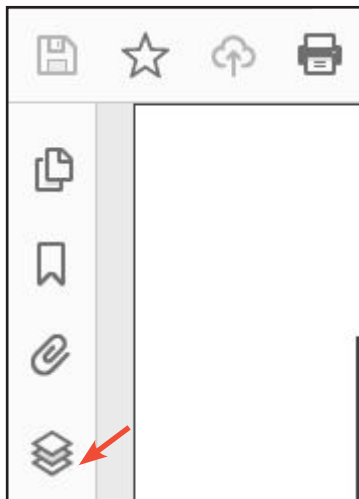
Set your printer to A4 or US letter format and print the document at 100% and do not scale.

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



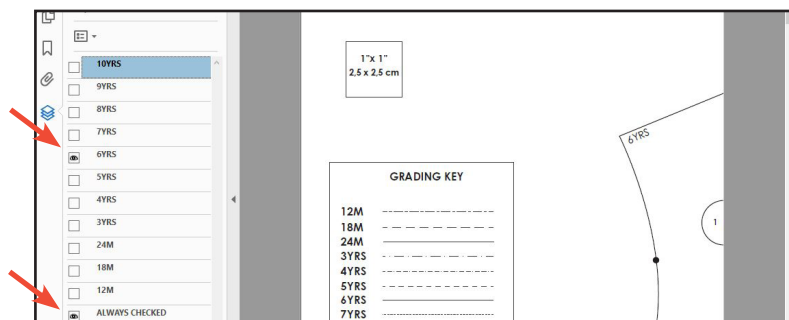
Print only the size(s) that you need to speed up your work.

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".

Below you have an example how to print the size 6 years.



PRINT LAYOUT

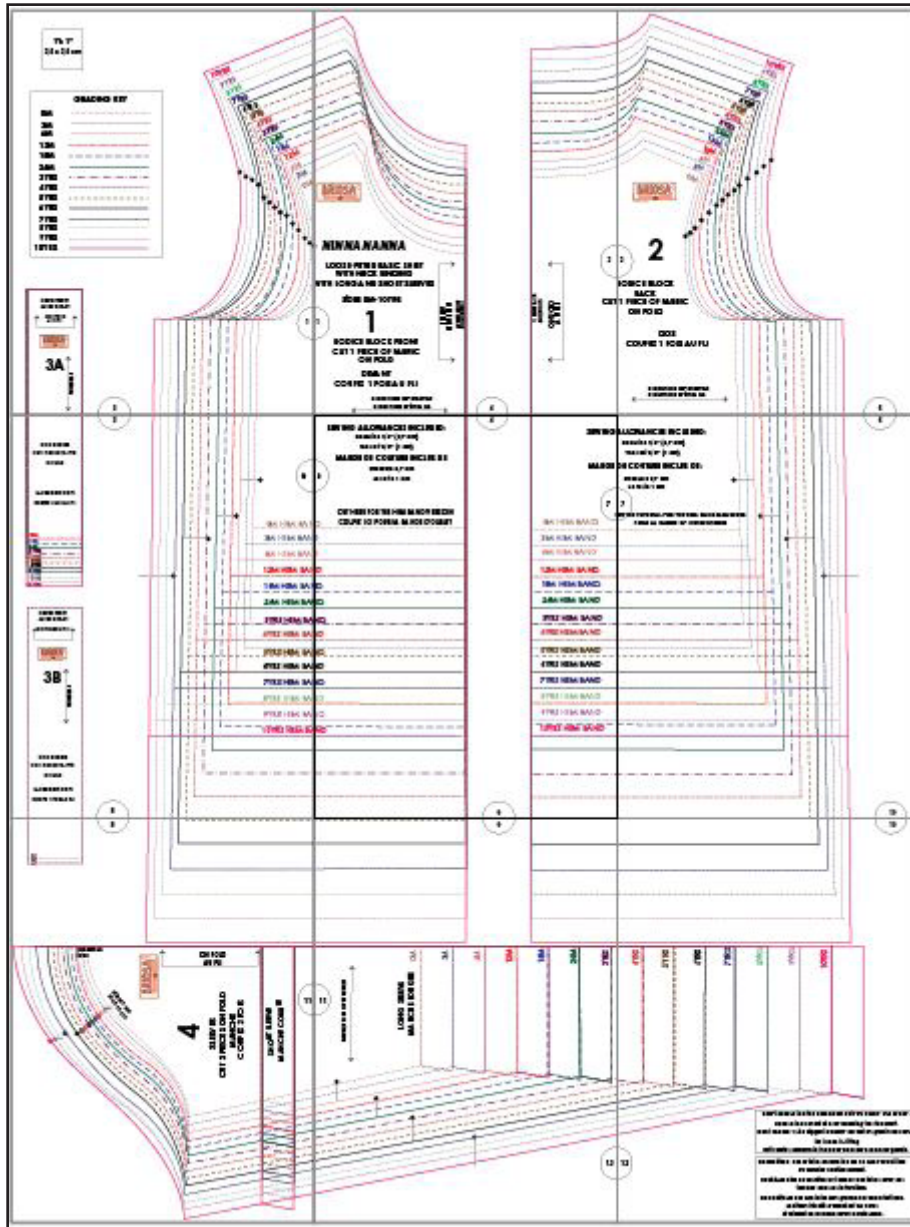


PATTERN NOTIONS

- NOTCH
- SHOULDER SEAM NOTCH
- GATHER
- GRAIN LINE
- PLACE ON FOLD

SIZES

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



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STRETCH STITCHES

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

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

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.

STRETCH 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)**.

The neckline's sewing allowance is 1/4" (0,7 cm) so **don't cut any fabric.**





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.

PREPPING & CUTTING

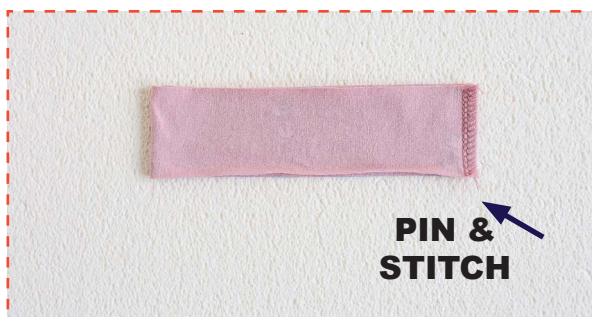
1. Prepare the fabric: wash and steam iron it
2. Tape together sheets of an old newspaper and use them as a cutting mat (if you don't have one). This helps keep slippery fabrics in place (like knits, silk, rayon) and the cutting is much easier. When you pin and cut the pattern pieces also pin and cut 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 the sleeve (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 ALLOWANCES:
 Neckline 1/4" (0,7 cm)
 The rest 3/8" - 1 cm
 The hems: press at 3/4" (2 cm) and
 stitch at 5/8" (1,5 cm)

SHOULDERS & NECKLINE



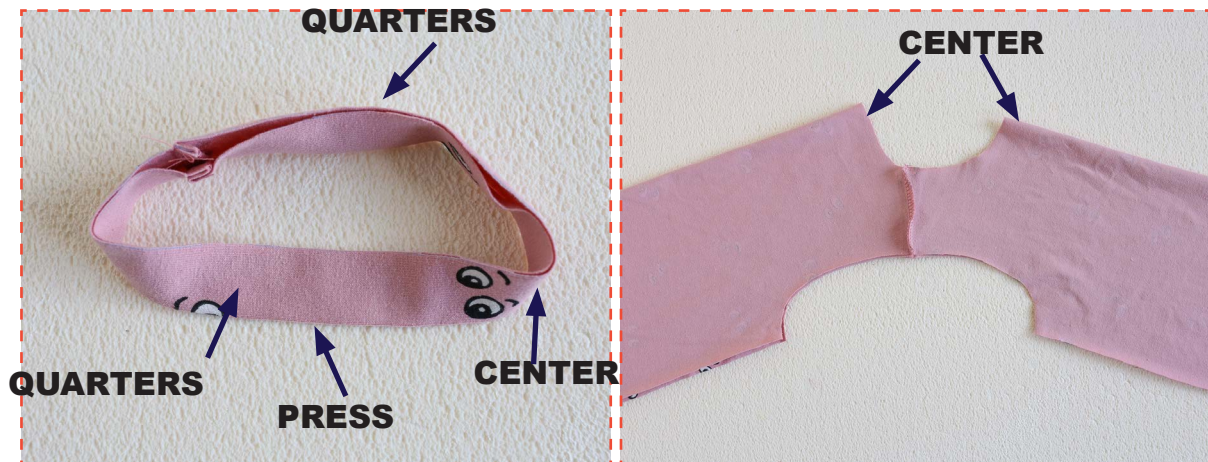
1. Pin the shoulders of the back and the front bodice together (piece n.1 and piece n.2) right sides touching. Stitch with a stretch stitch at 3/8" (1 cm) and press towards back.



2A. Pin the short sides of the neckband (piece n. 3) and sew at 3/8" (1 cm) with a stretch stitch. You can also stitch with a regular straight stitch and press the seam open.

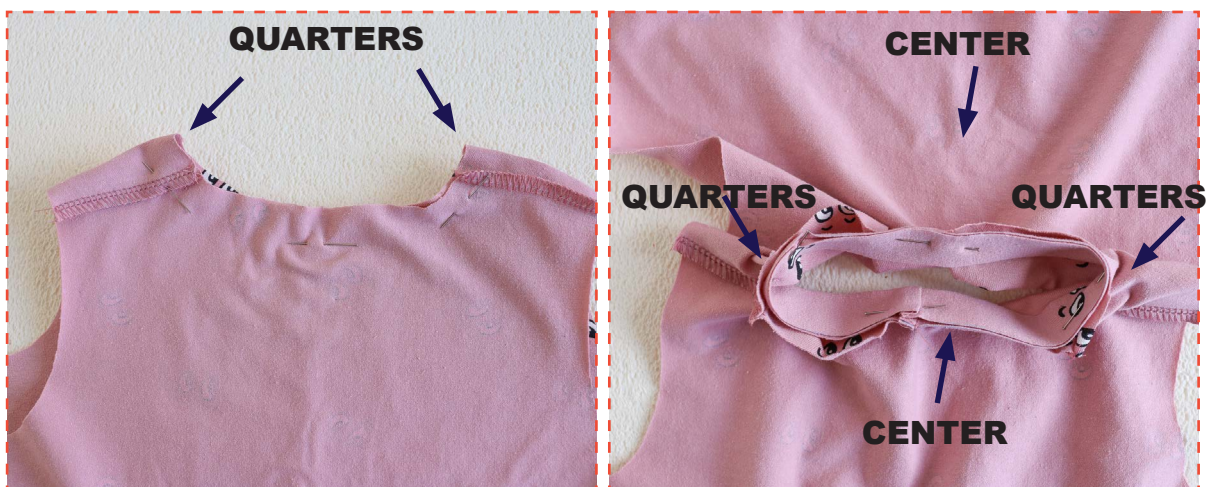


2B. Do the same with the turtle neck piece. The method is the same, only the dimensions between the neckline binding and the turtle neck piece are different.



3. Fold the band in half and press (wrong sides touching)
4. Mark the center and the quarters of the band
5. Match the shoulder seams of the bodice on the right side in order to find and mark the center front and the center back

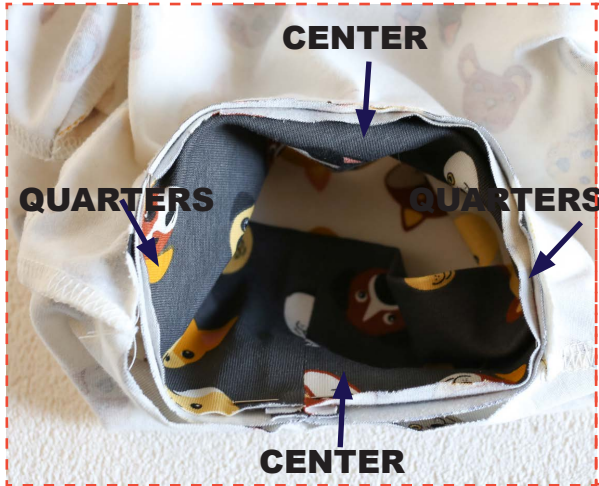
Repeat the steps 3, 4 and 5 for the turtle neck version too



6. Match the center front and the center back of the bodice to find the quarters of the bodice. **Be aware that the shoulder seams are not the quarters!**

7. Place the neckband on the neckline as follows: the neckband seam and the center back; the neckband center and the center front, the quarters of the neckband and of the bodice

8. Stitch with a stretch stitch at 1/4" (0,7 cm). If you are using an overlocker **don't cut any fabric**. In this way you are sure that the neckline is even.



Repeat the steps 6, 7 and 8 for the turtle neck version too



Fold the neckline in half, once your child has put the garment on.

SLEEVES & CLOSING THE BODICE



1. Pin the sleeve and the bodice, right sides touching, keeping the sleeve on top.
2. Match the shoulder seam notch on the sleeve with the bodice's shoulder seam. Match the other two notches.
3. Sew at 3/8" (1 cm), either with a stretch stitch or with the overlocker. Press towards the sleeve.

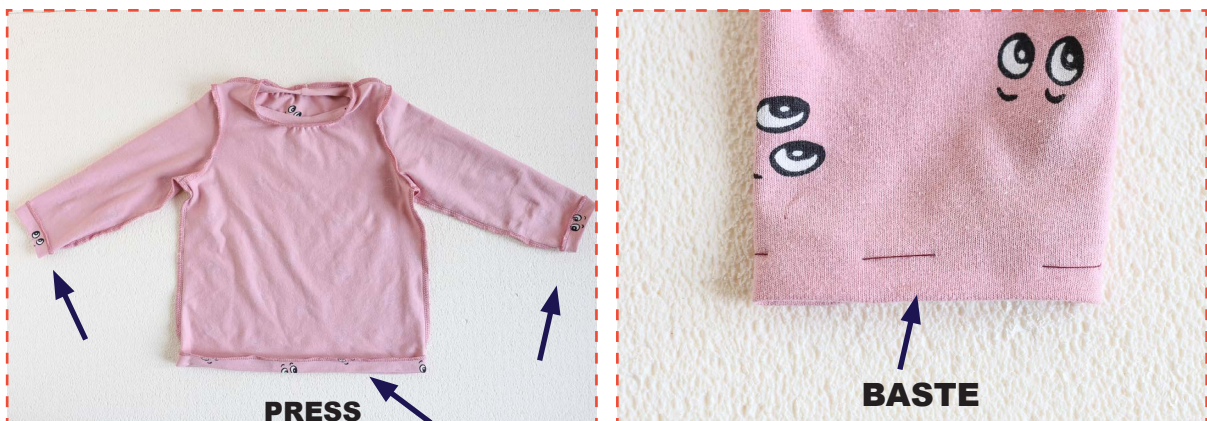


4. Pin the sides of the bodice and the sleeve together.
5. Stitch at 3/8" (1 cm) starting from the bottom of the sleeve.



PRO TIP: turn sleeve seams in opposite directions in order to get that perfect matching seams and avoid the bulk.
Pin and check on the right side that the seams match.

HEMS



1. Finish the hems (sleeves and bodice) and press towards the wrong side at 3/4" (2 cm).

Short sleeves are hemmed in the same way.

2. Hand baste the hem.



3. Sew on the right side with a stretch stitch with your sewing machine at 5/8" (1,5 cm)



CONGRATULATION! YOU FINISHED THE PROJECT!

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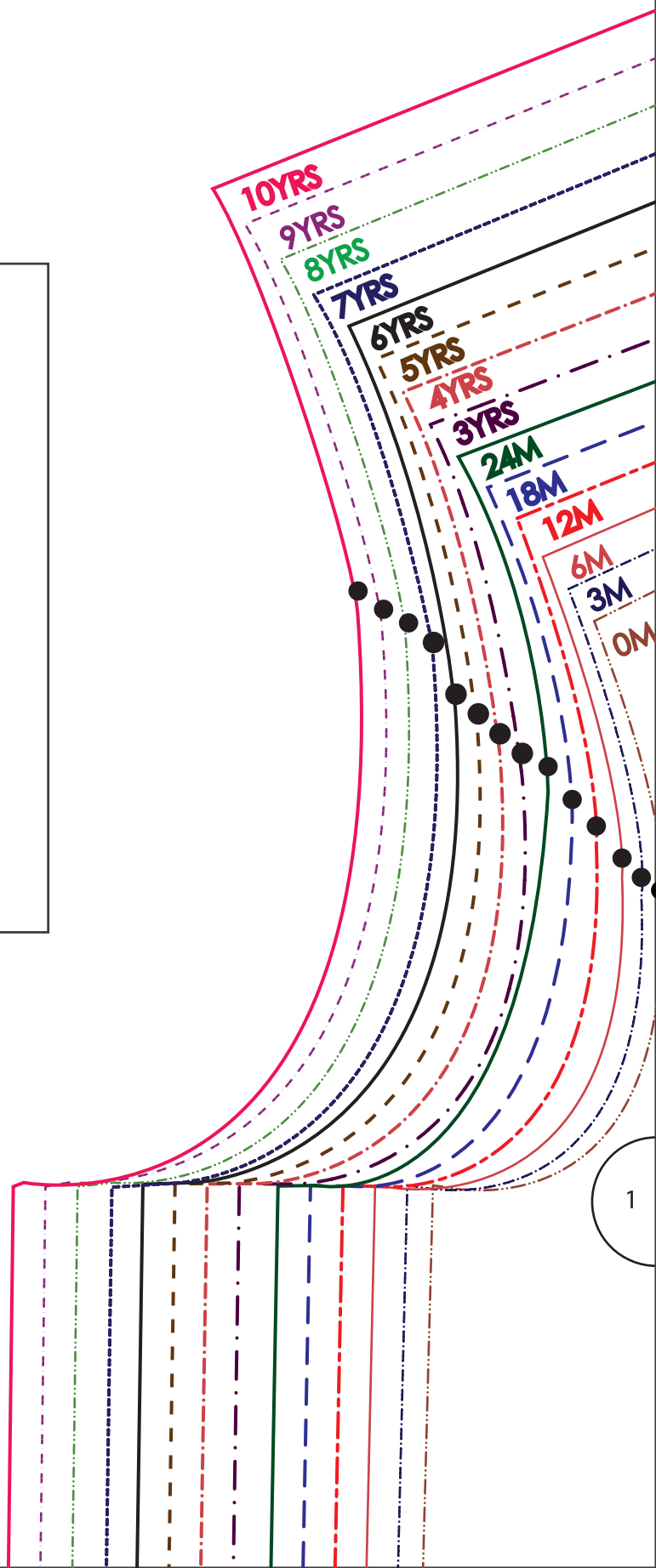
briosa.patterns@gmail.com



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

GRADING KEY

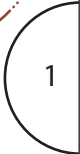
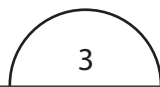
0M	
3M	
6M	
12M	
18M	
24M	
3YRS	
4YRS	
5YRS	
6YRS	
7YRS	
8YRS	
9YRS	
10YRS	



CENTER FRONT
MILIEU DEVANT



3A





NINNA NANNA

LOOSE-FITTED BASIC SHIRT
WITH NECK BINDING
WITH LONG AND SHORT SLEEVES

Sizes 0M-10YRS

1

BODICE BLOCK FRONT
CUT 1 PIECE OF FABRIC
ON FOLD

DEVANT
COUPEZ 1 FOIS AU PLI

DIRECTION OF STRETCH
DIRECTION D'ÉTIRAGE

CENTER FRONT
MILIEU DEVANT
ON FOLD
AU PLI

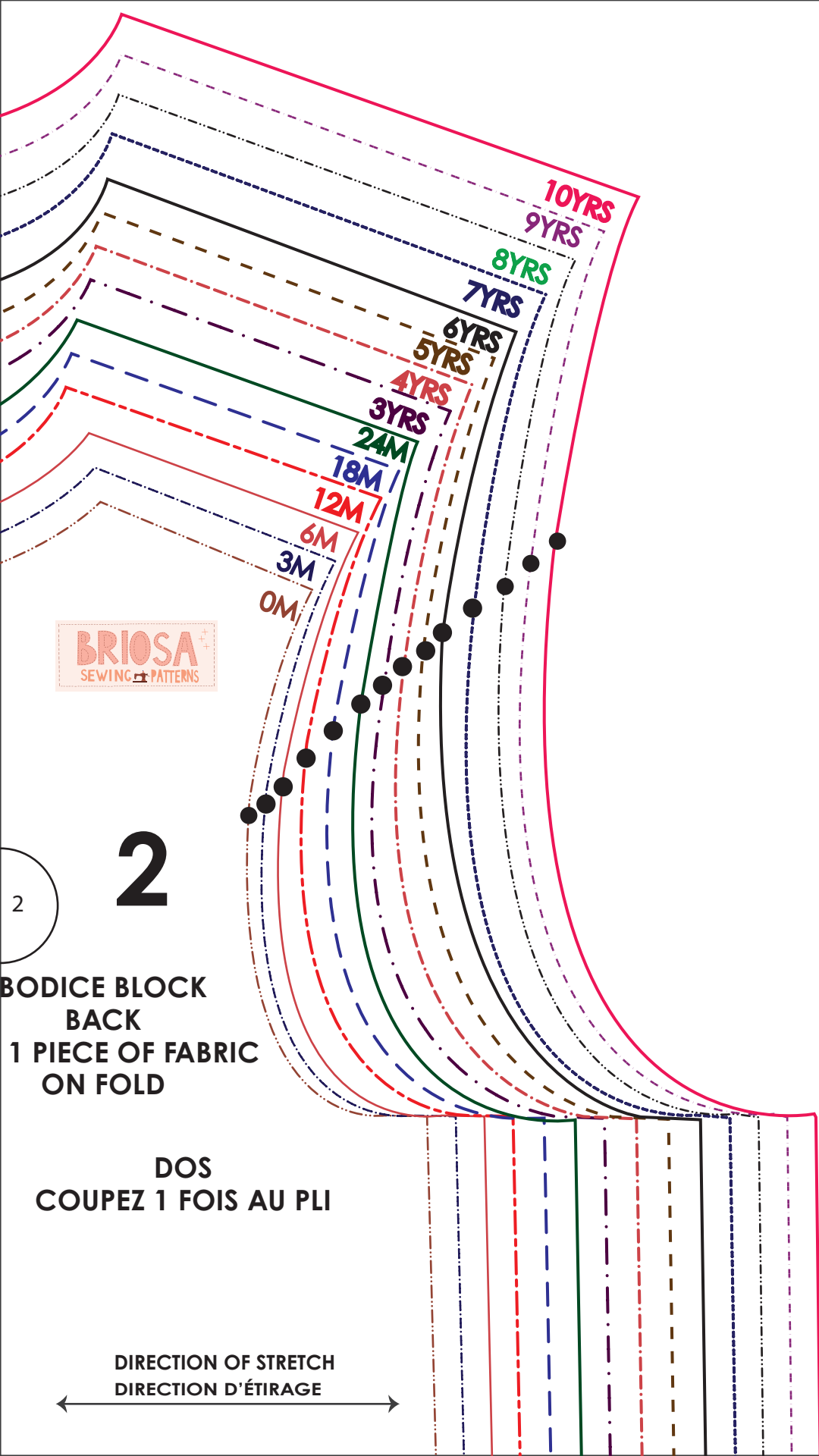
CENTER BACK
MILIEU DOS

ON FOLD
AU PLI

2

CUT

4



BRIOSIA
SEWING PATTERNS

2

**BODICE BLOCK
BACK
1 PIECE OF FABRIC
ON FOLD**

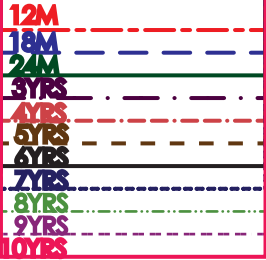
**DOS
COUPEZ 1 FOIS AU PLI**

**DIRECTION OF STRETCH
DIRECTION D'ÉTIRAGE**

3

NECK BINDING
CUT 1 PIECE OF FABRIC
ON FOLD

BANDE D'ENCOLURE
COUPEZ 1 FOIS AU PLI



CENTER FRONT
MILIEU DEVANT



3B

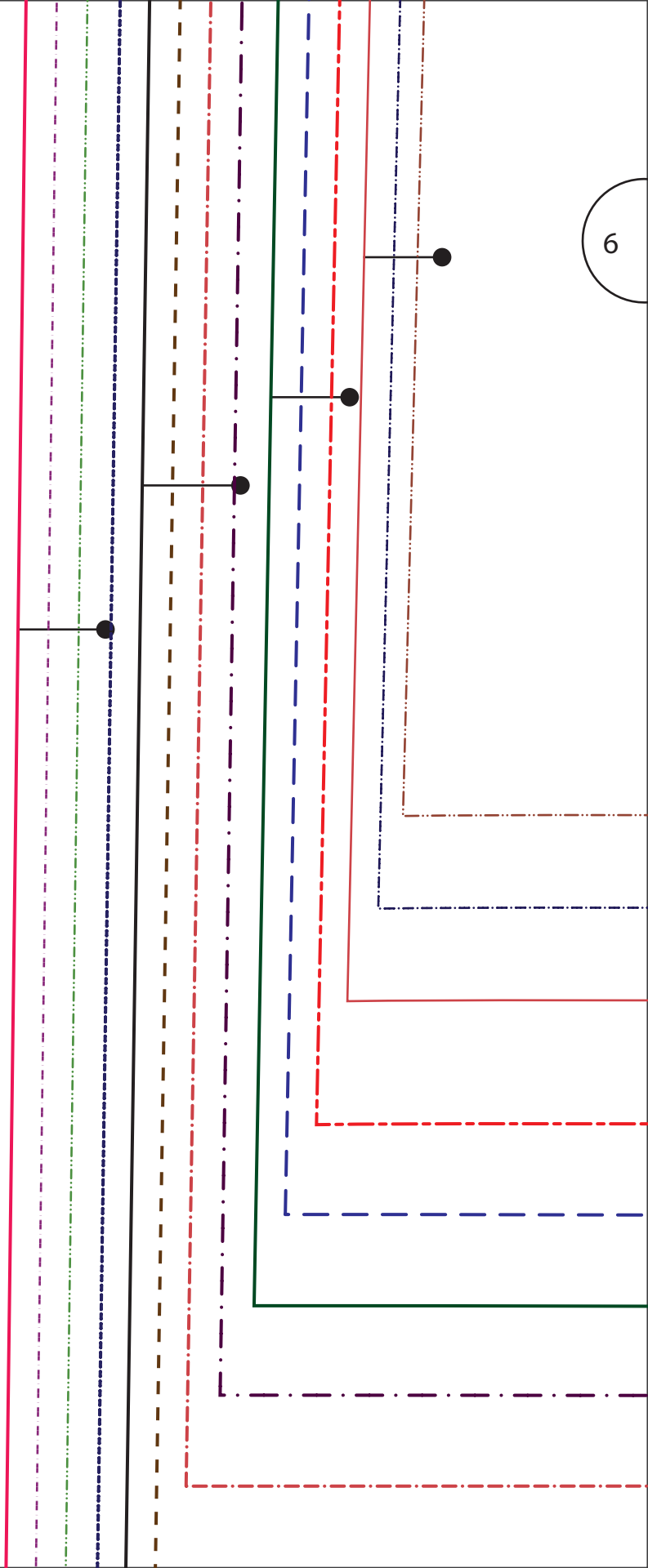


NECK BINDING
CUT 1 PIECE OF FABRIC
ON FOLD

BANDE D'ENCOLURE
COUPEZ 1 FOIS AU PLI

8

6



SEWING ALLOWANCES INCLUDED:

Neckline 1/4" (0,7 cm)

The rest 3/8" (1 cm)

MARGE DE COUTURE INCLUS DE:

Encolure 0,7 cm

Le reste 1 cm

6

4

SEWING

MARGE

7

9

5

ALLOWANCES INCLUDED:

Neckline 1/4" (0,7 cm)

The rest 3/8" (1 cm)

DE COUTURE INCLUS DE:

Encolure 0,7 cm

Le reste 1 cm

7

10

0M
3M
6M

SHOULDER SEAM
ÉPAULE

BACK & FRONT
DOS & DEVANT

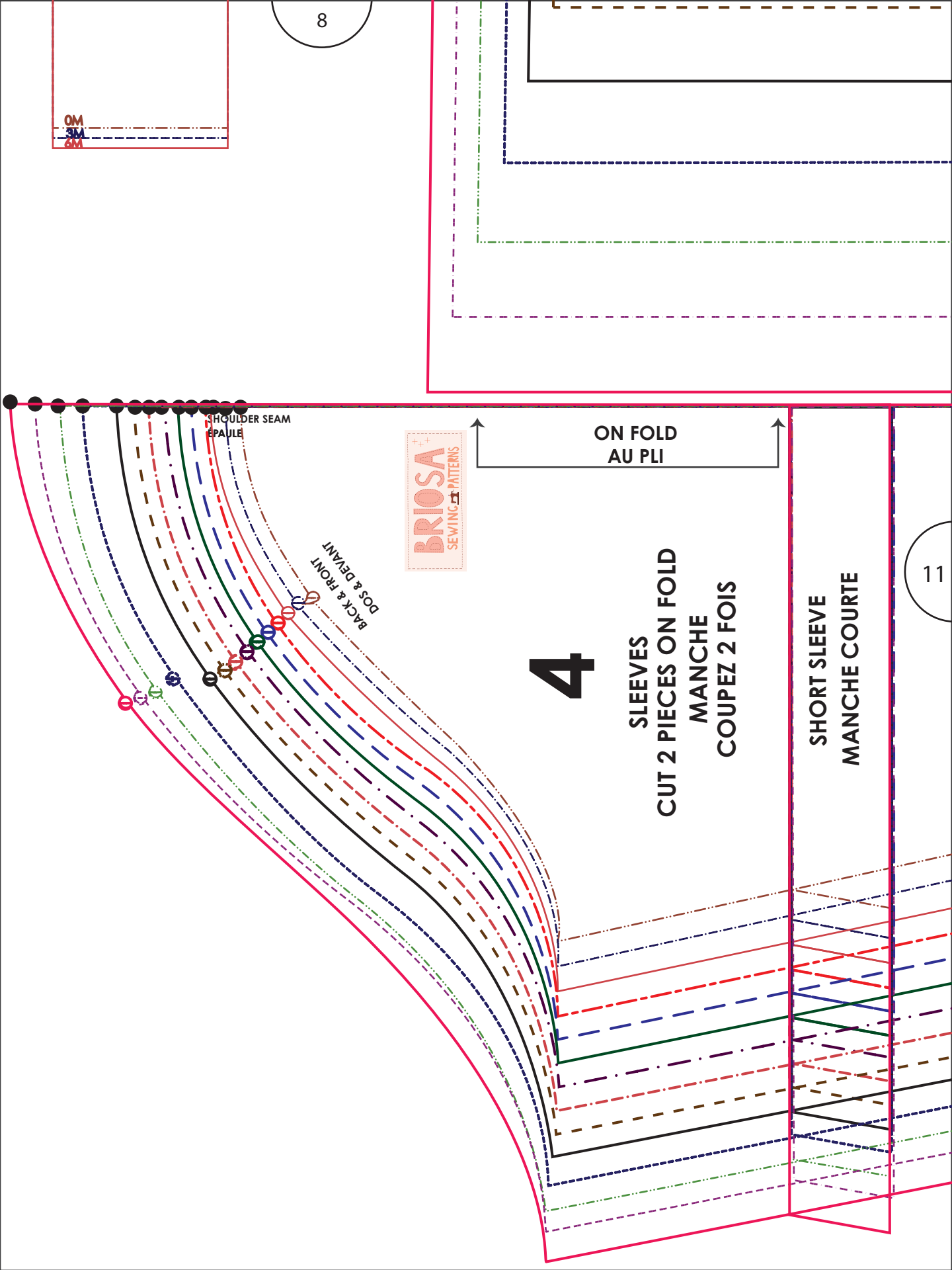


ON FOLD
AU PLI

4

SLEEVES
CUT 2 PIECES ON FOLD
MANCHE
COUPEZ 2 FOIS

SHORT SLEEVE
MANCHE COURTE



DIRECTION OF STRETCH

LONG SLEEVE
MANCHE LONGUE

0M

3M

6M

12M

18M

24M

3YRS

**Choose the size based on the child's HEIGHT and adapt the
See the instructions in the tutorial.**

4YRS

5YRS

6YRS

7YRS

8YRS

9YRS

10YRS

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.