

## FYI

### INSTRUCTIONS FOR PREMIE HOSPITAL GOWNS

Interlock (T -shirt fabric), lightweight fleece and brushed nylon are good choices. To be really productive, cut and assemble several gowns of the same color at once. The patterns have only 1/4" seam allowances so if your fabric ravel, you may have to make special allowances. Pre- wash and preshrink all fabrics and trim, but do NOT add any fabric softener. Use only truly COLORFAST fabrics.

Gowns can be serged or sewn on conventional machines. Serged seams can be on the inside or outside. Wooly nylon is recommended for inside stitch as it is softer and less bulky than cone thread.

Cut out all pieces, remembering to add the suggested amount to the bottom of the medium, large, and extra-large gowns. Serge or zigzag edge of sleeve, turn under 1/4" (long straight edge) and stitch. Right sides together, match diagonal edges of fronts, stitch. Right sides together, match side seams, raglan seams, and hems of sleeves, stitch one continuous seam. If you are serging the gown, do not rely on seam sealant as it is too scratchy and will not hold up in hospital laundry.

Fold ribbing in half lengthwise, stitch ends in 1/4" seams. Turn right side out. Match center back of ribbing to center back of gown. Pin both layers of ribbing on top of gown edge, right side together. The other two ends should be stretched to match each fold line on fronts respectively. Fold facing to right side of gown over the ribbing, stitch around neck edge. Turn facings right side out (ribbing will be encased) and stitch down front (If fabric is not firm enough, interfacing should be used on front facings). Decorative stitching may be used around neck, (be careful not to stretch), down front or on edge of sleeves (add before stitching side seams). Sew 2 or 3 loops to about 3/4 of the way down gown closure. If you use hook and loop tape, be sure the hook side is facing up away from the baby's skin.

**Serge or zigzag around bottom edge of hem, turn up 1/4" and stitch. Don't worry about which way the front closes. Remember why women's clothing fastens right over left? It was so milady's maid could dress her more easily. Give the nurses a break, make all gowns fasten right over left.**

### II ANGEL GOWNS

Instructions for Angel gowns are the same as for other, except the pattern is used in reverse.

The same sleeve

For ribbing, cut 2, fold in half lengthwise right sides together. Stitch 1/4" seam on each small straight end. Turn right side out. Refer to other instructions for applying ribbing. Smaller edge ribbing should meet at center front, forming a "V" Remember you are sewing in reverse.

Premie Gown

