

# CHILDREN'S HOSPITAL GOWNS

Child-sized hospital gowns are often not available where we provide our life-changing surgeries. Gifting gowns can make the experience less scary for our patients and makes the experience safer and more hygienic. This size works best for the ages of children we serve.

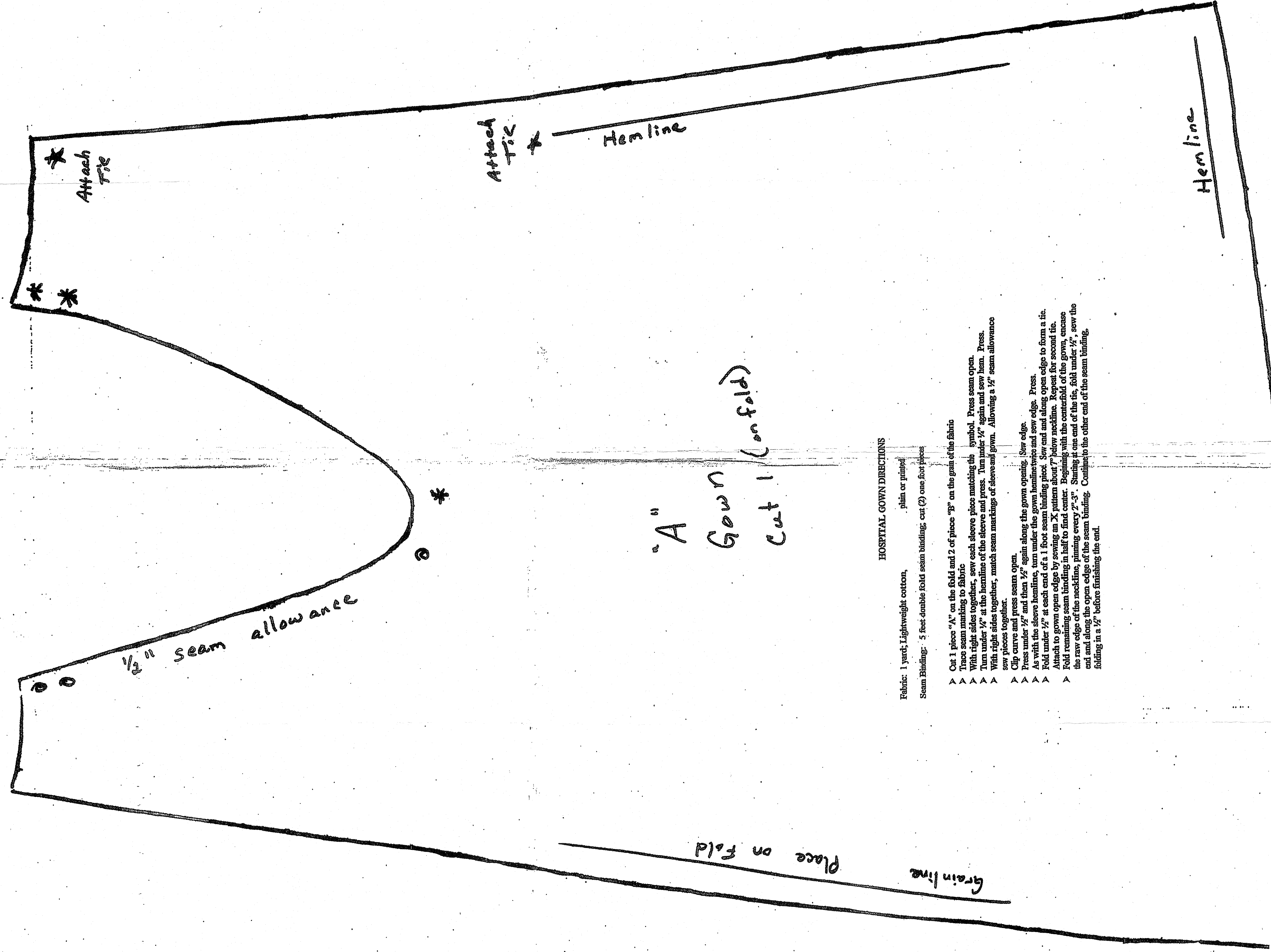


## Materials

- Gown pattern (sleeve and body)
- 1 yard lightweight fabric, plain or printed
- 5 feet of double fold seam binding: Cut 2, 12" long pieces for ties.

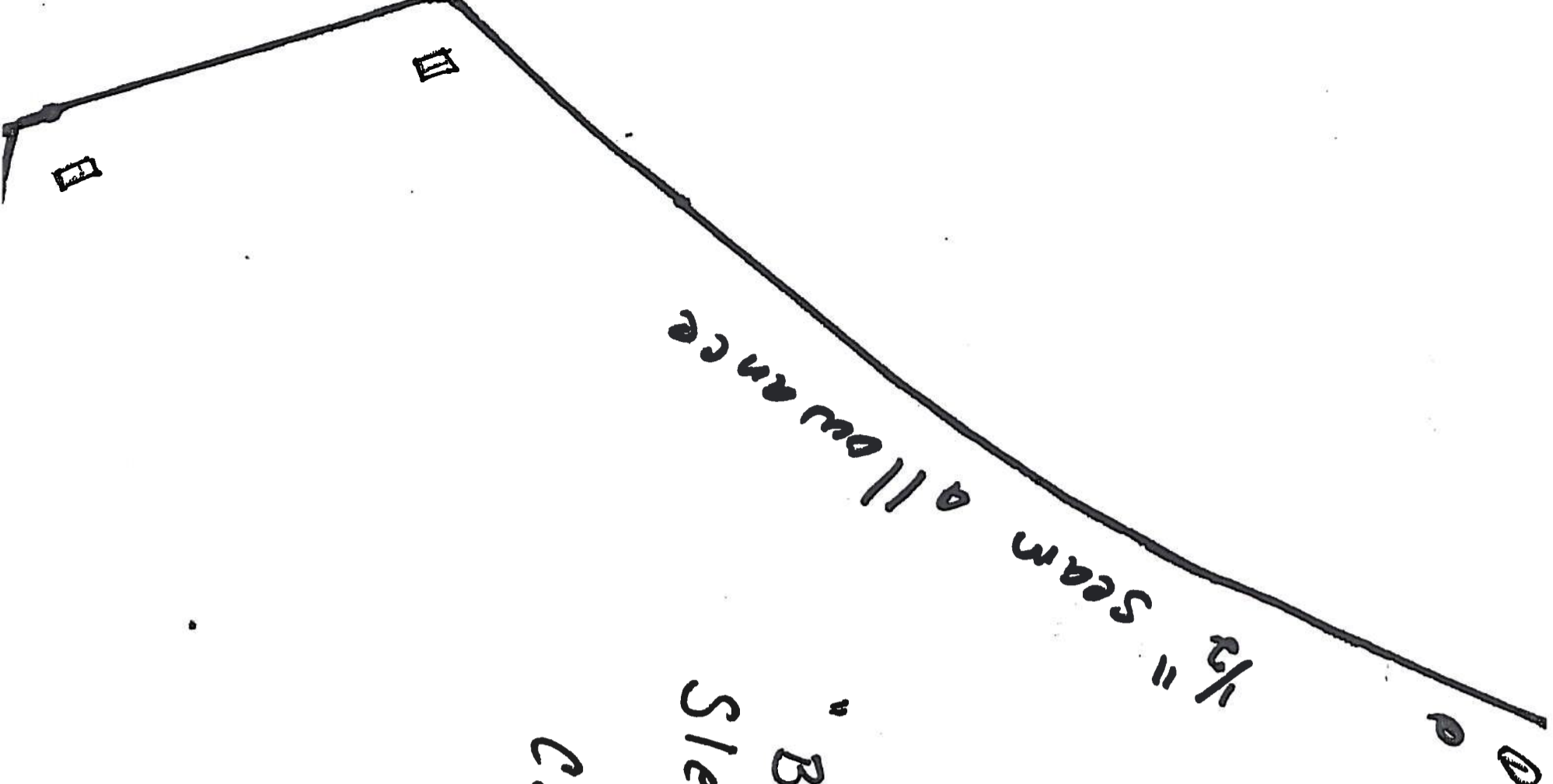
## Instructions

1. Cut 1 of piece A (gown body) on the fold and 2 of piece B (sleeve) on the grain of the fabric.
2. Trace seam marking to fabric.
3. With right sides together, sew each sleeve piece matching the symbol. Press seam open.
4. Turn under  $\frac{1}{4}$ " at the hemline of the sleeve and press. Turn under  $\frac{1}{4}$ " again and sew hem. Press.
5. With right sided together, match seam markings of sleeve and gown. Allowing a  $\frac{1}{2}$ " seam allowance, sew seams together.
6. Clip curve and press seam open.
7. Press under  $\frac{1}{2}$ " and then  $\frac{1}{2}$ " again along the gown opening. Sew edge.
8. As with the sleeve hemline, turn under the gown hemline twice and sew edge. Press.
9. Fold under  $\frac{1}{2}$ " of a 1-foot piece of seam binding. Sew end along open edge to form a tie. Attach to open gown edge by sewing an X pattern about 7" below neckline. Repeat for second tie.
10. Fold remaining seam binding in half to find center. Beginning with the center fold of the gown, encase the raw edge of the neckline, pinning every 2" to 3". Starting at one end of the tie, fold under  $\frac{1}{2}$ ", sew the end and along the open edge of the seam binding. Continue to the other end of the seam binding, folding in  $\frac{1}{2}$ " before finishing the end.



HOSPITAL GOWN DIRECTIONS

- Fabric: 1 yard; Lightweight cotton, plain or printed  
 Seam Binding: 5 feet double fold seam binding; cut (2) one foot pieces
- > Cut 1 piece "A" on the fold and 2 of piece "B" on the grain of the fabric
  - > Trace seam markings to fabric
  - > With right sides together, sew each sleeve piece matching the symbol. Press seam open.
  - > Turn under 1/2" at the hemline of the sleeve and press. Turn under 1/2" again and sew hem. Press.
  - > With right sides together, match seam markings of sleeve and gown. Allowing a 1/2" seam allowance sew pieces together.
  - > Clip curve and press seam open.
  - > Press under 1/2" and then 1/2" again along the gown opening. Sew edge.
  - > As with the sleeve hemline, turn under the gown hemline twice and sew edge. Press.
  - > Fold under 1/2" at each end of a 1 foot seam binding piece. Sew end and along open edge to form a tie.
  - > Attach to gown open edge by sewing an "X" pattern about 7" below neckline. Repeat for second tie.
  - > Fold remaining seam binding in half to find center. Beginning with the centerfold of the gown, encase the raw edge of the neckline, pinning every 2"-3". Standing at one end of the tie, fold under 1/2", sew the end and along the open edge of the seam binding. Continue to the other end of the seam binding, folding in a 1/2" before finishing the end.



"B"  
Sleeve  
Cut 2

grain line

