



# NICU Smock Pattern

## From Everything Your Mama Made & More!

I drafted this pattern 7 years ago after my cousin's little boy Benjamin was born months early weighing in at 2lbs 8oz I searched everywhere for preemie cloths to fit! Babies less than 3lbs are considered 'micro-preemie' & you can actually find some stuff on the internet to buy made, but not many patterns. So after looking at different things I drafted up a pattern for a NICU friendly preemie smock that fits a good range



of sizes. When babies are in the NICU it really helps the parents to see their little ones wearing some sort of clothing. BUT with all the monitors & wires many clothes are difficult to get on, or they get in the way of the wires or the nurses... which is what makes these so great!

I do not want to sell this pattern because I did not create it so people could make them to sell or I could profit off of it, but instead to encourage people to help others out. For that reason this pattern is free for **personal and charity sewing only**. This pattern, the pieces along with the instructions & photos, are copyrighted & may not be sold or reproduced without the written consent from the owner of Everything Your Mama Made & More! Feel free to link people back to the blog where they can access it free [www.everythingyourmamamade.com](http://www.everythingyourmamamade.com)

Before sewing items to donate to the hospital (this or others) PLEASE contact them first & ask what they need... you may need to bring this in to show them before they can give you an answer. Some hospitals are very strict about what they can take. If you would like to help but don't have a local hospital in need [Gracie's Gowns](#) always has families in need! You can send them there & they will distribute them to NICU's & families who would love them.

If you have, any questions feel free to send me a quick email or leave a comment, happy sewing!

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LEFT: Baby Ricardo, born at 31 weeks 4lbs 10oz, wearing a reversible 3-5lb tiny preemie smock.

BELOW: Preemie 6lb doll in the serged version from a generous pattern tester from <http://www.sewingmamas.com> in the 3-5lb tiny preemie size.

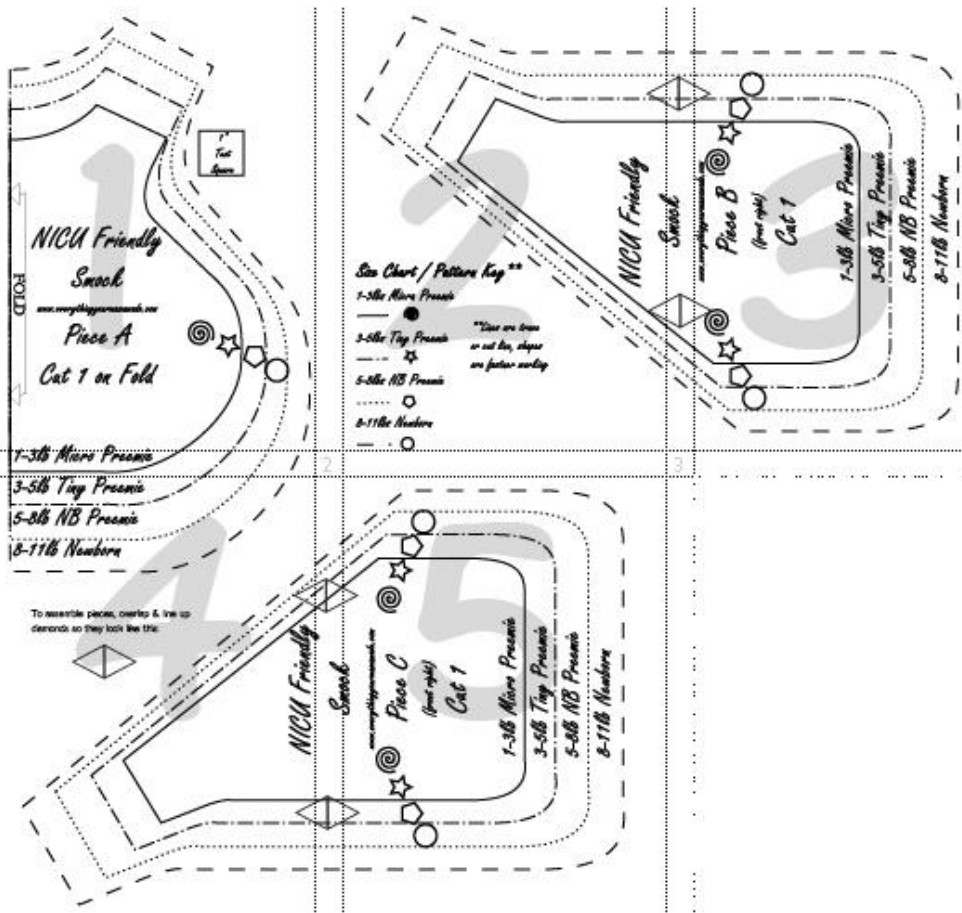
This is a NICU friendly pattern that comes in 4 sizes to fit babies 1-11lbs. The 3-5lb Tiny Preemie is the most popular size & will fit a lot of 6lb babies as well. All seams are ¼” seam allowances.



To make 1 layer with serger finished edges you need 1/3 yard of soft 100% cotton flannel. For a 2 layer reversible smock you will need 1/3 yard EACH of 2 different 100% cotton flannels. If you buy 1 yard cuts you can get 5-7 out of each yard with the 2 smaller sizes 3-4 for the 2 larger depending on how you lay them out. Make sure to pre-wash

your fabric in warm or hot water & dry on high... these are washed often & need the fabric needs to be pre-shrunk.

It is important to use Velcro when possible vs. other types of fasteners, sometimes NICU babies are undressed in a hurry, Velcro is one of the easiest & fastest things for the nurses to get open and out of the way in a hurry. Many NICU's have recently said PLASTIC snaps (such as [Babyville Boutique](http://www.babyvilleboutique.com)) are great because they don't get hot & cold like metal ones. Just make sure to re-enforce the area so they don't rip out if it is opened in a hurry.



**PREP:** Print off all 6 pattern pages... make sure your printer selects 'scaling none' or 'actual size' when printing & double check to make sure the 1" test square has printed properly. Then tape the pages together in order (see diagram to the left) making sure the diamonds line up. You will have 3 pieces & a pattern key.

**SIZE OPTIONS:** Due to popular demand, I have recently modified my popular pattern to include not one, but 4 sizes of this NICU friendly smock because babies of all different sizes can use them!

The size guide is approximate fit. Serged or bias tape edges will give you a slightly larger fit, turned & top stitched slightly smaller.

If making them to donate I recommend making [no itch cotton twill tape size tags](#) to sew onto the OUTSIDE of the smocks.

1-3lbs Micro Preemie (up to 15" in length)

3-5lbs Tiny Preemie (up to 18" in length)

5-8lbs NB Preemie (up to 20" in length)

8-11lbs Newborn (up to 22" in length)

**PATTERN:** Then trace or cut out the size you would like to make & make sure to note which shape fastener markings are for the size you are making.

# 1 layer serger or bias tape smock...

Cut one each of pieces A (on fold), B & C.

2 sets of sew on Velcro measuring 3/8" X 3/8" (one for each +, the soft sides on piece B or C & the rough sides on piece A) and optional package of bias tape.

*Optional Package of Bias Tape.*



STEP 1: Lay piece A right side up on your table & then put piece B right side down on top of it so the shoulder matches up & pin. Then lay piece C right side down matching it up with the other shoulder & pin. Sew a 1/4" seam on both shoulders attaching all 3 pieces.

STEP 2: Finish raw edge with your serger OR apply bias tape all around the edge.



**STEP 3:** Sew on Velcro. You will sew the rougher sides to the **WRONG** side of piece A where the +’s are marked on the pattern piece. Then sew on the soft sides to piece B where the +’s are marked on the pattern piece.



## **2 layer reversible serged, bias tape smock or sewn & turned...**

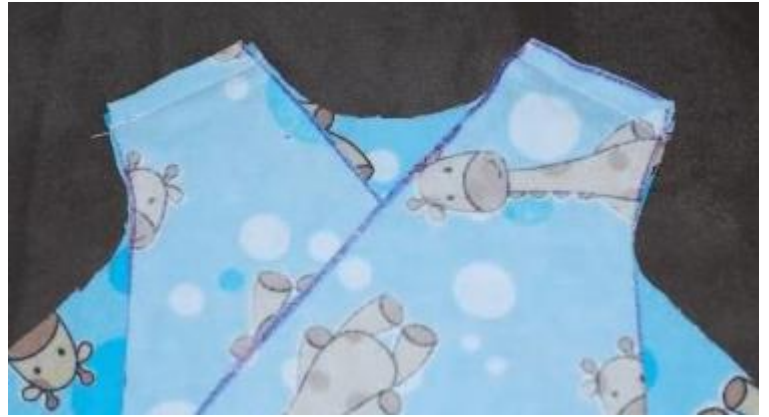
**Fabric 1...** Cut one each of pieces A (on fold), B & C.

**Fabric 2...** Cut one each of pieces A (on fold), B & C.

**4 sets of sew on Velcro measuring 3/8" X 3/8"** (one for each +, the soft sides on piece B or C & the rough sides on piece A) and optional package of bias tape.

***Optional Package of Bias Tape.  
Chopstick or other turning aid.***

STEP 1: With fabric 1 lay piece A right side up on your table & then put piece B right side down on top of it so the shoulder matches up & pin. Then lay piece C right side down matching it up with the other shoulder & pin. Sew a 1/4" seam on both shoulders attaching all 3 pieces. Set aside & repeat with fabric 2.



STEP 2: For sew & turn instructions skip to step 3. Put Fabric 1 right side DOWN on the table. With Fabric 2 right side UP lay it on top of fabric 1. Line them up & pin together! Finish raw edge with your serger to attach the two OR sew with a narrow seam on your sewing machine to hold them together and then apply bias tape all around the edge. **SKIP TO STEP 6**

STEP 3: To sew & turn! Put Fabric 1 right side UP on the table. With Fabric 2 right side DOWN lay it on top of fabric 1. Line them up & pin together (you should not be able to see the right side of either fabric)! Sew a 1/4" seam all the way around it leaving a 2" unsewn section at the bottom center (the straight part) Clip your corners almost to the seam for a nicer finished look.



STEP 4: Using your chopstick or other turning aid now turn the smock right side out. Make sure to use the chopstick to get all your curves & corners nice

so it is easy to topstitch! Take an iron to it to make your edges crisp & easy to topstitch! Your opening should fold under 1/4 inch nicely like shown... pin closed so you can topstitch it closed.

**STEP 5:** Using a 1/8" seam allowance topstitch the entire outer edge. This will look nice & keeping it from getting all wonky when being washed!



**STEP 6:** Sew on the Velcro. You will sew the rougher sides to BOTH piece A's where the +'s are marked on the pattern piece. Then sew on the soft sides to both piece B where the +'s are marked on the pattern piece. There is NO Velcro on piece C because that soft fabric is against the babies skin!



**YOU ARE DONE! ;)**

## Gracie's Gowns

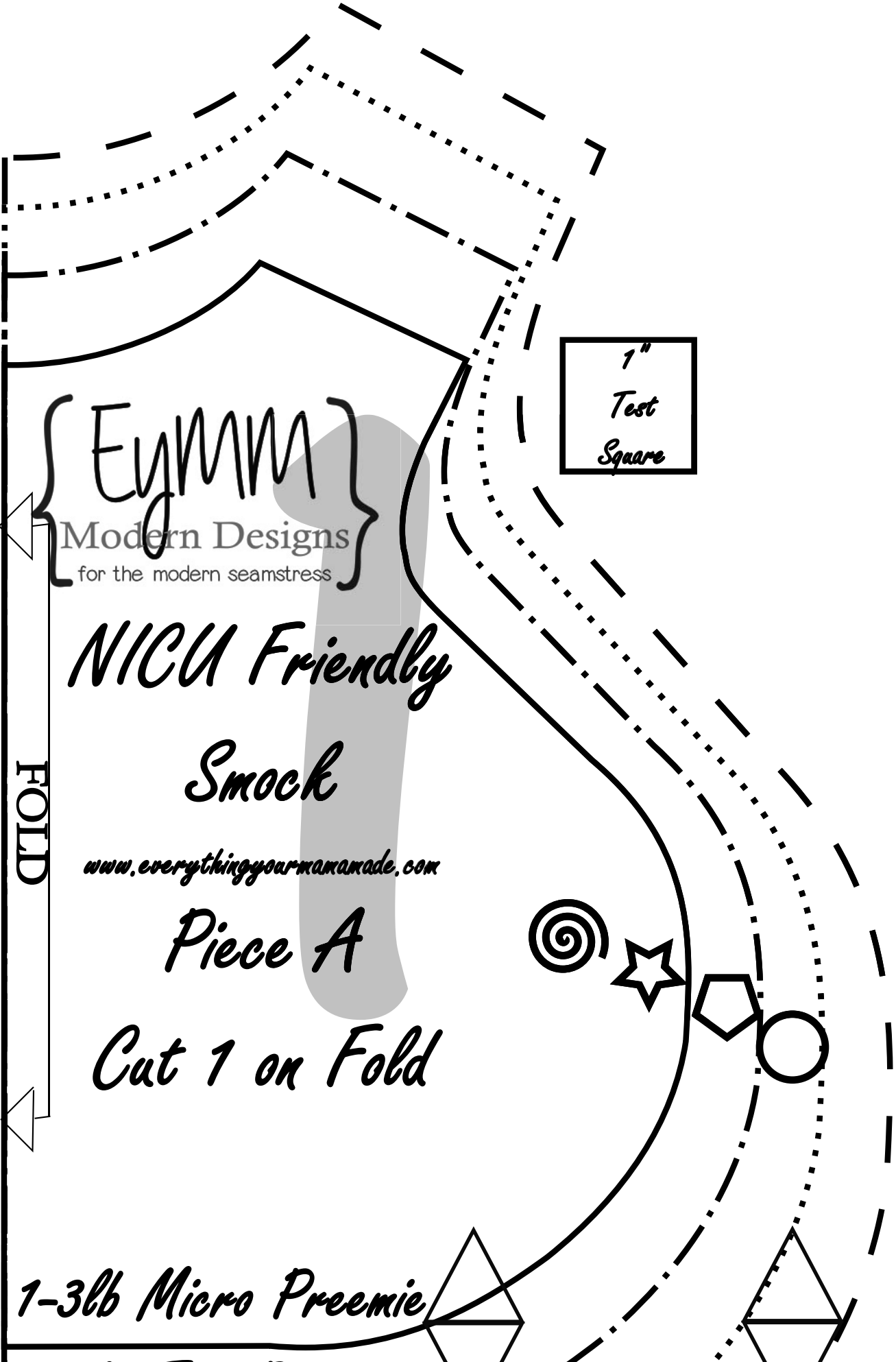
The mission at Gracie's Gowns is to provide children that are chronically ill with something fun and personal to wear while staying in the hospital or undergoing therapies and treatments in which they are not able to wear their own clothing.

They provide these homemade hospital gowns at no cost to the families and when we are able will donate larger quantity of gowns to hospitals that are interested in having them for the children in their unit.

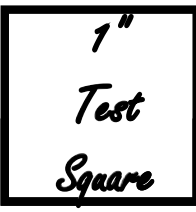
Gracie's gowns take specific made to order gown requests as well but from preemie & infant gowns where they are young & often unexpected they love getting batches that they can pick from to fill requests as well as donate to hospital units and NICU's. [Everything Your Mama Made & More!'s NICU Smock](#) is their preferred and requested isolate gown of choice.

For more information on [Gracie's Gowns](#), or to donate, visit them at [www.graciesgowns.org](http://www.graciesgowns.org) or follow them on Facebook <https://www.facebook.com/gracefulgowns>





*EYMM*  
Modern Designs  
for the modern seamstress



*NICU Friendly  
Smock*

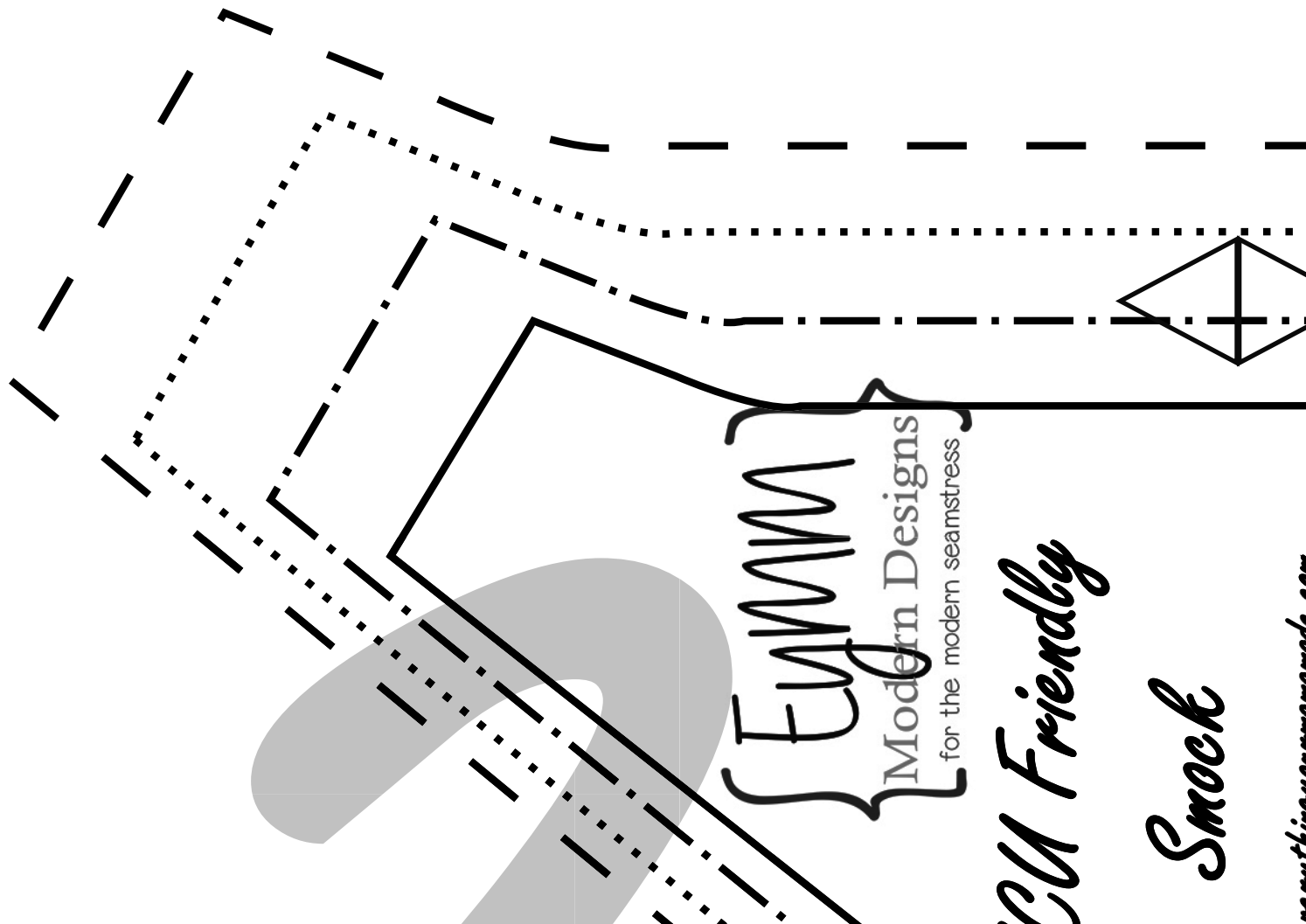
*www.everythingyourmamamade.com*

*Piece A*

*Cut 1 on Fold*

FOLD

*1-3lb Micro Preemie*



*EMMM*  
Modern Designs  
for the modern seamstress

*NICA Friendly*

*Snock*

*Size Chart / Pattern Key \*\**

*1-3lbs Micro Preemie*



*3-5lbs Tiny Preemie*



*5-8lbs NB Preemie*



*8-11lbs Newborn*



*\*\*Lines are trace  
or cut line, shapes  
are fastener marking*

*www.emmmmodern.com*

*SMOCK*

*www.everythingyoumamanade.com*

*Piece B*

*(front right)*

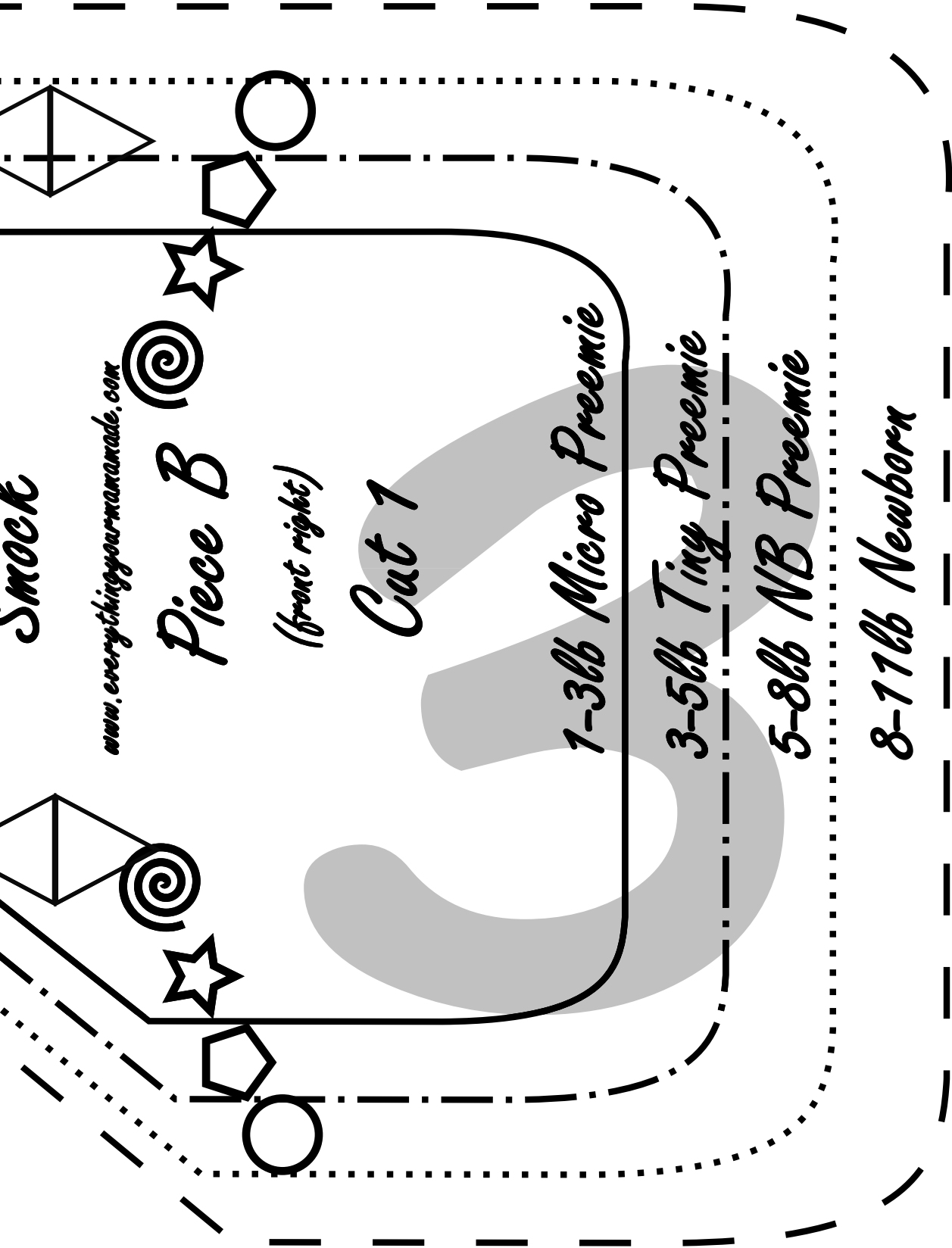
*Cut 1*

*1-3lb Micro Preemie*

*3-5lb Tiny Preemie*

*5-8lb NB Preemie*

*8-11lb Newborn*



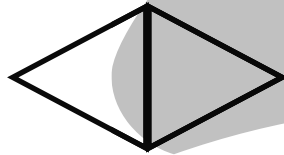
1-3lb Micro Premie

3-5lb Tiny Premie

5-8lb NB Premie

8-11lb Newborn

To assemble pieces, overlap & line up diamonds so they look like this:



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*Snock*

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*Piece C*

*(front right)*

*Cut 1*

*1-3lb Micro Preemie*

*3-5lb Tiny Preemie*

*5-8lb NB Preemie*

*8-11lb Newborn*

