



# Parade Sewing Patterns Knotted Gown

Preemie, Newborn, 0-3M

## KNOTTED GOWN

PREEMIE, NEWBORN, 0-3M



**CONFIDENT  
BEGINNER**  
*level*

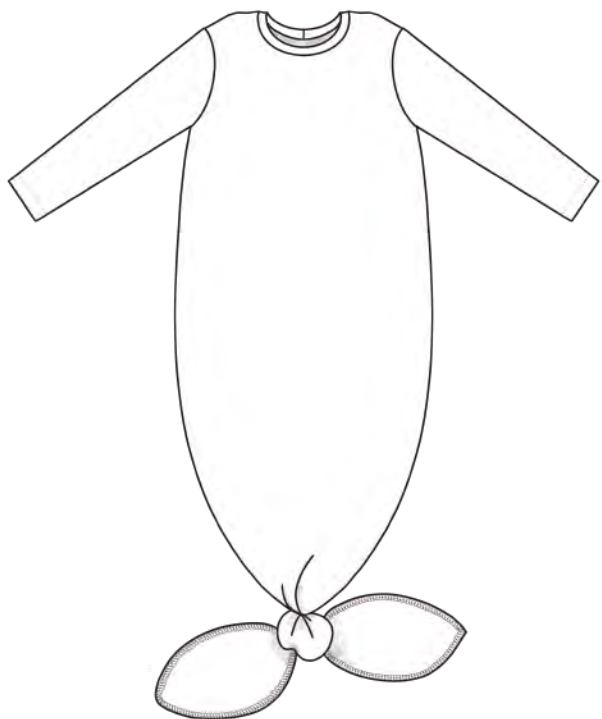
THE KNOTTED GOWN IS AN ADORABLE LOUNGE GOWN WITH KNOTTED TAILS. SLEEVE OPTIONS INCLUDE MITTEN SLEEVES, CUFFED SLEEVES, OR HEMMED SLEEVES.

[www.paradepatterns.com](http://www.paradepatterns.com)

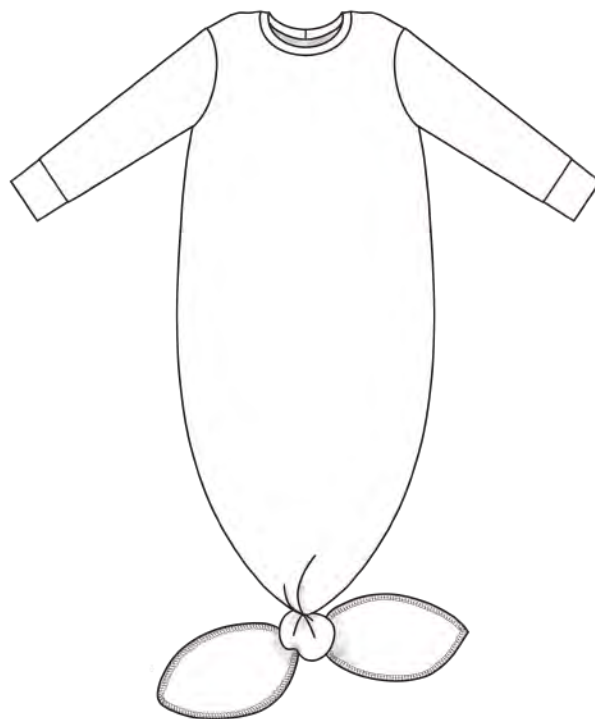


# PARADE PATTERNS

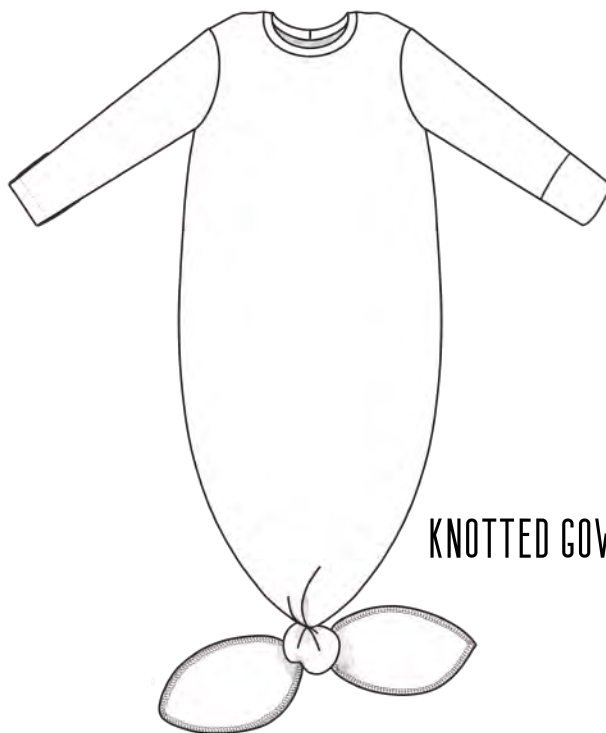
*easy sewing patterns for moms*



**KNOTTED GOWN WITH HEMMED SLEEVES**



**KNOTTED GOWN WITH CUFFED SLEEVES**



**KNOTTED GOWN WITH FOLDOVER MITTEN SLEEVES**

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All responsibilities towards a finished product made from this pattern belong to the maker of the product. Please sew responsibly and use compliant fabric and accessories.

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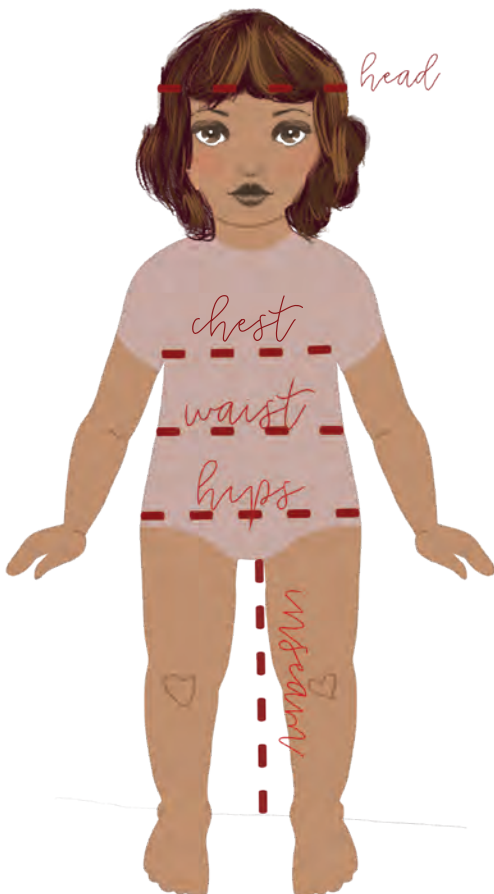
From a small business owner, thank you so much for your support!

## Important Notes

Please wash and dry all fabric before cutting to avoid shrinking your final garment. Sewing a muslin to ensure fit before cutting into nice fabric is always recommended.

**A ¼" (.64cm) seam allowance has been included in all pattern pieces.**

## Choosing the Right Size



\*Use the chart below to get the most accurate sizing to determine which pattern to cut out.

\* We try to make our patterns match ready-to-wear garments you would purchase from the store as much as possible.

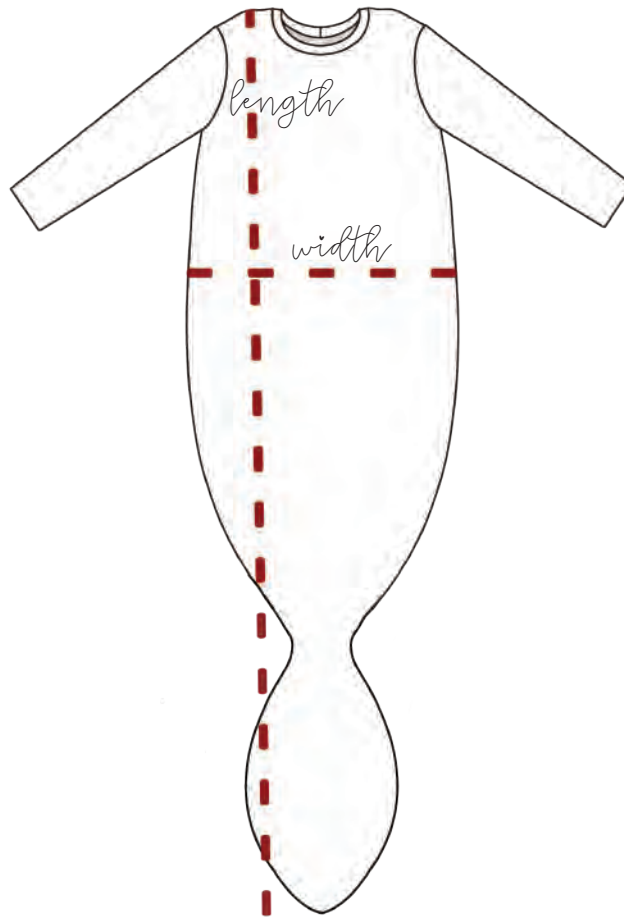
\*When measuring, use a soft tape measure and measure the child in undergarments that don't add bulk.

\*If your child is in between sizes, you may use grading to combine two sizes or to cut out the length from one size and the width from another, if needed.

**Head:** measure around the crown  
**Chest:** measure around the fullest part of the chest, at the armpit level  
**Waist:** measure around the natural waist, or about 2"/5cm above the belly button  
**Hips:** measure around the fullest part  
**Inseam:** measure from the top of the inner leg to the bottom of the ankle, or where you want the pant hemline to hit

Children's Size Chart

| Size | Chest (cm) | Waist (cm) | Hips (cm) | Height (cm) | Head (cm)  | Weight (kg)       |
|------|------------|------------|-----------|-------------|------------|-------------------|
| Pr   | 13 (33)    | 13(23)     | 12 (30)   | 17-19 (48)  | 12.75 (32) | 4-6lbs (2-3kg)    |
| NB   | 15 (38)    | 14 (36)    | 15 (38)   | 19-21 (53)  | 14.25 (36) | 6-9lbs (3-4kg)    |
| 0-3  | 16.5 (42)  | 15 (38)    | 15.5 (39) | 21-24 (60)  | 15 (38)    | 9-14lbs (4-6.5kg) |



| Knotted Gown Finished Measurements |                      |              |
|------------------------------------|----------------------|--------------|
| Size                               | Width (seam to seam) | Length       |
| Preemie                            | 7.25" (18cm)         | 33.5" (85cm) |
| Newborn                            | 8.25" (21cm)         | 35" (89cm)   |
| 0-3 mos                            | 9.5" (24cm)          | 36.5" (93cm) |

*A 1/4" (.6cm) seam allowance has been included in all pattern pieces.*

Thank you

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You can find more of our patterns here: <https://www.etsy.com/shop/ParadePatterns>

Please use this coupon code to take \$2 off your next purchase: **THANKYOU2**



**Here is a video tutorial of the Knotted Baby Gown:**

<https://youtu.be/90-ng7ytxM4>

*\*Links in this file are affiliate-based, so a small portion of anything you purchase through them may be kicked back to us at no additional cost to you. Thank you for your support of a small business!*

For the Knotted Gown, we recommend a breathable, knit fabric. Since it will be made for a baby, consider buying organic fabric with good stretch.

Our favorites are:

Spoonflower Organic Knit (\$\$\$)

ISEE Knit Fabrics (Organic Cotton Spandex or Organic Cotton Lycra)

Ribbed Knit

Girl Charlee

For Fabric requirements, see next page.

## FABRIC

1 yard (1 meter) of stretchy, knit fabric. Cotton Jerseys or Ribbed Knit work really well. The fabric needs to have a good amount of stretch (50% stretch at least) to accommodate the neckband, or you may use a coordinating Ribbed knit material for the neck (and the optional cuffs).

## NOTIONS

Coordinating thread

## MACHINES

**Sewing Machine**  
**Serger** (a small zig-zag stitch can be substituted)  
**Coverstitch** (optional; zig-zag or twin needle can be substituted)

## TOOLS

Soft measuring tape, scissors, straight pins or sewing clips, iron. A walking foot may help your knit material feed through the machine better (without getting “eaten”).

## Binding

The edges of the tails can be finished with a rolled hem, left raw, hemmed, or completed with binding. There is no tutorial for the binding and there is no pattern piece for it. If you would like to add binding around the tails, use the chart below to cut those pieces:

| <b>Knotted Gown Binding Measurements</b> |                                  |
|--|----------------------------------|
| <b>Size</b>                              | <b>Cut 1, 1.75” wide (4.5cm)</b> |
| Preemie                                  | 49” (125cm)                      |
| Newborn                                  | 52” (132cm)                      |
| 0-3 mos                                  | 55” (140cm)                      |

Included in your purchase is a **PDF file**, an **A0 copyshop file**, and an **A0 projector file**. If you would like to have your pattern printed at a shop (you can Google “copyshop near me” to find your local shop), you can send them the A0 copyshop file.

The projector file is for those that use a projector to “throw” their image onto their fabric. You can learn about projectors for sewing in this Facebook group if you are interested (I am not an owner nor moderator of this group, just a curious member).

*If you would like to print out your pattern on your home printer, choose the **Print at Home PDF file**.*

Here is a helpful video tutorial about printing and assembling our patterns (with troubleshooting):

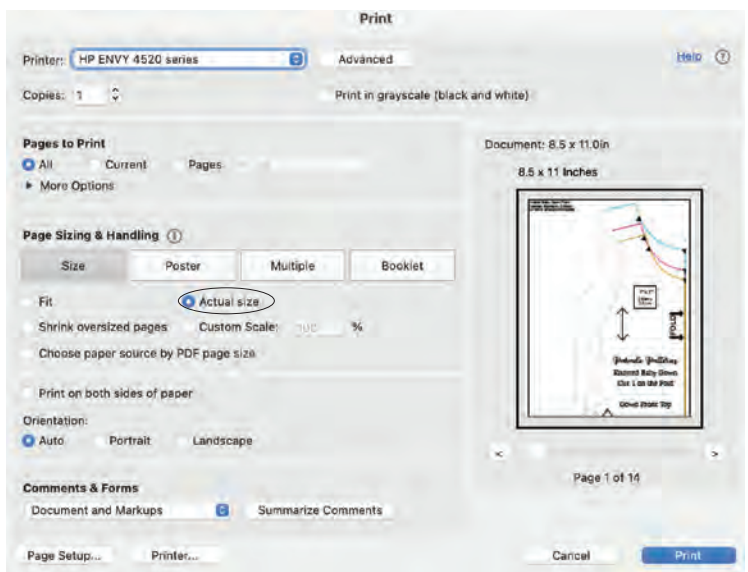
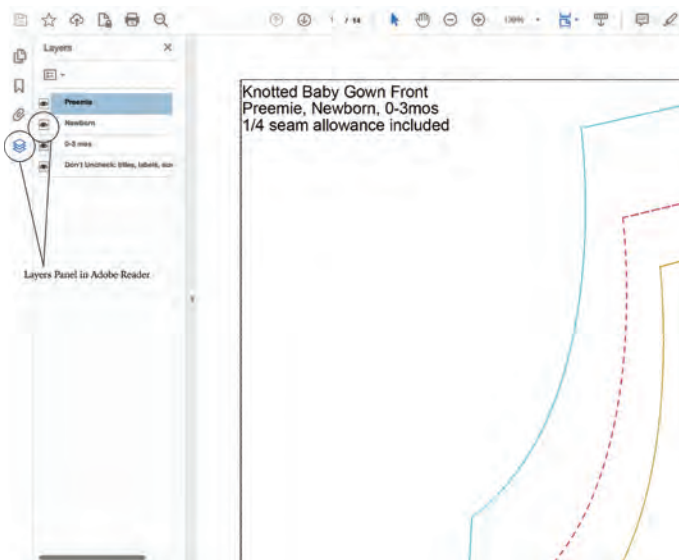
<https://youtu.be/2HyZIxqmjwI>

*Print Guide*



\*Make sure you have the latest version of Adobe Reader (you can download it for free here)

\*This pattern can be printed on Letter or A4 paper

\*It is important to print at 100% scale or **Actual Size**. There is a one-inch test square on the first page you can measure to ensure it printed correctly.



How to use Layers: If you would like to choose a single size to print out, rather than printing all of the sizes at once, you can use the Layers feature in Adobe Reader to do so. (This simplifies the cutting process a little bit when you are piecing the pattern together).

After opening the pattern in Adobe Reader, look for the icon on the left hand side that resembles a stack of paper.  This is the Layers Panel. Click on it and it will give you all of the different layer options with an “eye”  icon beside each one. Click on each eye you do not want and that layer will temporarily disappear. For example, if you want to only print the 0-3 month size pattern, you would click the eye on all the other sizes and leave the eye turned on next to 0-3 month (as well as the “don’t uncheck”) layer. (Note: if you are combining two sizes for grading purposes, make sure you leave both of them checked).

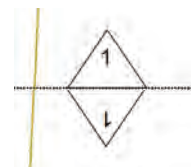
There are 14 pages in total. You will not need all 14 pages. There are three different sizes and three different sleeve options, so choose the one that works best for you and just print those pages. To not waste paper, you can use the Print Guide below:

| <b>Knotted Gown Print Guide</b> |            |
|---------------------------------|------------|
| Preemie                         | 1-8, 13    |
| Newborn                         | 1-8, 13    |
| 0-3 months                      | 1-8, 13-14 |
| Hemmed Sleeve                   | 10         |
| Cuffed Sleeve                   | 9, 11      |
| Mitten Sleeve                   | 9, 12      |

**Here is a helpful video about printing and assembling your patterns (with troubleshooting):**

**<https://youtu.be/bpt1icbzFPk>**

Some of the pattern pieces will need to be pieced together. Line up the triangles with the matching numbers and tape together like this:



**See the next page for the Knotted Gown Pattern Assembly**



Knotted Baby Gown Front  
Over Size (20 inches to about 4 months)  
1/2" seam allowance included

**1** Parade Patterns  
Knotted Baby Gown  
Cut 1 on the Fold  
Gown Front Top

**2** Parade Patterns  
Knotted Baby Gown  
Gown Front Middle

**3** Parade Patterns  
Knotted Baby Gown  
Gown Front Bottom

**4** Parade Patterns  
Knotted Baby Gown  
Gown Front Tail

**5** Parade Patterns  
Knotted Baby Gown  
Cut 1 on the Fold  
Gown Back Top

**6** Parade Patterns  
Knotted Baby Gown  
Gown Back Middle

**7** Parade Patterns  
Knotted Baby Gown  
Gown Back Bottom

**8** Parade Patterns  
Knotted Baby Gown  
Gown Back Tail

**9** Parade Patterns  
Knotted Baby Gown  
Sleeve Cuff  
Cut 2 (only if you are doing the cuffed sleeve option)

**10** Parade Patterns  
Knotted Baby Gown  
Sleeve (Hemmed)  
Cut 2 on fold

**11** Parade Patterns  
Knotted Baby Gown  
Sleeve (Cuffed)  
Cut 2 on fold

**12** Parade Patterns  
Knotted Baby Gown  
Sleeve (Fold-over Mitten version)  
Cut 2 on fold

**13** Parade Patterns  
Knotted Baby Gown  
Foldover mitten  
Cut 4, mirrored (only if you are doing the foldover mitten sleeve option)

**14** Parade Patterns  
Knotted Baby Gown  
Sleeve Cuff

**Key**

- Premie
- Newborn
- 0-3 mos
- Grain line markings

Notch arrows to line up the necklines. Either mark with chalk or make a small notch (under 1/4" gaps so they will be covered by the seam).

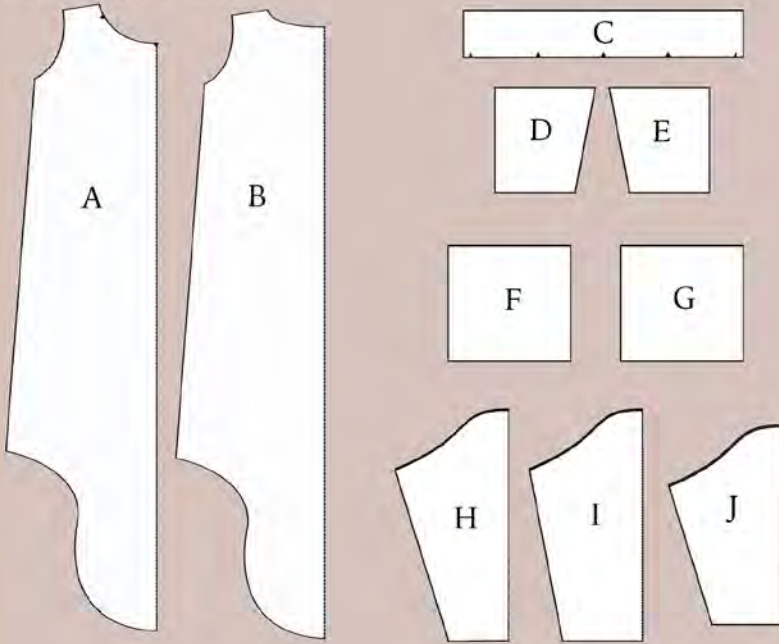
This is sleeve option 1 - the hemmed sleeve. Please choose between this or the hemmed or foldover mitten option. If you choose option 2, please also cut out the sleeve cuff piece.

This is sleeve option 2 - the cuffed sleeve. Please choose between this or the hemmed or foldover mitten option. If you choose option 2, please also cut out the sleeve cuff piece.

This is sleeve option 3 - the foldover mitten. If you choose this option, please also cut the foldover mitten piece.

# Cutting Layout

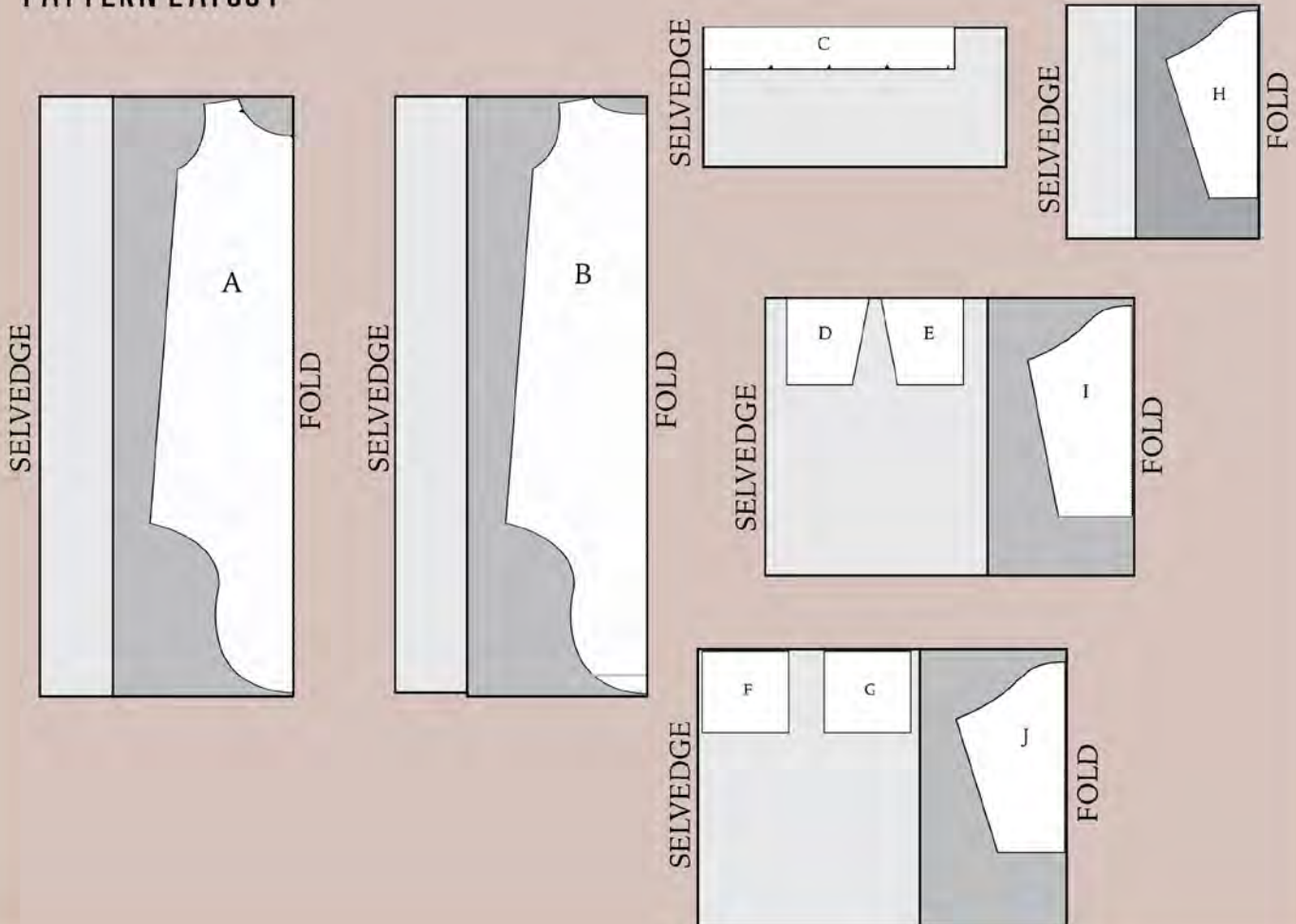
## PATTERN PIECES:



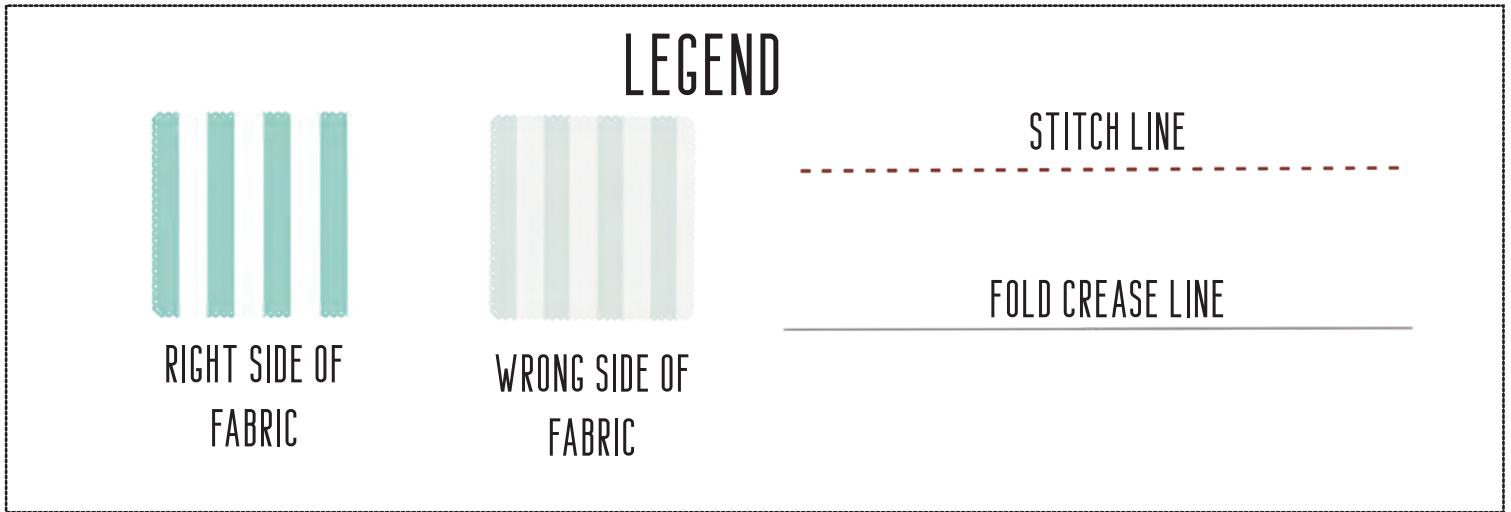
- A. Knotted Gown Front
- B. Knotted Gown Back
- C. Neckband
- D. (optional) Mitten Cuff left
- E. (optional) Mitten Cuff right
- F. (optional) Sleeve Cuff
- G. (optional) Sleeve Cuff
- H. Hemmed Sleeve
- I. Mitten Sleeve
- J. Cuffed Sleeve

\*Note: If you want to cut the guide notches in the neckband and Front and Back pattern pieces, cut them less than 1/4" (.6cm), so they will be covered by the seam.

## PATTERN LAYOUT:

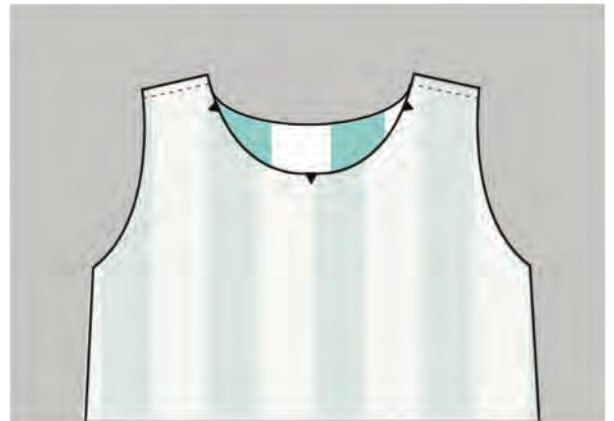


To see a step-by-step guide to completing this pattern, watch this video:  
<https://youtu.be/90-ng7ytxM4>



Place the front gown piece face down on top of the back gown piece (right sides together).

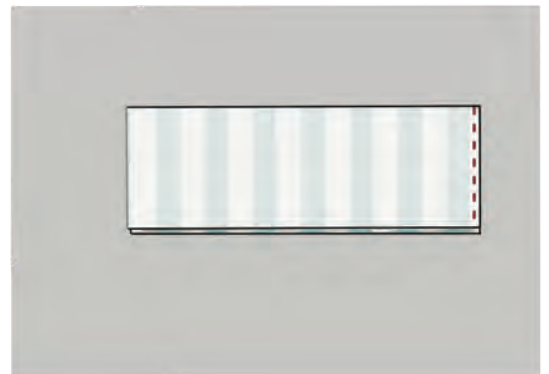
Serge across both of the shoulder seams. (Sewing a zig-zag stitch can be substituted for all serged seams for the rest of the instructions. Use a 1/4"/.6cm seam allowance when sewing).



## NECKBAND

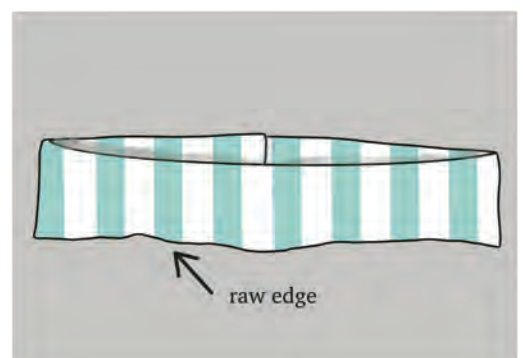
Lay the gown aside. Fold the neckband in half, width-wise, right sides together.

Serge where the two ends meet.



Now, open the band up and face it right side out. Flip the top lip of the band down (in half, length-wise). It is helpful to place it so the seam is in the middle back.

Wrong sides will be touching, and raw edges will line up.



Turn the folded band upside-down and pin (or clip) it to the gown neck opening.

Do this on the outside of the gown. The gown will be right side out and raw edges will match for the neckband and gown.

If you cut notches, match up the notches on the neckband to the notches on the gown.

Line up the seam so that it falls in the middle of the back.



Stretch the neckband slightly as you pin it. It is intentionally smaller than the neck opening. This helps the neckband to lay flat when it is complete.



This is a small opening, so you will need to go slow as you serge/sew. Stop the needles every few revolutions, lift the presser foot, and readjust your fabric. Make sure the neckband stretches slightly so that it fits evenly around the neck opening. Make sure to catch both edges of the neckband as you sew around the opening.

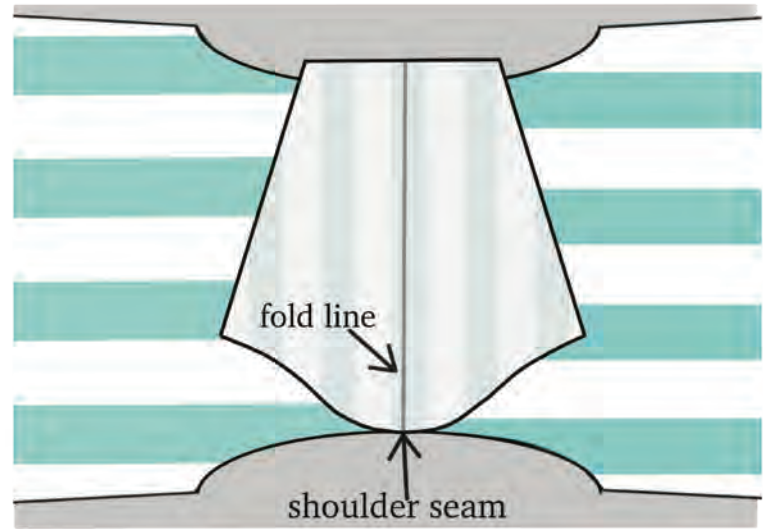


Now flip the neckband up so the serged seam tucks inside the gown.

## SLEEVE (ALL OPTIONS)

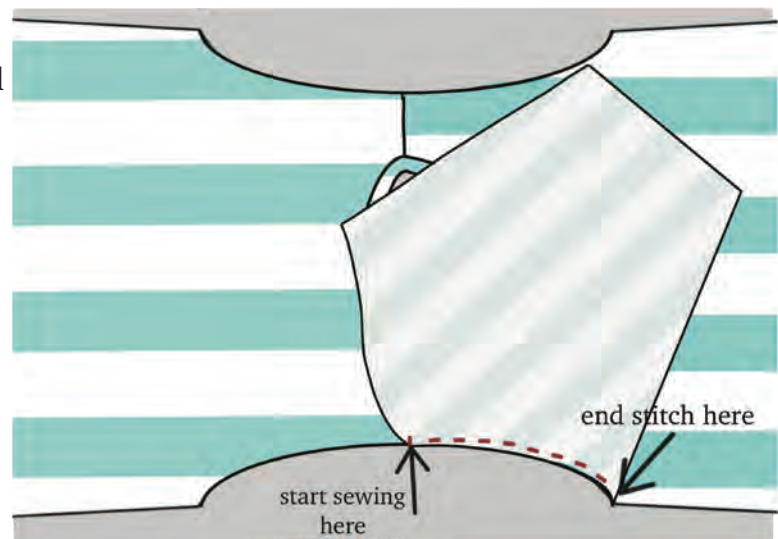
Next, we will sew on the sleeves (at this point, it doesn't matter which sleeve option you chose).

Take one sleeve and find the middle by folding it in half and observing the crease. Place it upside down, face down on the gown shoulder (right sides together), lining up the middle of the sleeve with the shoulder seam.

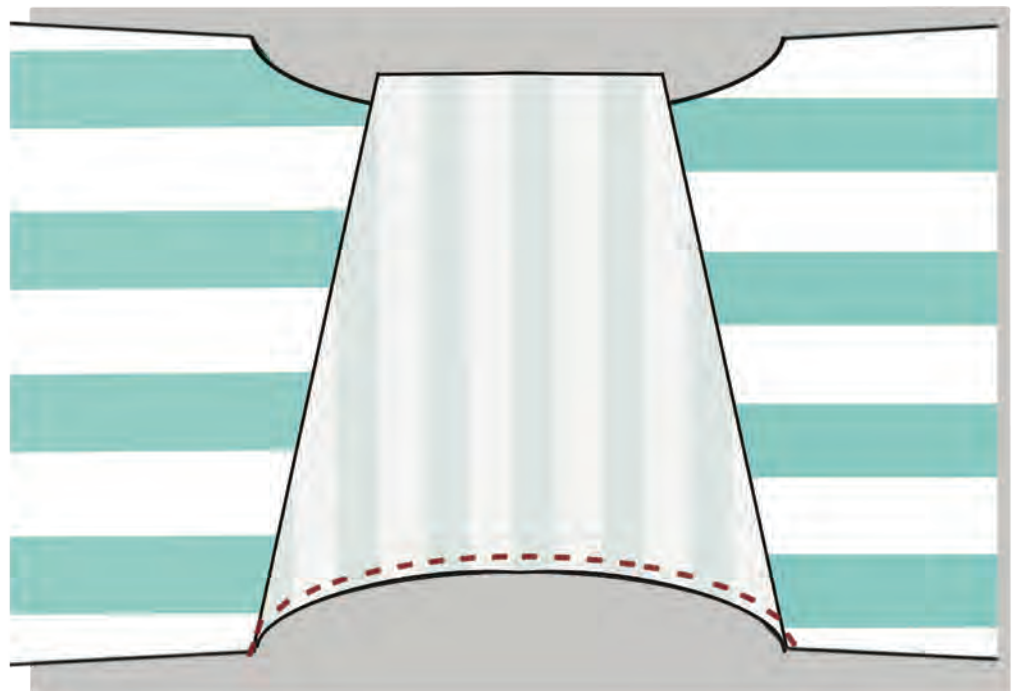


Sew starting in the middle of the sleeve opening and rotating the sleeve fabric down one side, stopping your stitch at the edge.

Then pick up your needle, go back to the middle, and finish by sewing down the opposite side. You will not need to pin the sleeve in place because you will be rotating the fabric as you sew to match the opening.

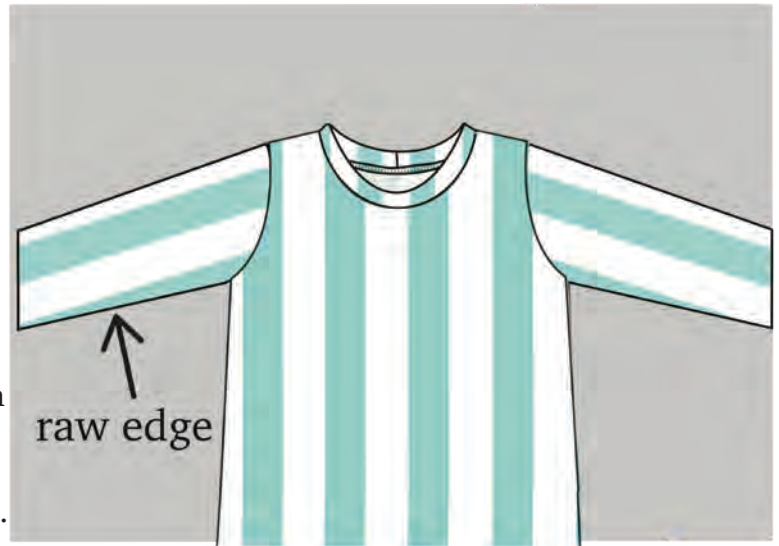


Repeat for the other sleeve.



## SLEEVE (ALL OPTIONS)

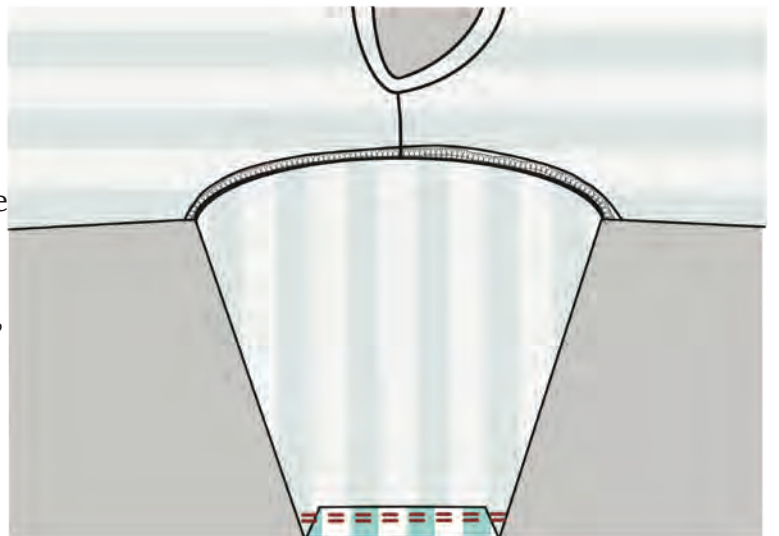
Place the gown aside. It will look like this:



If you chose the hemmed sleeve option, continue on to the next step. If you chose the foldover mitten option, skip down. If you are doing the cuffed option, skip to step FINISHING (page 17).

### HEMMED SLEEVE

Start with one sleeve and turn the edge of the sleeve  $\frac{1}{2}$  inch (1.25 cm) under (wrong side to wrong side). Using a coverstitch machine, double needle, or a zig-zag stitch, sew the edge of the sleeve down, all the way across the entire sleeve.



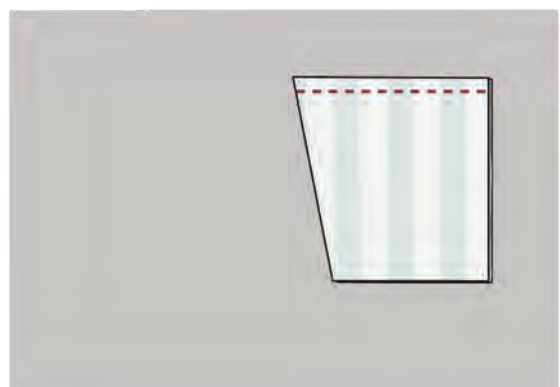
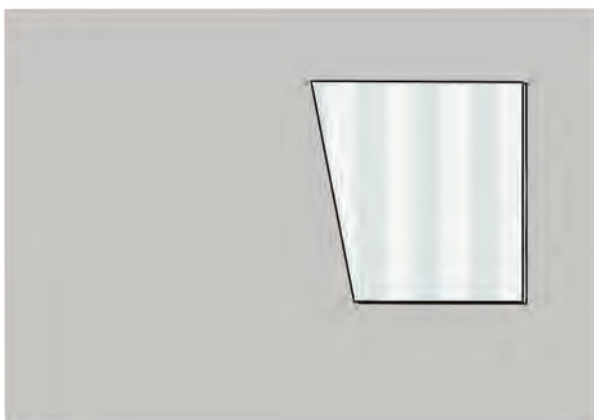
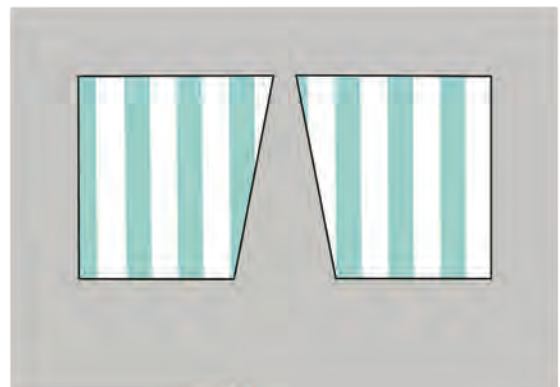
Repeat for the other sleeve. Then skip down to FINISHING (page 17).

### MITTEN SLEEVE

Note: for a video tutorial of the mitten cuff, skip to 6:35 in this video <https://youtu.be/90-ng7ytxM4>

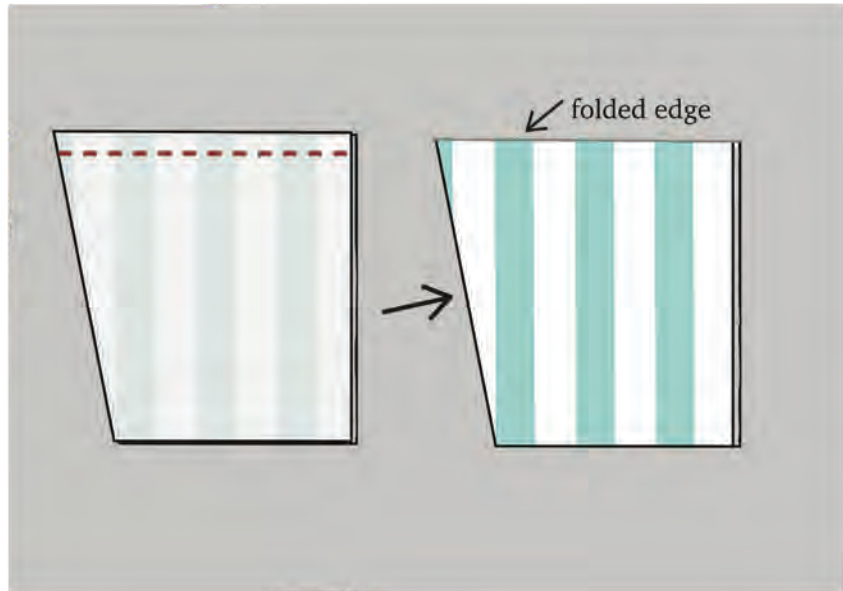
Take one set of mirrored cuffs and align the two pieces, right sides together.

Sew or serge along the top edge of the cuff.

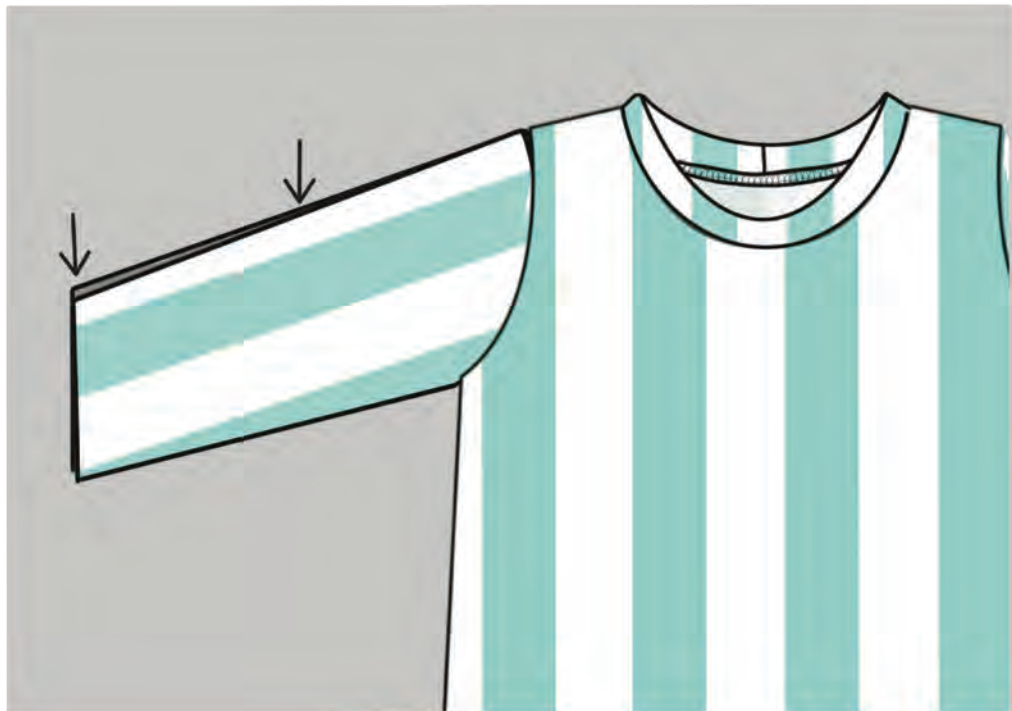
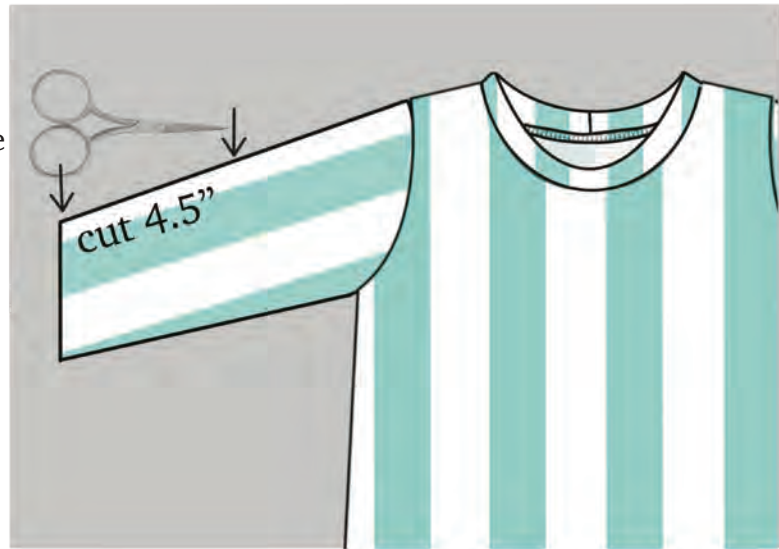


Turn the cuff right-side out and iron.

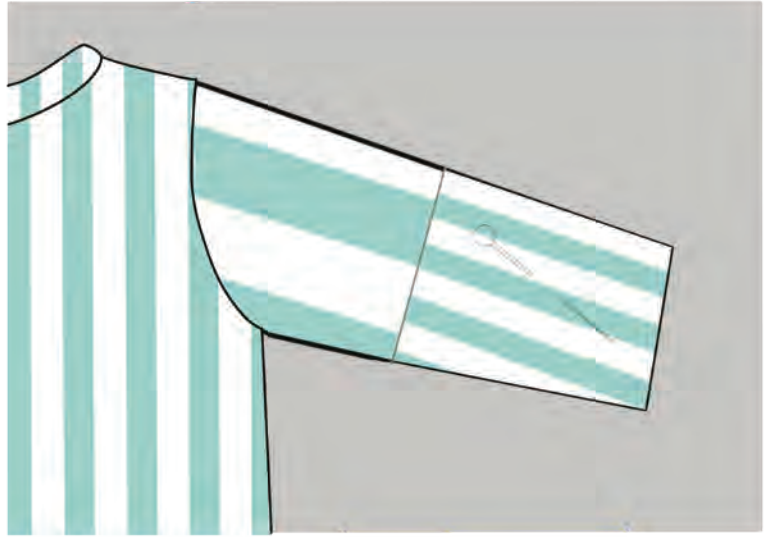
Set aside.



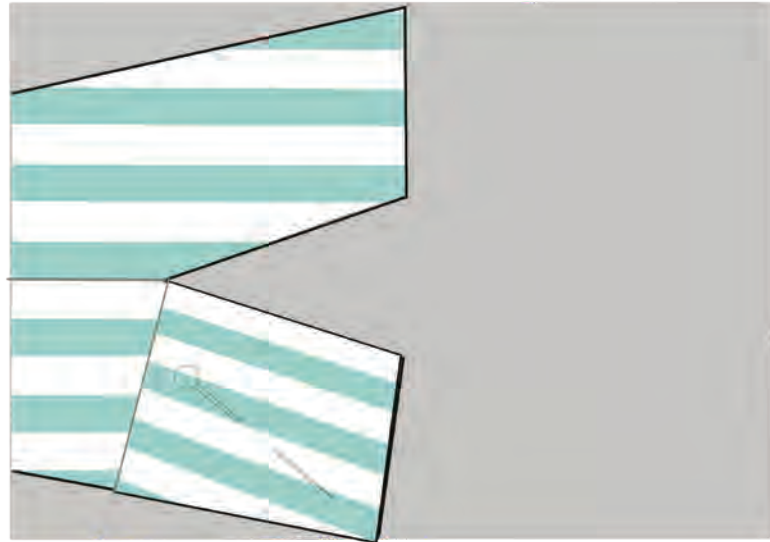
Use a ruler to measure 4.5" (11cm) on the top edge of the sleeve and then cut.



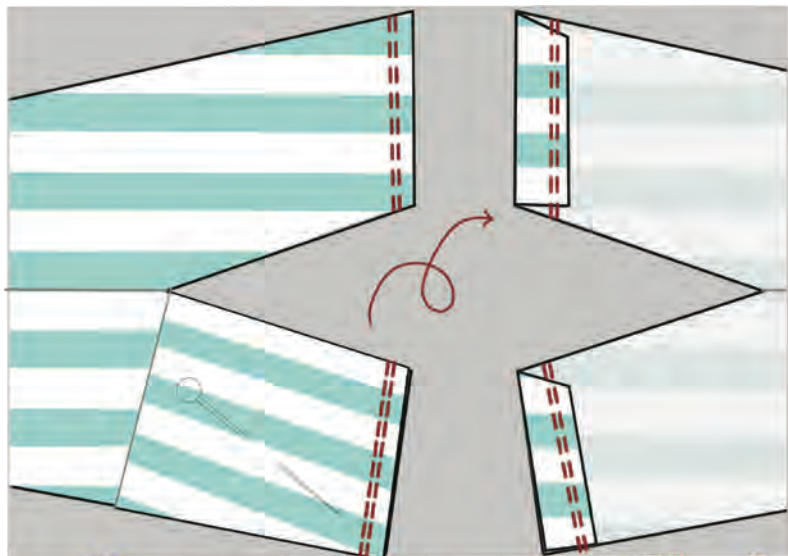
Turn the gown to the back side (right side out). Place the cuff on the sleeve, lining up the straight edge (top) and the angled edge (bottom). Pin it in place (but only to the back side of the sleeve. Do not catch the front side of the sleeve in your pin).



Open up the sleeve so it looks like two conjoined pieces.



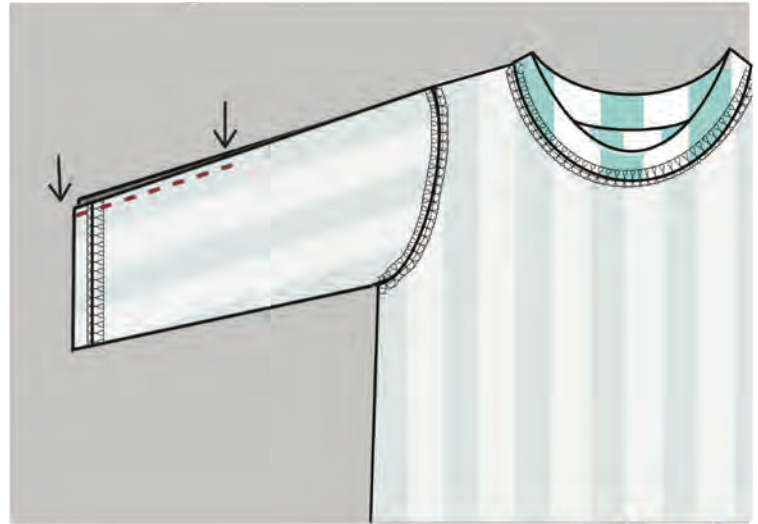
Hem both pieces (the back of the sleeve and the front of the sleeve) by turning the fabric under  $\frac{1}{2}$ " (1.25cm) and using a zig-zag, stretch stitch, or double needle hem across.





Turn the gown inside out and serge along the top of the sleeve, closing the 4.5" cut. Be sure to catch the mitten cuff piece in the seam.

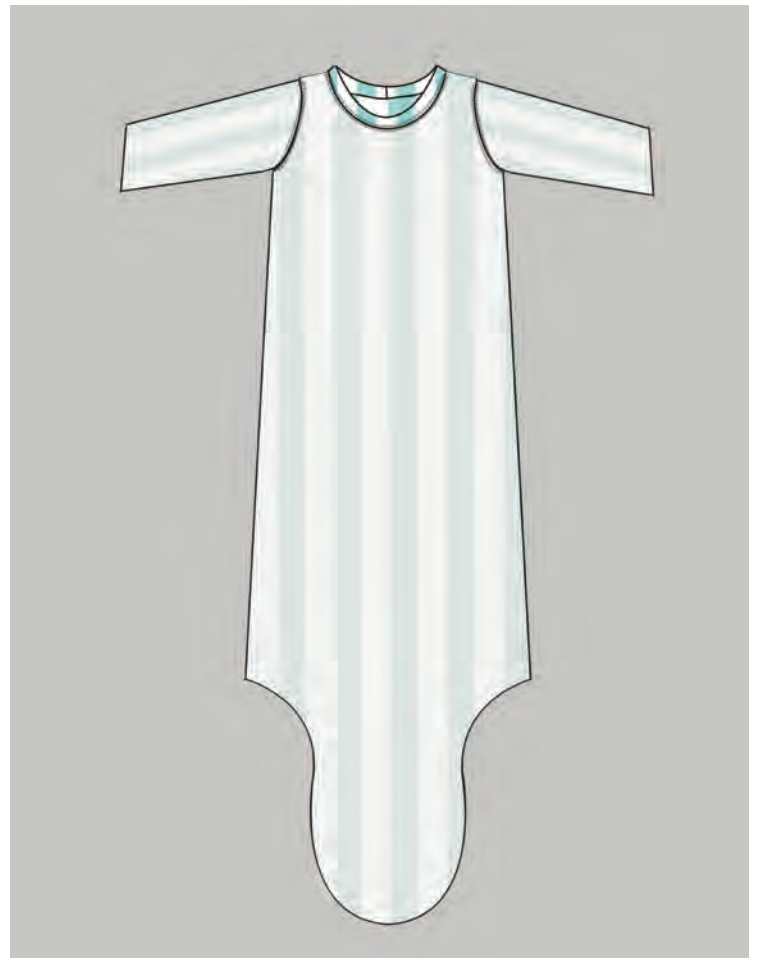
Repeat for the other sleeve.



## FINISHING

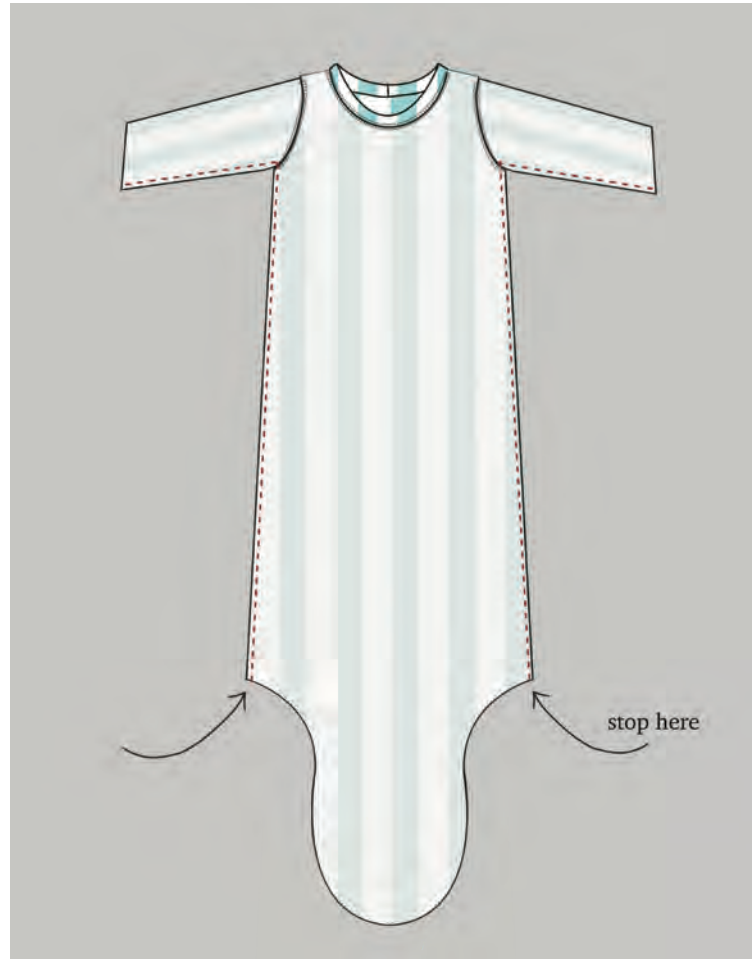
(All sleeve options, including cuffed, should follow these steps.)

Turn the entire gown inside out, wrong sides together.



To close the gown, sew from one sleeve opening down to the base of the gown (do not go around the tail at this point. Just stop at the bottom of the gown)

Repeat for the other side: sleeve opening to base.

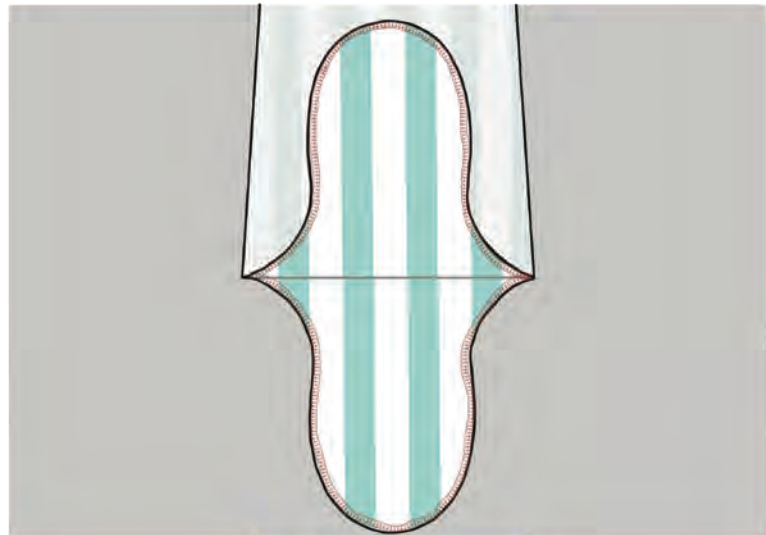


## TAILS

You have several options for this step. I use a serger to make a rolled hem all the way around the tail from side seam to side seam.

Note: *you will not be serging or sewing the tail pieces together.* Start at one side seam, stitch all the way around one tailpiece to the other side seam, down around the other tailpiece, and end at the side seam where you began.

Finishing the tail pieces with a serged edge like this helps them to retain their full stretchiness which is nice when you are knotting them together. However, if you would like a more finished look, or are not using a serger, you can turn the hem under (to the wrong side) and sew a zigzag or stretch stitch all the way around the tails, or you could put a stretch binding all the way around. (See the chart on page 6 for cutting the correct size binding)



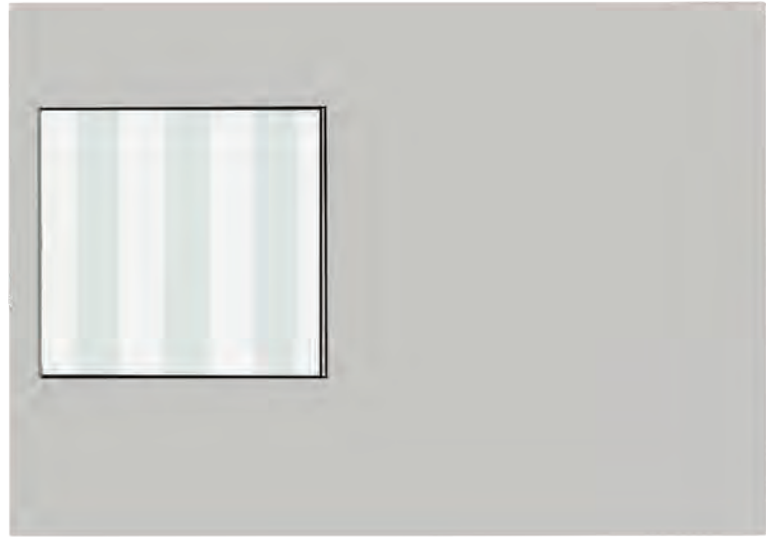
Finally, you could leave it unhemmed if that is your preference, as knit fabric does not fray.

If you did the hemmed or mitten sleeve options,  
*Congrats! You've now completed your gown!*

If you are doing the cuff sleeve, continue on to the final step.

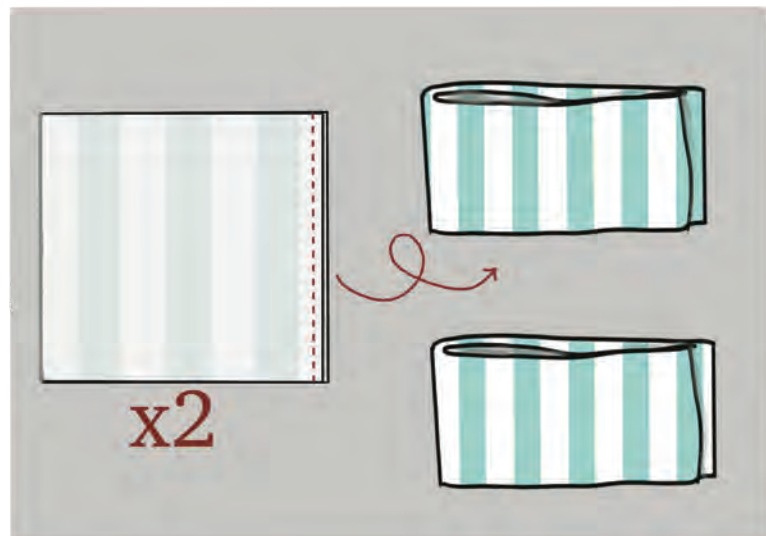
## CUFF SLEEVES

Fold each cuff band in half, width-wise, right sides together.

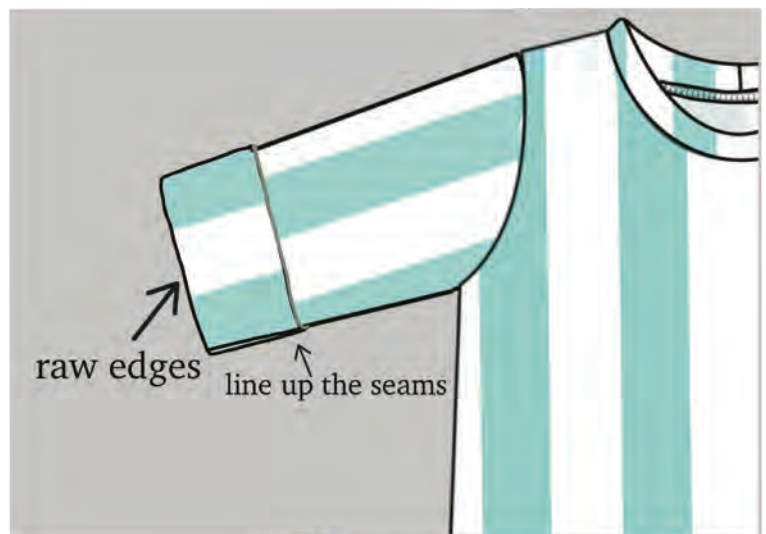


Sew the side openings closed.

Open each cuff, turn right side out, and fold them in half, length-wise with the wrong sides together. (this is exactly like the process for the neckband)

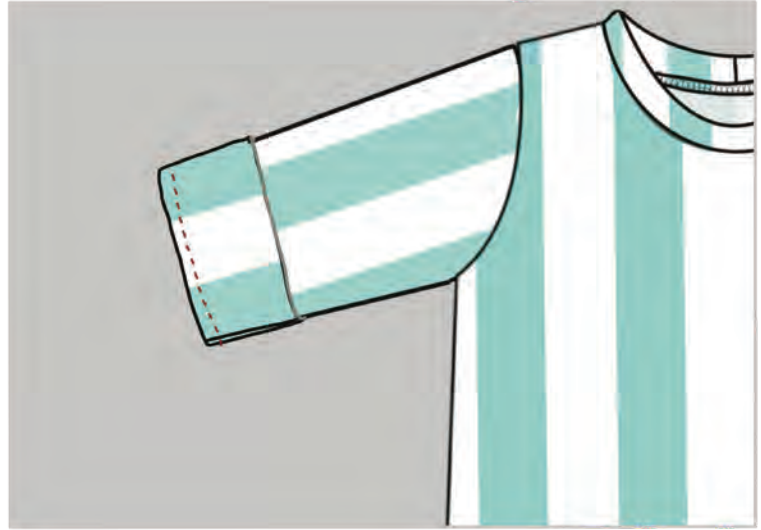


Slide the cuffs around the opening of the sleeves, right sides together. The raw edges of the sleeves and the cuffs will line up. Also, line up the seams on the cuffs with one of the seams on each sleeve.

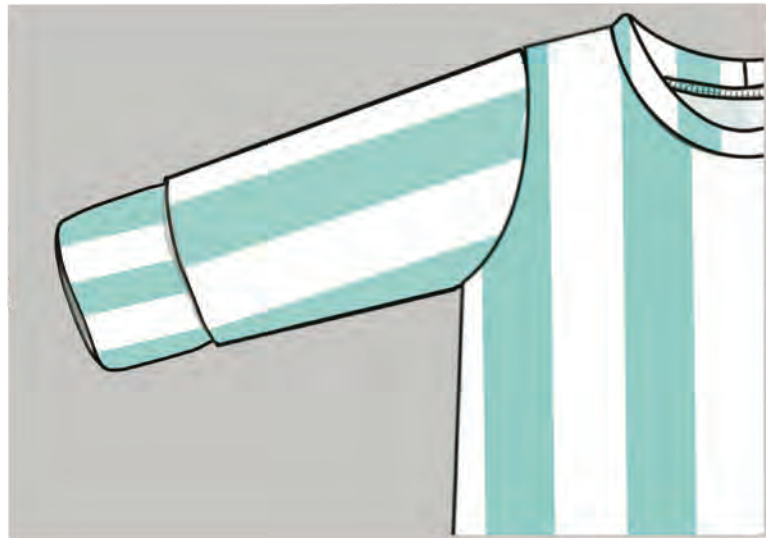


The sleeve cuff is just slightly smaller than the sleeve opening, so stretch it a bit before pinning/clipping in place.

Serge/sew all the way around the opening, making sure to catch both the edges of the cuffs and the edge of the sleeve. Go slow as the opening is very small and you will need to stop, lift your presser foot, readjust the fabric, then sew a few more stitches.



When finished, flip the cuff right side out and repeat for the other side



*Congrats! You have finished the Knotted Gown!*