



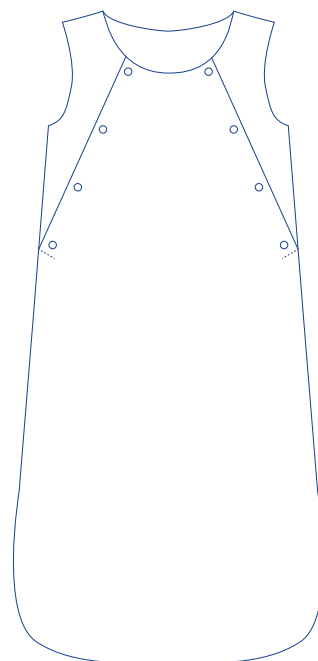
ABOUT
BLUE



COUNTING SHEEP

Sleeping bag for babies and toddlers

Just before bedtime you duffle your little one in a sleeping bag: ready for a good night's sleep and warm feet. Are you a member of Team No Sleep and still getting up by the light of the moon for a feed and a diaper change? This sleeping bag is constructed in a way that allows you to open the flap in the front but leaving the shoulder parts on during changing. Your little one doesn't even have to leave his/her warm nest. With a double layer of fabric in the top part and a single layer of fabric at the feet COUNTING SHEEP ensures an ideal heat distribution.



SIZES

Counting sheep is meant for babies and toddlers up to two years old. The ages in the chart are of course indications for children with average heights. If you're making a sleeping bag as a present for a newborn, the 6-month size is a safe bet.

SUPPLIES NEEDED

FABRICS AND PRETREATMENT

Counting sheep was developed for stretchy fabrics of medium weight, such as French Terry or Punta di Roma.

Prewash your fabrics to allow for shrinkage and to soften them up for a baby skin. Good to know: the About Blue fabrics are OEKOTEX 100 certified: no chemicals are used during production. When sewing for little children, it is extra important to choose fabrics that have this label.

Don't finish the edges before sewing: the instructions will indicate when you should.

The indicated amount of fabric is calculated for fabric of 1.45 m wide as follows:



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Of course, other fabric combinations are also possible, for example by using two instead of three fabrics. In this case, for example, you cut out parts A, B and C all from the same fabric. You will only need the fabric amount of part A once when you want to use two fabrics: part B and C still fit the same fabric amount.

SIZE	Newborn	6 months	1yo	2yo
Finished height	60 cm	75 cm	85 cm	95 cm
Fabric A	70 cm	85 cm	95 cm	110 cm
Fabric B + C	70 cm	85 cm	95 cm	110 cm
Fabric D + E	40 cm	40 cm	50 cm	60 cm

SNAPS

Provide 8 snaps for sizes 0 – 6 months and 10 snaps for sizes 1yo – 2yo. We prefer jersey snaps with a diameter of 10-11 mm: these are metal snaps that are attached to the fabric with several 'hooks'. The size of the snaps is important: if you use a smaller size (babysnaps, 8mm), the metal hooks won't be long enough to get through the different layers of fabric. Plastic snaps such as KamSnap or ColorSnap are also possible.

INTERFACING

Reinforce the place where the snaps go with iron-on interfacing such as Vlieseline H180 or H200.

CUTTING PLAN

SEAM ALLOWANCE

Seam allowance is included in all pattern pieces.

A – FLAP

- › Cut once on fold.
- › Mark the position of the snaps with an erasable marker or chalk on the right side of the fabric.

B – SHOULDER PANEL

- › Cut twice, once regular and once mirrored.

C – BACK

- › Cut once on fold.
- › Copy markings on the right side of the fabric, within the seam allowance.

D – FACING SHOULDER PANEL

- › Cut twice, once regular and once mirrored.

E – FACING BACK

- › Cut once on fold

INTERFACING

Fuse interfacing to the grey areas of pattern piece B (shoulder panel) and D (facing shoulder panel).

Cut the interfacing for the flap, but don't fuse it until step 2 of the instructions.



Tip!

If you'd like mirrored stripes, like in this example, then cut the shoulder panel once on the grain line and once on the cross grain.



SEWING

You'll find the photos below the text. Use a 1 cm seam allowance, unless otherwise indicated. It is easiest to make this sleeping bag with a combination of a serger and a regular sewing machine, but it is also perfectly possible to make it using only a regular sewing machine.

If you're working with a regular sewing machine, use a small zig zag stitch or a stretch stitch for seams that join fabrics, and a regular zig zag for finishing the edges of your fabric. Pinning isn't always mentioned, but we do recommend it.

1. Iron the facing of the flap (A) inwards, wrong sides together: fold over the fold line on both sides.
2. Fold open and fuse the interfacing to the gray areas.
3. Fold the flap over the center front (fabric fold), right sides together. Pin the short edges of the facing right sides together. Pin and sew a 1 cm seam. Careful: it is important to use a seam allowance of 1 cm and not the standard seam allowance of your serger. Therefore mark a 1 cm sewing line on your fabric before sewing.
4. Lay the flap flat, right sides together, as shown in the photo. Press the seam allowance from step 3
 - › to one side, when working with a serger
 - › open when working with a regular sewing machine
 - › Make sure to not press the sides, only the seam in the middle.
 - › Pin and sew the top at 1 cm.
5. Finish the bottom of the facing with an overlock or zig zag stitch.
6. Turn right side out, poke the corners and press.
7. Attach the male part of the snaps (the side with the bulge) to the marked positions.
8. Sew the facing: place the shoulder seams of the facing (parts D and E) right sides together and sew a 1 cm seam.
9. Now assemble the outer fabric: place the shoulder seams of the shoulder panels and the back piece (parts B and C) right sides together and sew a 1 cm seam.
10. Press the seam allowance of the facing towards the facing of the shoulder panels. Press the seam allowance of the outer fabric towards the back piece.
11. Place the outer fabric and the facing right sides together. Pin in place: start pinning at the neck seams.
12. Sew a 1 cm seam at the neck line.
13. Sew the straight seams of the shoulder panels with a seam allowance of 1 cm. Trim the corners.
14. Separate facing and outer fabric at the bottom of the shoulder panels. Press the straight seams from step 13 flat (serger) or open (regular sewing machine). Then finish the bottom edges with a zig zag or overlock stitch, mind the indications on the photo.
15. Turn right side out, push out the corners and press the neck seam and the straight seams.
16. Turn again, wrong sides together, but leave the corners untouched (see photo). Pin the armhole seams: start pinning at the shoulder seams and make sure they line up perfectly. Sew a seam of 1 cm.
17. Finish the bottom of the facing with a zig zag or overlock stitch.
18. Turn everything through both shoulders until all the fabric is right side out.
19. Press the armhole seams.
20. Lay the back piece flat in front of you, right side up, and place facing and shoulder panels away from the bottom of the sleeping bag, as shown left on the photo. Place the flap on top of the back piece, right sides together:
 - › the arches at the bottom are neatly on top of each other
 - › at the top, the corners line up with the markings on the back.

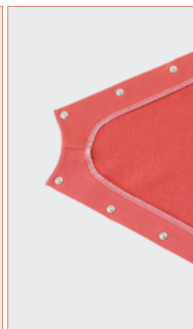
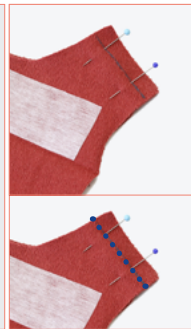
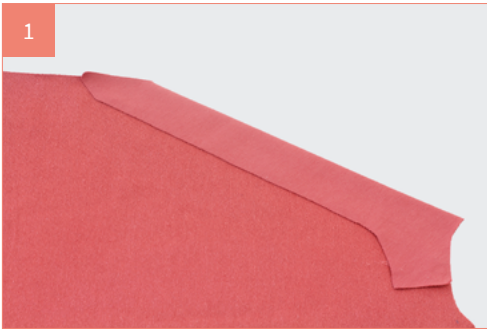
- › Pin all the way round, but don't sew just yet.
- 21. What follows now is a magical sequence of pinning and sewing, in which you fully assemble your sleeping bag with 1 seam. If you have ever made a dress with a lining, you'll surely recognize the method: it is similar to assembling the sides of a lined dress. The flap is also attached in one go. Look closely at the photos!
 - › Fold shoulder panel B (only the outer fabric, not the facing) and the back piece right sides together and
 - › Pin from the armpit down. The upper corner of the flap is 'sandwiched' between shoulder panel and back piece.
- 22. Next, fold the back facing and the shoulder facing together. Pin again from armpit seam to the bottom of the facing.
- 23. Repeat on the other side.
- 24. Sew the entire pinned seam in one movement: start at the bottom of the facing on one side and finish at the bottom of the facing on the other side. Make sure you're sewing through all layers were you're sandwiching the top of the facing. If you're working with a regular sewing machine, finish the edges with a zig zag stitch.
- 25. Fold right side out. Take your time to put everything in place and iron it nicely:
 - › Press the armpit seams on the wrong side of the fabric.
 - › Roll out the seam allowance of the arch and the sides of the sleeping bag and press.
- 26. Place the straight bottom of the shoulder panels neatly on the straight edges of the facing. Sew a seam of 1 cm: leave an opening of 1 cm at the side seam, then sew to the corner. (see photo)
- 27. Now lay the facing of the back neatly on the back piece and pin in place. If you're pinning on your ironing board, put a ruler between your fabric and the board, so you can pin more easily. Mark 1 cm to the left and the right of the side seam.
- 28. Sew the back facing to the back with a zig zag stitch:
 - › Match the color of your bobbin thread to your outer fabric.
 - › Put the inside of the sleeping bag on top while sewing.
 - › If possible, position your needle so that one side of the zig zag stitch ends up just next to the facing, this way you stitch the bottom edge nice and flat against the back.
 - › zig zag from one marking to the other.
- 29. Press the zig zag seam from step 28.
- 30. Determine the position of the female half of the snaps. Lay the sleeping bag nice and flat and make sure that the flap lines up nicely with the neck seam of the shoulder panels. Then press the top snaps so that their imprint will determine the position of the bottom half of the snap. Attach the two upper snaps.
- 31. Close the upper snaps, determine the position of the other snaps and put them in place.
- 32. The weakest point of the sleeping bag is where the flap opens. You will reinforce that with extra stitching:
 - › Close all the snaps.
 - › Draw a line on the right side of the fabric with an erasable marker or chalk: the marking starts in the corner of the flap, is 2 cm long, and is perpendicular to the edge of the flap. (see photo)
 - › Repeat on the other side.
- 33. Open up the snaps, but leave the bottom two closed. Place the sleeping bag under your sewing machine this way (see photo). Sew the flap to the shoulder panels on the line you drew in step 32. Backstitch all the way.



Finished? Show us your sleeping bag!

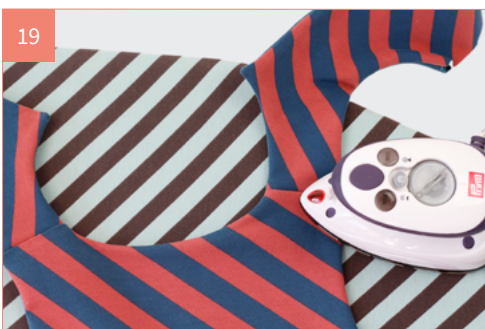
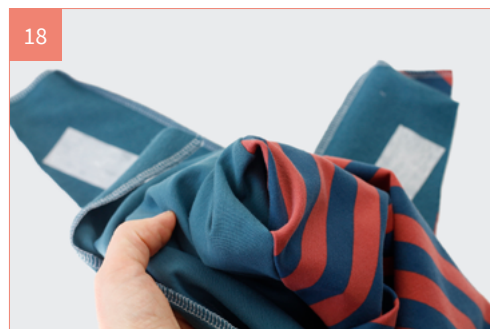
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#countingsheeppattern #aboutblue



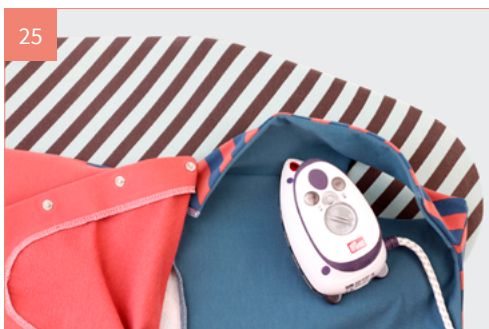
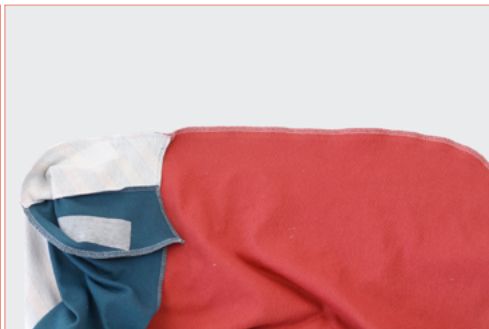
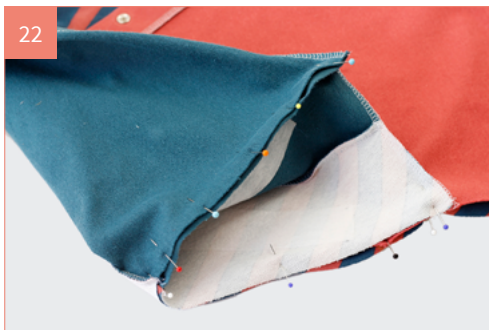


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