Preemie Hospital Gown

Wee Care Gown

This is a simple block pattern made from the measurements given to me when I joined SAGA. The measurements were for a smocked gown with an opened back. I wanted to do something that was not smocked, but could be embellished with other hand work.

Being in block style, there is no tapering at neck or hemline. This slight dip cannot be noticed on a baby that will not be standing; plus it is drawn up at the bottom. This also makes it easy to turn the casings down.

On the front gown pieces, there is a 1” box. This is a test to see if your printer is printing true to size. All printers have different settings, so you will need to find what works with your printer. On mine, when I go to print, several choices will come up – I have to set mine to – NO SCALING – then it prints true to size. If you are having a hard time getting it to print true to size, you can adjust the pattern according to what your test box is printing out to.

The armhole, side seams & sleeve edge have a ¼” seam allowance. If you prefer 3/8” seams, just add the 1/8” to the pattern at these areas before you cut it out.

Because the gown is gathered at the neck & bottom area, you need to take this into consideration when placing embroidery or any embellishment on the gown front.

When choosing fabrics, please keep in mind that this is for tiny premature babies; & for some, this may be a burial gown. Use soft fabrics that are appropriate in colors.

Basic construction:

- Have your pieces prepared with hand work or embellishment of your choice. Finish sleeve edge.
- For a nicer constructed garment, press seams as you go
- On back straight edge – turn under 1/8” & then again 5/8” to inside of gown & stitch in place close to edge
- Sew sleeves to front & back using French seams. There is a ¼” seam allowance
- French seam side seams using the ¼” seam allowance. When sewing the second step of the French seam at the sides, have the seams of the sleeves going in opposite directions to reduce bulk at under arm (one goes up, one goes down)
- Turn neck down ¼” & then again 3/8”. Stitch close to long edge. Do not stitch across short end of the turn down – this forms the casing, & you will run the ribbon through the opened short ends.
- Turn hem edge under a scant ¼” & then again 3/8”. Stitch the long side close to the turned edge, leaving short ends open to run ribbon through. Because the gown is a-
lined, you will have slight fullness when turning up the casing – this is easily stitched down because it is so slight.

- If your embellishment has a rough back side, or you do not want the back stitches showing, you can line the piece
- If you want to add tucks down the front, make tucks on a block of fabric first & then cut out the pattern piece from the block of fabric.

**Sleeves:**

- There is a ¼” seam allowance at bottom edge. You can roll & whip this & attach lace edging. Or you can make a tiny hem.
- If you want to turn a cuff up, add ½” to bottom of sleeve – then press under ¼” & again at ½” – top stitch down. The cuff can be turned to the outside or inside.
- A nice cuff for a boy is to roll & whip the edge & apply a lace insertion to wrong side. Flip up to outside of sleeve & let a small “roll” of fabric follow up to outside too.
- You can add embellishment to sleeves. Keep in mind the proportion of the gown.

**Bands:** (NOTE: if using bands on neck & hemline, these need to be sewn on after the back edges have been turned & stitched down)

- You can add soft colored bands at the neck, sleeves &/or hemline. Cut bands 7/8” wide & length needed. Seam at ¼” with right side of band to wrong side of gown, having ends extend 3/8” past gown back edges. Turn long raw edge under a scant ¼” & then flip to front side of gown & press in place. Press under the 3/8” extension having ends neatly in line with back edge & top stitch band in place.
- Sewing the bands this way (above) will make the neck line & hemline 3/8” longer. You can trim the 3/8” off of the gown at the neck line before sewing band on; having gown the 3/8” longer (hemline) will be okay.
- Bands do not have to be cut on the bias – this is a straight edge that is pressed down. You may want to cut bands on bias if that is the look you want. Gingham’s look nice this way.

**Ribbons:**

- Use ¼” wide ribbon
- Once it has been run through the casing, tie a knot twice (one on top of the other) close to edge of ribbon & fray check ends. I like to put the knots to help keep ribbon from pulling out of casing. Nurses or parents may not be able to run it back through.
- Length of ribbon for neck – 22”
- Length of hemline ribbon – 27”
turn under 1/8" & then again 3/8" to form casing

Tiny - front

1/4" seam

PRINTER TEST:
when printing pattern check that this box is a 1" square

1"
test box

place on fold

turn under 1/8" to 1/4" & again 3/8" to form casing for 1/4" ribbon
sleeve - Tiny

see directions for sleeve edge
Tiny - back

1/4" seam

turn under 1/4" & then again 5/8"

turn under 1/8" to 1/4" & then again 3/8" to form casing for 1/4" ribbon
turn under 1/4" & then again 3/8" to form casing

small – front section 1

place on fold

PRINTER TEST:
when printing pattern check that this box is a 1" square

1" test box

tape to top of front section 2
tape to bottom of front section 1

place on fold

small – front section 2

turn under 1/8" to 1/4" & then again 3/8" to form casing for ribbon
sleeve - small

1/4" seam

see directions for sleeve edge
Small – back section 1

turn under 1/4” & then again 5/8”

tape to top of back section 2

1/4” seam
tape to bottom of back section 1

small - back section 2

turn under 1/8" to 1/4" & then again 3/8" to form casing for 1/4" ribbon
turn top edge under 1/4" & then again 3/8" to form casing

Medium Front section 1

place on fold

1/4" seam

PRINTER TEST:
when printing pattern check that this box is a 1" square

1" test box

match to top of section 2
tape to bottom of front section 1

Medium Front section 2

place on fold

turn under 1/8” to 1/4” & then again 3/8” to form casing for 1/4” ribbon
see directions for sleeve edge

sleeve medium

1/4" seam
Medium - back section 1

1/4" seam

turn under 1/8" & then again 5/8"

tape to top of section 2
tape to bottom of section 1

Medium – back section 2

turn under 1/8” to 1/4” & then again 3/8” to form casing for 1/4” ribbon
turn top edge under 1/4” & then again 3/8” to form casing

Large Front
section 1

place on fold

1/4" seam

PRINTER TEST:
when printing pattern, check that this box is a 1” square.

1” test box

match to section 2 & tape together
tape to bottom of front section 1

large front section 2

place on fold

tape to top of section 3
tape to bottom of section 2

Large Front section 3

on fold

turn under 1/8 to 1/4” & then again 3/8” to form casing for 1/4” ribbon
see directions for sleeve edge

large sleeve

1/4"
large - back section 1

↑ 1/4" seam

tape to top of section 2

turn under 1/8" & then again 5/8"
turn under 1/8" to 1/4" & then again 3/8" to form casing for 1/4" ribbon

large back section 3

back edge

tape to bottom of section 2