



## ABOUT BLUE

# CATCH THE SUN

## summerdress / top

CATCH THE SUN is a great companion for warm summer days. It isn't that complicated, yet still elegant. It is a quick-sew yet it's not just a piece of knit fabric. The loop at the back gives wings to a sun-kissed skin. CATCH THE SUN is an ideal way to get to know your way around knit fabrics, whether you are working with a regular sewing machine or with a serger (or both). Seam allowance is included in this pattern.

## FITTING WHILE SEWING

The neck ribbon of this top or dress is made by braiding small strips of knit fabric. The stretchability of this ribbon strongly depends on the used materials, we got very different results in each test. That is why this method has a step in which it is necessary to have the child near you while sewing, so you can cut the ribbon to size.

### SIZES

Catch the Sun can be made in sizes 2yo to 12yo provided there isn't any breast development yet. Use the sizing chart below to determine the correct size. Always use the chest measurement as a reference. You can always adjust the length of the top or dress to your child's height.

All measurements in the chart are in centimetres. For toddlers with a round belly (sizes 2yo – 5yo) use the lower seam, indicated on the pattern as 'toddler belly seam'.

Height	92	98	104	110	116	122	128	134	140	146	152
Age	2	3	4	5	6	7	8	9	10	11	12
Chest	53,5	55	57	59	61	63	65,5	67,5	71	73	75
Hip	57	59	61	63	65	67	69	71	73	77	82

# SUPPLIES NEEDED

## TYPE OF FABRIC

For a top it is best to use a lightweight knit/jersey fabric or French Terry.

A loose summer dress can also be made in a lightweight knit/jersey fabric, this way it will be an ideal midsummer dress. If you want it to be a bit sturdier, you can use a Punta di Roma or French Terry. A polyester blend (remember your grandma's dresses?) also works great for this dress. Use a lightweight jersey/knit fabric that you cut in small strips for the neck ribbon. This kind of ribbon is sold commercially (brandname 'Zpagetti' or similar brands), but it can be easily made with lightweight jersey/knit or from an old t-shirt for example.

## PRETREATMENT

TJersey/knit fabrics and French Terry are prone to shrinking, so make sure to prewash your fabrics before you start sewing.

## AMOUNT OF FABRIC AND ELASTIC (1 CM WIDE).

The chart below gives you an indication of the amount of fabric and elastic you will need for the different sizes.

Careful! For the neck ribbon the length is mentioned, but the rectangle you'll need is only 9 cm wide (you'll cut 3 strips of 3 cm wide each). Normally you cut these strips with the grainline, because the edges of the fabric will curl to the inside when you pull the ribbon. This way the right side of your fabric will be visible. In this case you have to cut the ribbons from a piece of fabric that is as long as the length of your ribbons: for a ribbon of 75 cm you will need 75 cm of fabric while only using a small part of that fabric. This is fine if you're planning another project with the fabric, but if not, you'll have a lot of fabric left. If you're working with a fabric in solid colors, you can cut your ribbons on the cross grain: the edges will curl up as well, but wrong sides out. (This will not be visible in the braided end result.)



The needed quantities are calculated for fabrics of at least 1.30 m wide. If you're using a more narrow fabric, you'll need more fabric for the dress in size 12yo: 130 cm instead of 100 cm.

FABRIC	92	98	104	110	116	122	128	134	140	146	152
top	35 cm	40 cm	40 cm	40 cm	45 cm	45 cm	50 cm	50 cm	50 cm	50 cm	55 cm
dress	50 cm	60 cm	60 cm	60 cm	70 cm	70 cm	80 cm	80 cm	80 cm	100 cm	100 cm

FABRIC for neckribbon	92	98	104	110	116	122	128	134	140	146	152
	70 cm	70 cm	70 cm	70 cm	80 cm	80 cm	80 cm	90 cm	90 cm	90 cm	90 cm

ELASTIC	92	98	104	110	116	122	128	134	140	146	152
Basic version	30 cm	31 cm	32 cm	33 cm	34 cm	35 cm	36 cm	37 cm	38 cm	39 cm	40 cm
Version with elastic on the hip	80 cm	80 cm	85 cm	85 cm	90 cm	90 cm	95 cm	95 cm	100 cm	105 cm	110 cm
Version with elastic in the waist	80 cm	85 cm	85 cm	85 cm	90 cm	90 cm	90 cm	90 cm	95 cm	96 cm	100 cm

# OPTIONS AND VARIATIONS

You can make a dress or a top with this pattern: the instructions include photos for a top, but for a straight dress, you just follow the same steps, from step 1 to step 26. If you'd like elastic on the hip or in the waist instead of a straight dress, read the instructions for these options at the end of the pattern BEFORE you cut your pattern pieces (see p. 10).

You can find photos of the different options on the next page.

## DRESS OR TOP

basic dress



basic top



basic top



## HALTER DRESS OR TOP

Follow the instructions, but don't cut the loop for the back and skip all the steps in which the loop is mentioned. Replace the braid by one or several ribbons of 90 cm.

## BOW

Make the dress or top according to the instructions.  
Cut an extra ribbon of 70 cm and tie it around one of the shoulder straps.

## DRESS WITH ELASTIC IN THE WAIST OR ON THE HIP

See instructions and adjusted cutting plan starting from p. 10.

variatie: bow



elastic  
on waist



elastic on the hips



elastic on the hips

# Tips and tricks

## WITH OR WITHOUT A SERGER

You can use this pattern with or without a serger. If you're only using a regular sewing machine, make sure to sew with a small zig zag stitch or a stretch stitch, to allow the seams to stretch. Mind the following symbols in the instructions, depending on the machine you are using:

0 – with a serger

∅ – without a serger

When using a serger, make sure to heavily steam your seams, it will make them stronger.

## ZIG ZAG STITCH OR TWIN NEEDLE

For most visible seams in this pattern you can choose between a zig zag stitch or using a twin needle. With a twin needle a seam looks more 'real', but the stitching can pop and break more easily than zig zag stitching.

## THE RIGHT NEEDLE

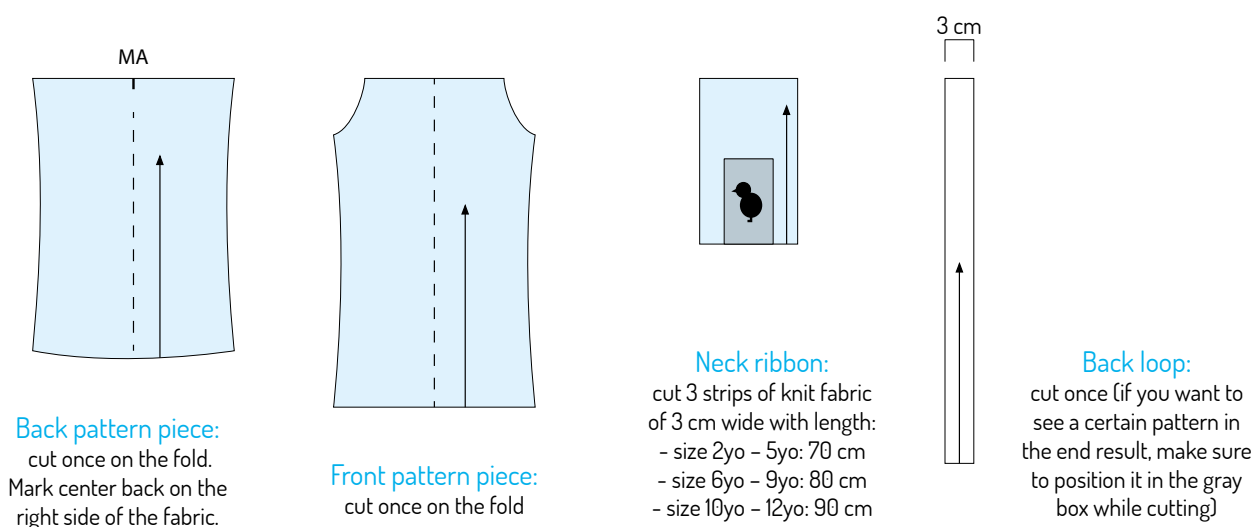
Make sure to use a stretch or jersey needle when using a regular sewing machine

## WALKING FOOT

If you have a walking foot or a built-in walking foot, you can definitely use it when working with this pattern. If you work with knit fabrics on a regular base then this is a practical gadget to put on your wishlist: it prevents the fabric from stretching out during sewing, so you're less likely to get wavy seams.

# Cutting your fabric

Seam allowance is included in this pattern. Cut the fabric as shown in the cutting plan below. If you want a dress with elastic in the waist or on the hip, scroll down to the variations, adjust the pattern and use the cutting plan you find there.



# Finishing the edges

If you're working with a serger, it isn't necessary to finish the edges of your fabric in advance: the instructions will indicate when to do so.

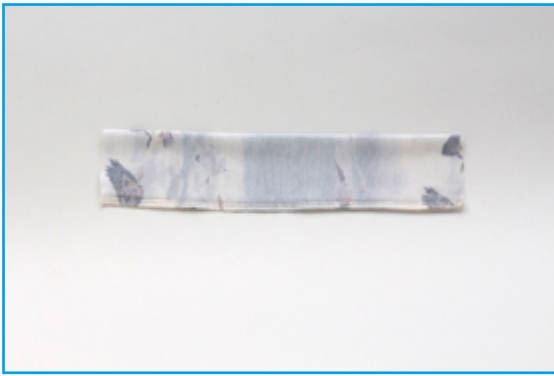
If you don't have a serger, you should finish the edges of the back loop, the front piece and the back piece according to best practice with a zig zag stitch before sewing them together. However, when working with a lightweight knit fabric, I don't think this is absolutely necessary: you can leave the edges of the fabric unfinished, they won't fray.

# Sewing

Use a seam allowance of 1 cm unless otherwise indicated.

Pinning your pattern pieces isn't always mentioned, but it is recommended.





1) Fold the back loop in half lengthwise, right sides together. Sew along the longest side with a seam allowance of 1 cm. Move the seam to the middle of the loop. (on the photo in step 2, it is shown where the seam should be)

0 – Press the seam to one side

∅ – press the seam open

2) Turn the loop right sides out. Make sure that the seam is in the middle and press.



3) Fold the loop in half, short sides together, catching the seam in the fold. Mark the center of the loop at the raw edge.

4) Place the folded loop on the back piece, right sides together. Make sure to line up the center of the loop with the center of the back. (If you want to have a certain pattern of your fabric visible in the end result, place it to the right side of the back piece)

0 – Finish the top with the serger, making sure to catch the loop while serging

∅ – baste the loop to the back using a 0.5 cm seam allowance. This temporary stitching will help keep the loop in place.



5) Sew the loop at 1.5 cm from the edge using a small zig zag stitch.



6) Fold the top of the back piece 1.5 cm and press. Make sure the loop is protruding from the back piece as shown in the photo: the seam from step 5 is now in the fold. (Careful: you are just pressing, not sewing)

7) Take the front piece

0 – Finish the top edges and the armhole with a serger.

Ø – If you don't have a serger, skip to step 8.



8) Fold the armholes of the front piece back 1.5 cm and press. Topstitch at 0.75 cm from the edge using a (small) zig zag stitch or a twin needle.



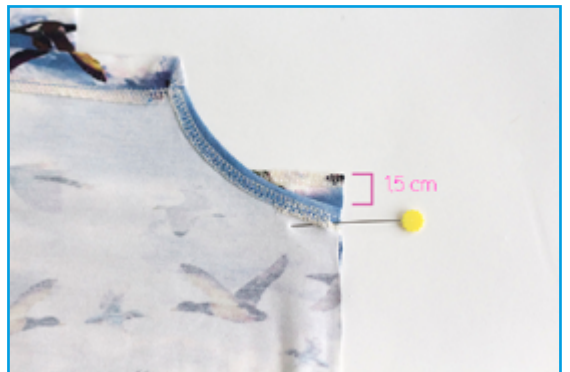
9) Iron the top edge of the front piece by 2 cm, wrong sides together, and topstitch at 1.8 cm. This way you're creating the tunnel where you'll be threading the braid, so make sure it is 1.5 cm wide all over. It isn't necessary to use a zig zag stitch or twin needle, but you can if you want to. I just use a regular straight stitch.



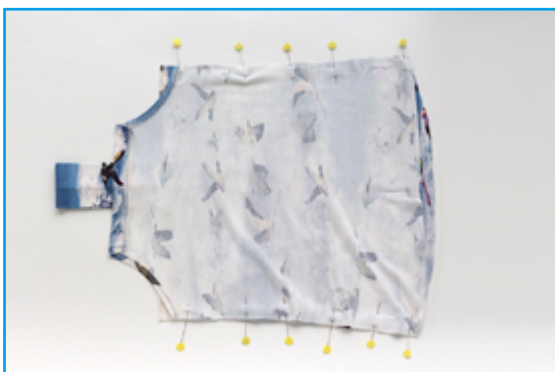
You'll notice this seam slanting in: this prevents the seam allowance of the tunnel to come 'peeping' when threading the neck ribbon.



10) Pin the side seams of the front and back pieces right sides together: make sure the back piece sticks out 1.5 cm at the armhole. This way, the fold of the back piece is aligned with the finished edge of the front piece at the armhole.



11) Sew both side seams using a 1 cm seam allowance.



12) Press the seam to the back.



13) Iron the folding line of the back piece by 1.5 cm again, making sure to cover the seam allowance of the side seam.

14) Pin the hem at the top of the back piece, making sure the back loop is up, as shown in the photo. Topstitch with a zig zag or overlock stitch: you are creating a tunnel for a 1 cm wide elastic. Make sure that your stitching doesn't narrow the tunnel anywhere. You are topstitching at a little less than 1.5 cm.



15) Measure a piece of elastic that is as long as the top edge of the back piece (measuring from side to side).

16) Mark 2 cm of the edge of the elastic on both sides.



17) Thread the elastic through the tunnel at the top of the back piece, and slightly pull it, until the markings line up with the edge of the tunnel. Pin the extra 2 cm on both sides with a safety pin.

0 – Finish the bottom of the top or dress with a serger





18) Iron a 2 cm hem at the bottom of the dress or top and stitch all around at 1.5 cm with a zig zag stitch or twin needle.



19) Take the 3 strip of fabric for the neck ribbon and pull hard lengthwise. This way the stretchability will mostly disappear and the edges will curl up.



20) Tie the 3 strips together with a knot and braid them. Make sure the curled edges are on one side of the braid by braiding consistently and not letting the strips twist during braiding. In the photo the curled edges are on top and the other side at the bottom.



21) Stitch the strips at the ends and cut the knots.



22) Thread the ribbon through the tunnel of the front piece, making sure not to twist the ribbon.



23) Also thread the ribbon through the loop at the back and try on the dress or top. Pull the elastic at the back tighter if necessary, making sure the back piece fits nicely. Pin in place with the safety pins. You'll stitch the elastic in place in step 27.

Move the point where the edges of the ribbon meet to a place between the front piece and the back loop, so you can fit the dress properly. Pin the edges of the ribbons at the correct length:

- at the front: make sure the the front piece lies flat on the body of the child and isn't pulled up by the neck ribbon.
- at the back: Make sure the top of the back piece forms a straight line and isn't pulled up by the back loop.

Mark the point on both edges of the ribbon where the seam should go.





24) Remove the pin and take off the dress or top. You'll now sew the edges of the ribbon together: make sure that the ribbon is still going through the back loop as indicated with an arrow in the photo. Put both edges of the ribbon under your sewing machine, making sure the markings from step 23 are overlapping. Secure together with a zig zag stitch.



25) Move the zig zag stitching from step 24 to the middle of the back loop. Pin in place on the inside of the loop, meaning the side that isn't visible when wearing the top or dress. Make sure the pins don't go through the front of the loop, as shown in the second photo.

Open up the loop under your sewing machine, so that the ribbon and the back of the loop are under the presser foot. Sew the ribbon in place with a few stitches. This way it can't get twisted.



26) Using a few stitches, secure the ribbon to the inside of the front piece by hand so that the tunnel does not 'pucker up' when worn.



27) Secure both sides of the elastic to the side seam with a zig zag stitch and trim the excess close to the tunnel.

## VARIATION: elastic on the hips

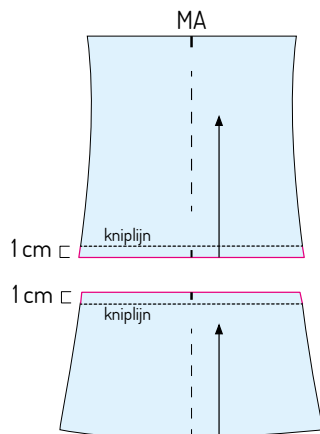
If you'd like elastic on the hips, you'll need to slightly modify the pattern of the dress.

1 – Cut the pattern pieces of the back and front on the cut line.

2 – Add a 1 cm seam allowance to all four pattern pieces where you cut the pattern pieces in half. Mark the centers of each pattern piece on the cut line. Cut the pattern pieces following this cutting plan.

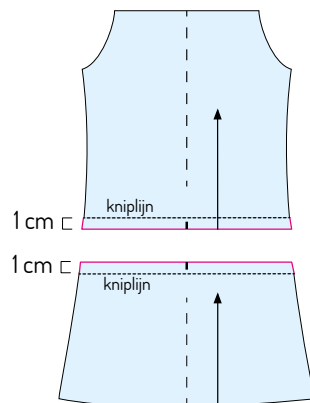
### Back piece bodice:

cut once on the fold. Mark center back at the top on the right side of the fabric. Mark center back at the bottom on the wrong side of the fabric.



### Front piece bodice:

cut once on the fold. Mark center front at the bottom on the wrong side of the fabric.

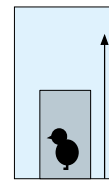


### Back piece skirt:

Mark center back at the top of the skirt on the wrong side of the fabric.

### Front piece skirt:

cut once on the fold. Mark center front at the top of the skirt on the wrong side of the fabric.



### Back loop:

cut once. If you want to see a certain pattern in the end result, make sure to position it in the gray box while cutting.



### Neck ribbon:

cut 3 strips of knit fabric of 3 cm wide with length:  
 - size 2yo – 5yo: 70 cm  
 - size 6yo – 9yo: 80 cm  
 - size 10yo – 12yo: 90 cm

3 – Make the back piece of the bodice, the front piece of the bodice, the back loop and the neck ribbon according to the instructions from step 1 to step 17.

4 – Place the skirt pattern pieces of front and back right sides together and sew the side seams with a 1 cm seam allowance.

0 – Press the seam allowance towards the back and finish the entire bottom edge of the skirt part.

Ø – Press the seam allowance open.



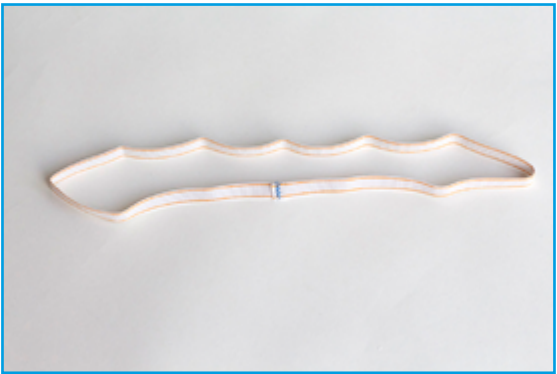
5 – Finish the entire bottom edge. Turn up a hem of 2 cm at the skirt piece, press and stitch all the way around at 1.5 cm with a zig zag stitch or a twin needle.



6 – Cut a piece of elastic to length according to the chart below. The indicated lengths are 80% of the hip measurement and 90% of the waist measurement: you can also measure the child and calculate the length to measure.

Let the edges overlap 1 cm and sew together with a zig zag stitch. Be careful that you don't have twist in the elastic when closing it.

7 – Pin the skirt to the bodice, right sides together, using 4 pins: make sure the side seams and the center markings of the front and back all match up.



	92	98	104	110	116	122	128	134	140	146	152
taille-elastiek	47 cm	48 cm	48,5 cm	49 cm	50,5 cm	51,5 cm	52 cm	53 cm	56 cm	57 cm	57,5 cm
heupelastiek	45,5 cm	47 cm	49 cm	50,5 cm	52 cm	53,5 cm	55 cm	57 cm	58,5 cm	61,5 cm	65,5 cm



8 – Fold the elastic in four equal parts en indicate them with a line. Pin the four stripes on the elastic to the fabric with the four pins from step 7.



9 – Attach the skirt piece to the bodice

0 – Attach with the serger while stretching the elastic and the fabric, making sure not to pucker the fabric. Be careful that the elastic doesn't touch the blade: the right needle goes through the fabric right next to the elastic.

Ø – Zig zag all the way round through the elastic and the fabric, while stretching the elastic so that the fabric doesn't pucker.



Then stitch again with a fine zigzag stitching just to the left of the elastic, so that it is not visible in the end result: pull the elastic tight again during the stitching.

### THANK YOU

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A round of applause for the modeling of Marike, Free, Flore, Zanne, Big Liv en Little Liv.