Fabric & Notions:
¾ yard of main knit fabric (A sturdy cotton interlock works best, but other cotton and cotton blend knits are acceptable, as well.)
¼ yard of trim knit fabric
Separating zipper at least 18” long

½” seam allowance unless otherwise noted.

Prepare your pdf pattern. Before printing the pattern pieces, check your printing options to be sure that you’re printing "actual size" and the "auto portrait/landscape" option is chosen under orientation. There are several 2 ½” boxes on the pattern. Be sure to measure these to check that you’ve printed correctly.

Each page is marked with a row number and a column number to help with lining up the pages. All pages will overlap 1” on each side. For picture instructions on assembling Fishsticks Designs pdf patterns, visit here: http://fishsticksdesigns.com/blog/how-to-use-a-pdf-pattern/.
TIPS FOR SEWING WITH KNIT FABRIC

I do the majority of my knit sewing on my serger, but there’s no reason that you can’t sew knits with your sewing machine. In fact, you’ll see with this pattern, sometimes you have to use your sewing machine rather than your serger. When you’re sewing knits with your sewing machine, it’s a good idea to choose a stitch with some stretch built into it. Most people use the “stretch stitch” which looks a bit like a lightning bolt. This stitch has a tiny bit of a zigzag to it, but that zigzag is not noticeable from the right side when you use it for seams.

There are also a few handy tools that I like to have on hand when sewing knits. I always use a ball point or stretch or jersey needle when sewing knits. Sharp needles cut through the knit loops on your fabrics and leave the fabric with small holes which grow bigger with time and wear. Ballpoint needles are designed to glide through the loops instead, without causing harm to the fibers.

Using a walking foot will give you much nicer results when sewing knits on your sewing machine. Your machine has “teeth” that guide the bottom of the fabric under the foot while the needle sews. A walking foot has similar teeth that grip the top of the fabric so that top and bottom pass through the machine evenly.

Finally, my little secret weapon when sewing knits is stretchy nylon serger thread (like Woolly Nylon or Maxilock Stretch) in the bobbin. That stretchy thread gives your stitches a little extra stretch. I generally do all my topstitching with a slightly longer than normal standard stitch and nylon serger thread in the bobbin.

SEWING INSTRUCTIONS

Cut out your pattern pieces.
Place the front piece that will be to your left when the sleep bag is assembled in front of you with its right side facing up. Place the zipped zipper on the inner edge with the bottom zipper-stop 1” below the neckline. (The zipper will look as if it’s upside down.) If your zipper is long enough, slide the zipper pull all the way down past where the zipper and fabric line up. Pin the zipper on with pin heads facing away from the neckline.

Install the zipper foot on your sewing machine. Position the needle so that it falls about 1/8" from the edge of the zipper teeth. Sew this side of the zipper, removing pins as you come to them.

Flip the zipper away from the left front piece so that you can see the right side of it. Now, flip the left front piece with the attached zipper over and place it right sides together with the right front piece. Align the remaining raw edge of the zipper with the inner edge of the right front piece. Place the bottom zipper-stop 1” below the neckline and be sure that the bottom edges of the right front and left front are lined up. Pin with pin heads facing the bottom edges of the front pieces.

Sew this side of zipper following the instructions above.
Use your fingers to press the fabric away from both sides of the zipper. Topstitch ¼” from the edge of the fabric on both sides, going all the way up to the neckline.

Slide the zipper pull up towards the neckline so that it is above the bottom edge of the fabric. Trim the excess zipper away, leaving about 1” below the front bottom edge. Trim the teeth from that bottom 1”.

With the right sides facing, pin the bottom front piece to the bottom edge of the two front pieces, as shown. Your zipper will be open at the bottom, so be sure to pin the two sides right up against each other. Sew all the way across. (It’s best not to serge here because you’ll be going across a zipper.) Move your needle up and down manually when you reach the zipper to keep your needle from breaking.

Flip the bottom piece away from the two front pieces and topstitch it ¼” below the seam.

Pin the fronts to the back at the shoulders with right sides facing and sew or serge.

Unzip and separate the zipper. Fold the neckline into the inside ½” and press well. Pin and sew. (Notes: Knits don’t fray, so there’s no need to fold under twice or overcast the edges. Also, it is much easier to get a nice finish here if you sew on the inside. Just note that your bobbin thread will show on the front that way.)
Press well.

Flip the completed front and back pieces over so that their right sides are facing. Pin down both sides and across the bottom. Sew or serge all the way around. Tie off your serging or backstitch to lock in your stitches under both arms.

Repeat this process to finish the arm openings.

Turn your baby sleep bag right side out, and you’re all done!
Stretch (Position pattern on fabric with stretch going this direction, usually perpendicular to the grain selvage.)

Seam Allowance (Seam allowance is 1/2" on all pieces unless otherwise noted.)
Front
Cut 2 in opposite directions from main fabric

Pattern Key
Cut on fold  Place on fold of fabric
The Baby Sleep Bag
Newborn to 3 Months

Back
Cut 1
on fold
Cut 1 from main fabric on fold.

Cut 1 from trim fabric on fold.