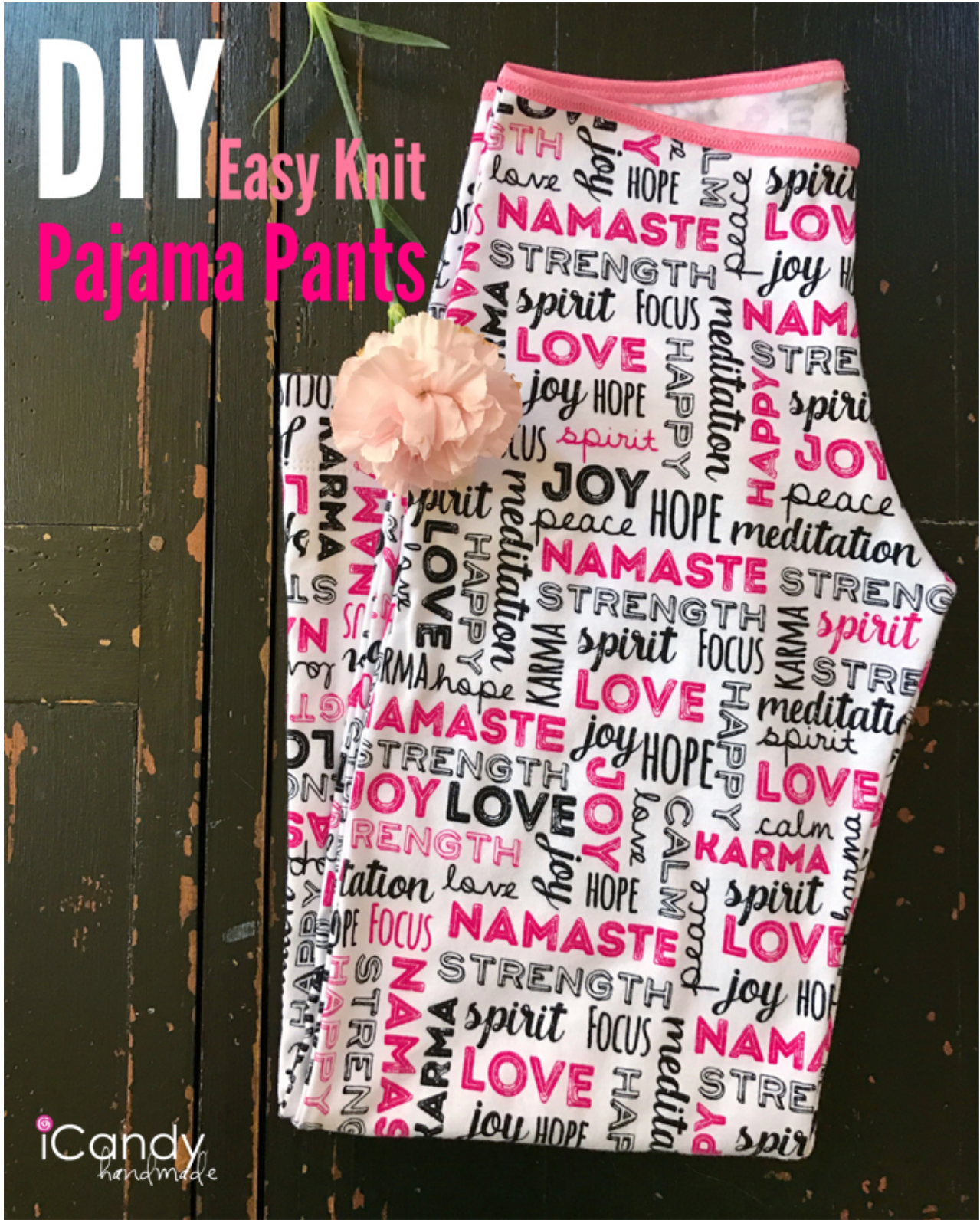


DIY Easy Knit Pajama Pants



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Materials:

- Approx. 1 yard knit fabric (depending on the size) for a child, more for an adult
- Matching thread
- Foldover Elastic
- Existing pajama pants as a guide

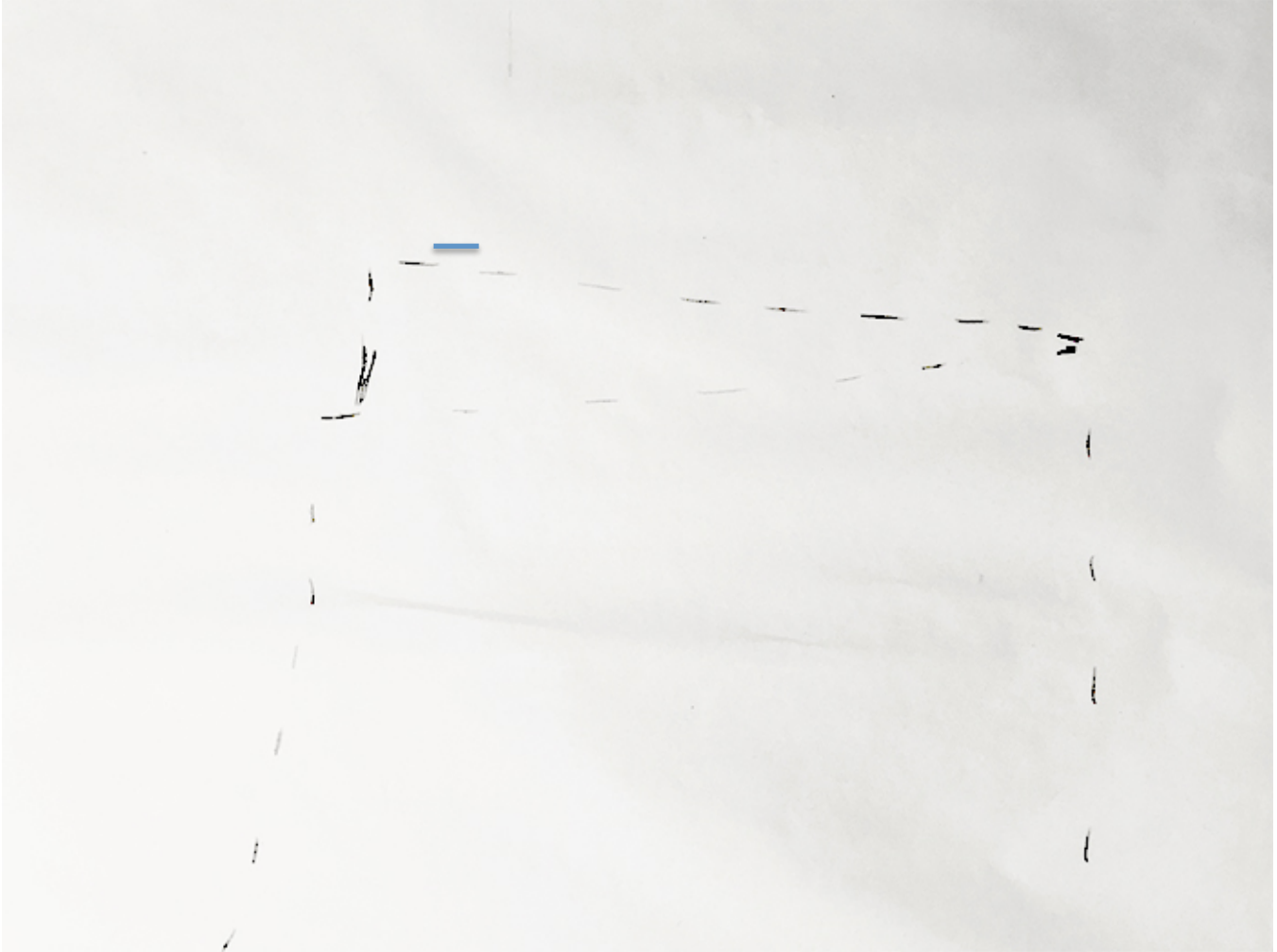
Tutorial:

1. Make Pattern

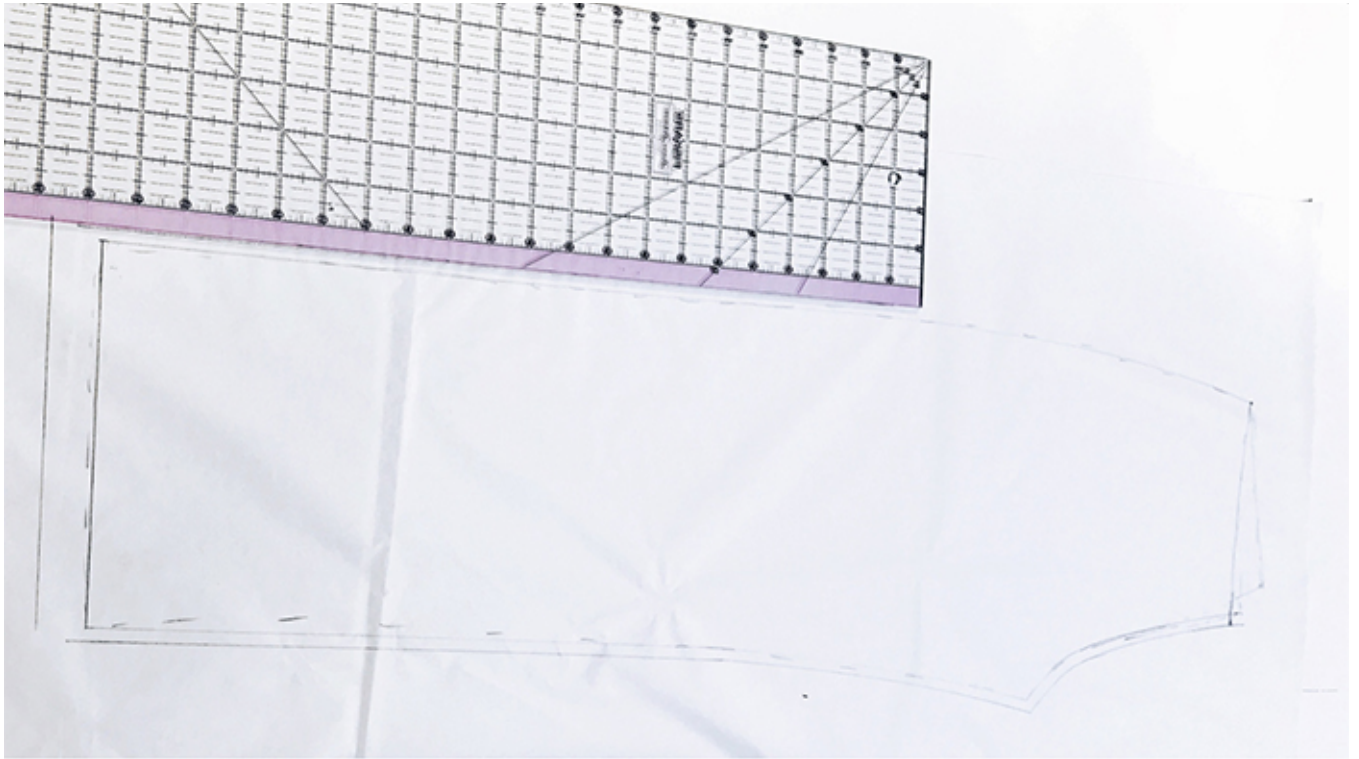


- Find an pair of pajama pants that fits well. Turn them inside out, and fold to match inseam. Make sure front is on top.
- Lay the pants out on pattern paper. I use medical exam paper.
- Trace around the pants.





- Make sure to trace both front and back rise of the pants.



- Using a ruler, straighten lines and clean up curves.
- Add 1/4 " seam allowance to both sides of pant.
- Add a 1" hem allowance at bottom.
- DO NOT add seam allowance to waistline.

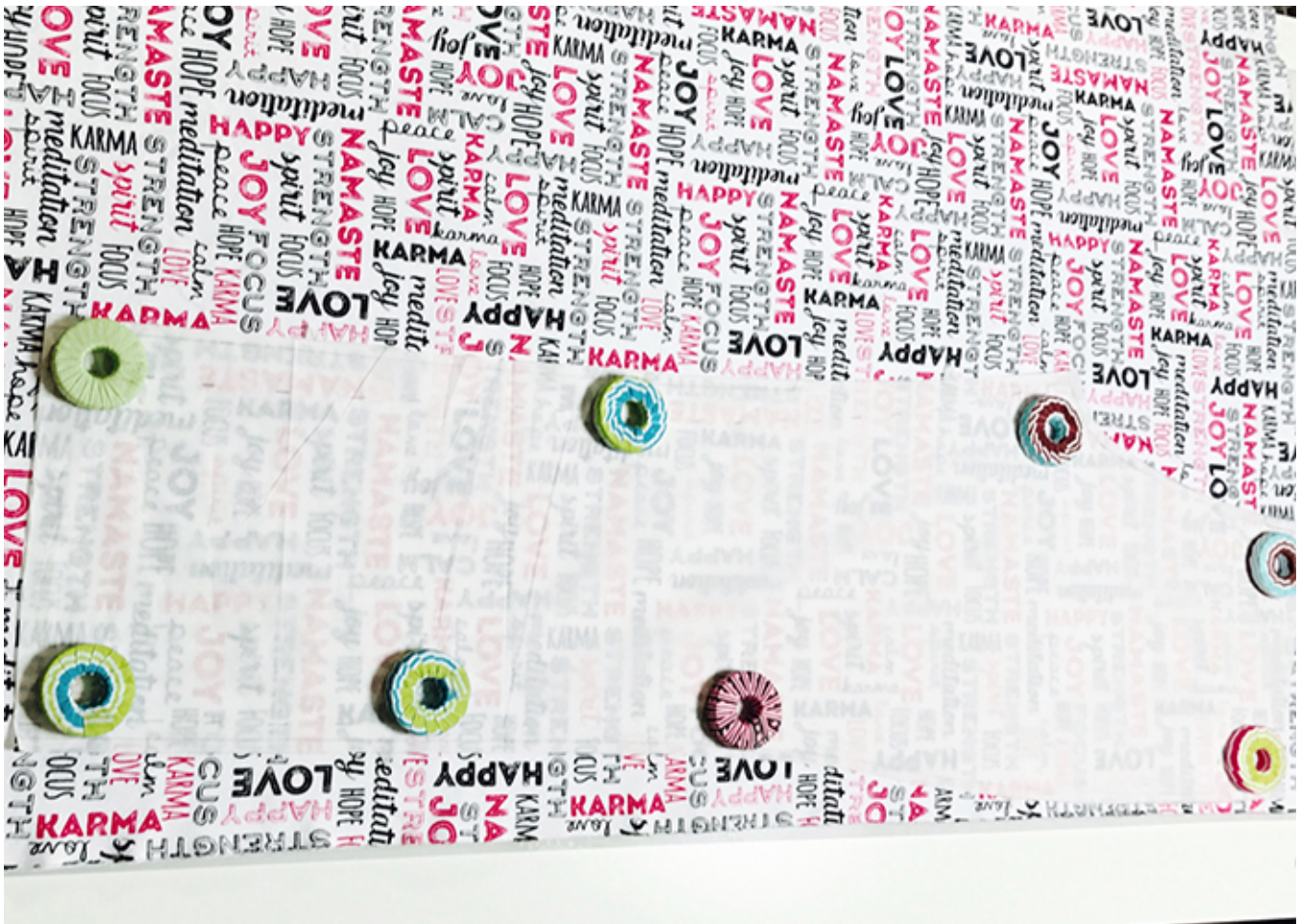


- Make sure you add the seam allowances to the front and back rise.
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- Add 2 notch marks to each side seam. Do a different mark for the inner leg than for the outer leg seam.
- Trace either the front or the back (the short front or high back rise) pattern piece so you have a front pattern and a back pattern. Make sure to trace the markings.
- Label front and back pattern pieces, and add "Cut 2" on each pattern.

2. Cut out your pattern pieces.



- Lay your front pant pattern piece on your folded fabric, making sure the stretch goes sideways. Cut 2 pieces. They will be mirror images of each other.
- Lay your back pant pattern piece on your folded fabric, making sure the stretch goes sideways. Cut 2 pieces. They will be mirror images of each other.
- Measure waistband of existing pants or your waist where pants waistband will lie. Make it snug but not too snug. Add ½" seam allowance and cut that length in your foldover elastic. (not pictured)

4. Sew Pants



- Lay out pant back pieces, right side up. With right sides together, lay a front piece on top of each back piece. Align the markings. Pin or clip together and stitch inner leg seams and outer leg seams, using a $\frac{1}{4}$ " seam allowance. You will have two pant legs sewn together at this point. Use a serger or stretch stitch.



- Take one pant leg and turn it right side out. Put that pant leg inside the other, and line up the inseam. Pin or clip inseam together. Right sides will be touching.
- Stitch inseam with stretch stitch or serger, using a ¼" seam allowance.
- Turn up hem 1" and iron. I like to use knit stay tape for a nice seam. That is optional. Stitch hem, using a stretch stitch or double needle. (Not pictured)

Waistband:



- With right sides together, stitch foldover elastic waistband together at ends, using a 1/4" seam allowance.



- With pins or chalk, mark the waistband into quarters.



- Match waistband quarter marks with the seams on the pants. Line up the elastic seam with your center back. Pin, sandwiching the pants inside the elastic.
- Stitch elastic onto shorts, stretching elastic to fit while keeping the fabric sandwiched inside. Use a zig zag stitch on the edge of the elastic. If you need more help, just look up a tutorial video on foldover elastic. There are many.

****That's it! You are done.**

This is an easy project that can be completed in a couple of hours.**