

CHILDREN'S CLOTHING: PATTERN SIZES AND ALTERATIONS

DETERMINING FIGURE TYPE

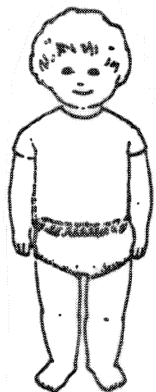
The two pattern figure types suitable for toddlers and preschoolers are Toddlers' and Children's. Toddlers' patterns have a diaper allowance, but Children's do not. Toddlers' and Children's sizes 2, 3, and 4 are based on the same chest and waist measurements but differ in the diaper allowance, length, and width through the shoulder and back.

Select pattern sizes by body measurements, not by age. When determining the pattern size to use, follow these guidelines:

- For any garment with a bodice (including coats and jumpsuits), select the size according to the chest measurement.
- For pants, overalls, and skirts, select the size according to the waist measurement.

Because children grow rapidly, take their measurements each time you sew. Taking measurements will determine pattern size as well as where alterations are necessary.

Below are the size charts for Toddlers' and Children's patterns (according to the major pattern companies).



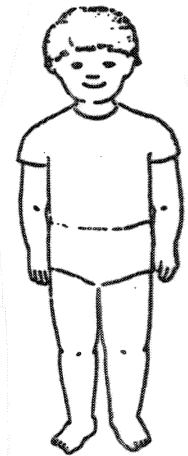
TODDLER'S
FIGURE TYPE

TODDLERS'

Size	1/2	1	2	3	4
Breast or Chest	19	20	21	22	23"
Waist	19	19½	20	20½	21"
Approx. Height	28	31	34	37	40"

CHILDREN'S

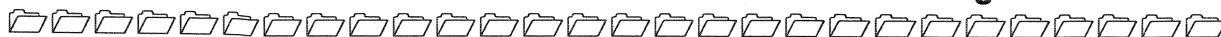
Size	2	3	4	5	6	6X
Breast or Chest	21	22	23	24	25	25½
Waist	20	20½	21	21½	22	22½
Hip	---	---	24	25	26	26½
Back Waist Length	8½	9	9½	10	10½	10¾
Approx. Height	35	38	41	44	47	48



CHILDREN'S
FIGURE TYPE

TAKING MEASUREMENTS

To take measurements, you will need a tape measure and string. The child should be dressed in underwear and, if possible, standing in a natural stance with feet together. Tie string around the child's waist; have child bend to each side so that the string rolls to the natural waistline. Take the appropriate measurements for the pattern.



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HINTS FOR ALTERATIONS

Before deciding if pattern alterations are needed, consider the amount of ease required for the pattern. There are two types of ease—wearing ease and design ease.

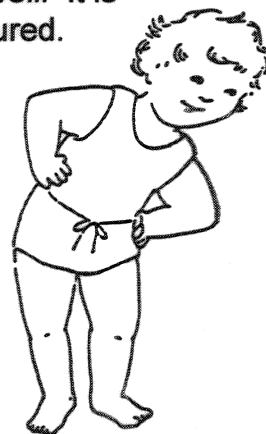
Wearing ease is the extra fullness that allows a child to move in comfort without straining the garment seams or fabric. The amount of wearing ease in a garment varies according to the pattern company, garment style, and fabric. Knit fabrics require less wearing ease than wovens.

Below are general guidelines for minimum wearing ease. These measurements are not standardized and vary from one pattern company to another.

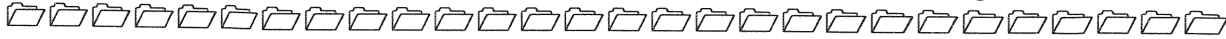
	TODDLERS'	CHILDREN'S
Chest	2 3/8" - 3"	2 3/8" - 3"
Waist	3/4" - 1"	3/4" - 1"
Hip	Depends on diapers	2" - 2 1/2"
Crotch depth	Depends on diapers	1"
Sleeve width at bicep	2"	2"

Design ease is the fullness added to a garment in addition to wearing ease. It determines the silhouette of the garment. Compare the child's body measurements to the measurements given on the pattern size chart. If these measurements are the same, it is not usually necessary to alter the pattern. However, some body measurements may not correspond to the pattern. In addition, certain measurements are not given on the pattern size chart. In both cases, compare the child's body measurements (plus suggested minimum wearing ease) to the width or length of the pattern piece measured at that position. Also, consider the amount of design ease allowed for a particular garment.

An easy and time-saving way to determine the amount of wearing ease necessary in a garment is to measure a similar ready-to-wear garment that fits the child well. It is important to measure the garment at the same points the pattern is measured.



- Source unknown



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1. **Breast/Chest:** Place the tape measure under the arms, over the fullest part of the chest in front and across the shoulder blades in back. Keep the tape parallel to the floor.
2. **Waist:** Measure the natural waistline where the string is tied.
3. **Hips:** Measure around the body at the fullest part of the buttocks.
4. **Front Waist Length:** Measure from the back of neck at the shoulder over the chest to the waistline.
5. **Back Waist Length:** Measure from neck base (prominent bone at base of neck) to waistline.
6. **Back Width:** Measure back width the following distance below the neck base:
 Toddlers' - 2 3/4 inches
 Children's - 3 inches
7. **Arm Length:** Measure from top of arm to wristbone, with the elbow bent at a right angle.
8. **Shoulder Length:** Measure from the base of the neck at the shoulder to the shoulder point.
9. **Finished Dress Length:** Measure from neck base at center back to desired length.
10. **Back Skirt Length:** Measure from center back waist to desired length.
11. **Finished Pants Length:** Measure from the waist to the ankle along the outside of the leg.
12. **Crotch Depth:** (Use on Children's sizes only.) Have the child sit on a flat surface, such as a table or chair, measuring from the side waist to the flat surface.

