

PREEMIE SWEAT PANTS

Supplies:

1/3" yard fabric
3/8" elastic
thread
ribbing

Directions

1. If not using ribbing turn up 5/8" hem on legs and sew in place.
2. If using ribbing: cut 2 – 3" x 5"
 - A. Fold the leg ribbing in half lengthwise.
 - B. Divide the ribbing and leg into four sections and mark with pins. Match ribbing and leg pins to the right side of the leg.
 - C. Sew ribbing to leg stretching to match.
3. Sew the leg seams.
4. Turn one leg section right side out and insert into the other right sides facing matching notches.
5. Sew crouch seam.
6. Press down 5/8" at the waist and sew close to the edge, to make a casing for the elastic, leaving an opening for inserting a 12" piece of elastic.
7. Sew the opening closed



PREEMIE
SWEAT PANTS

"B"
CUT 2

MATCH THIS LINE AND TAPE

RIBBING 3" x 5"



11 1/2" - 3/8" ELASTIC

PREEMIE
SWEAT PANTS

"A"
CUT 2

MATCH THIS LINE AND TAPE

CUT HERE TO ADD RIBBING

5/8" HEM

