



These leggings are not super tight so feel free to go a size down if you want them to fit snugly. Knit interlock or jersey are a great choice, especially fabric with a bit of lycra. Review my [tips for sewing with knit fabrics](#) if you like.

You will need:

- 1-1 1/4 yd of knit fabric
- less than a yard of 1/2" or 3/4" elastic
- a double needle for your sewing machine

Brief sewing instructions are included below.

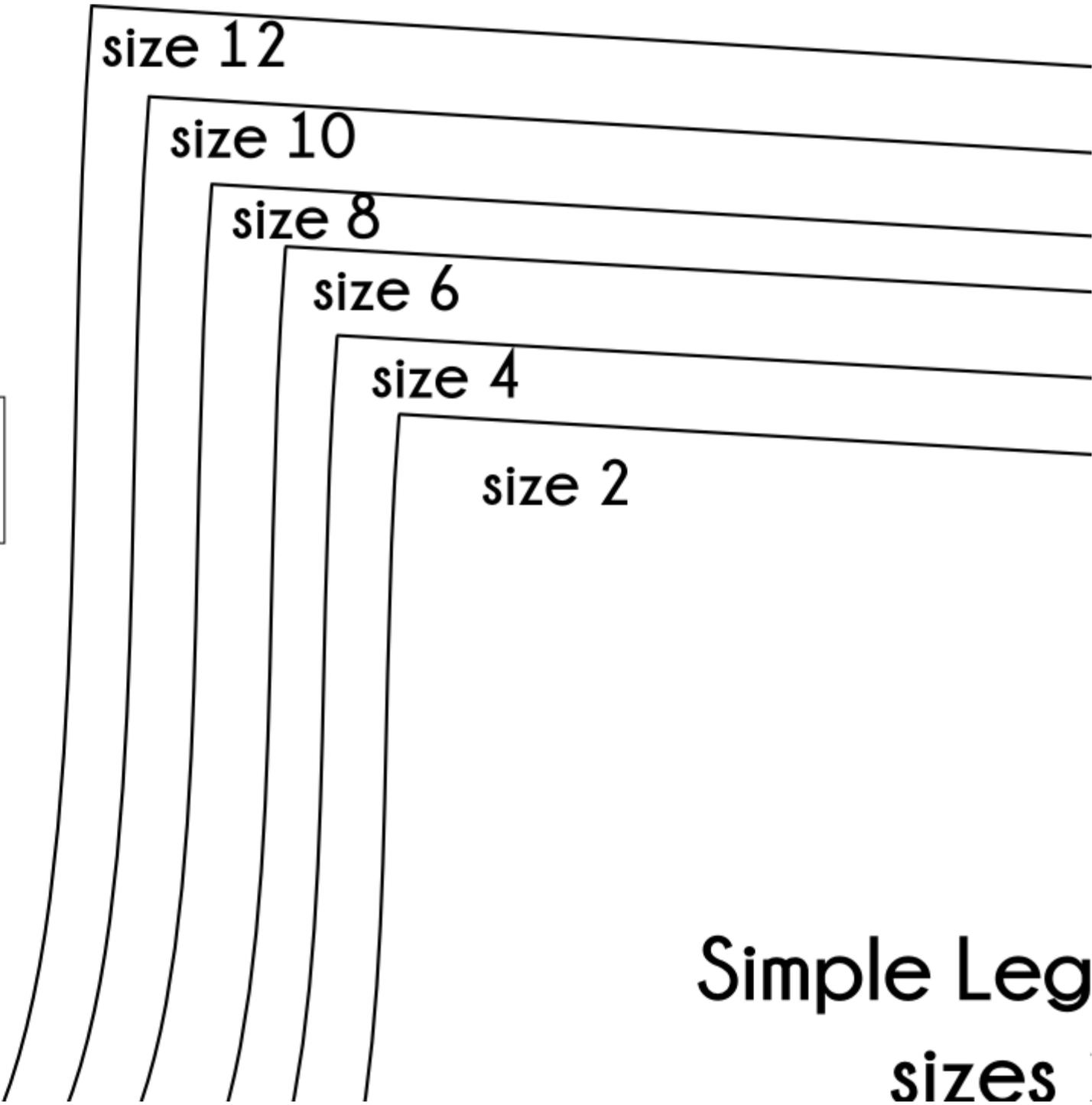
Please visit my blog at <http://www.sewcanshe.com/blog/2015/10/10/basic-leggings-for-girls-free-pattern-and-tutorial> for detailed instructions for printing and assembling the pattern piece and sewing the leggings.

1. Print and assemble the pattern piece found at the end of this document. Trace or cut out the size that you need.
2. Lay the pattern on your fabric, secure with pins or [pattern weights](#), and cut out. Make sure that you are cutting out 2 opposite pieces. This is easy if your fabric is in a double layer with the wrong sides together.
3. Fold each leg piece in half, right sides together and sew the inseams with a 1/2" seam allowance.

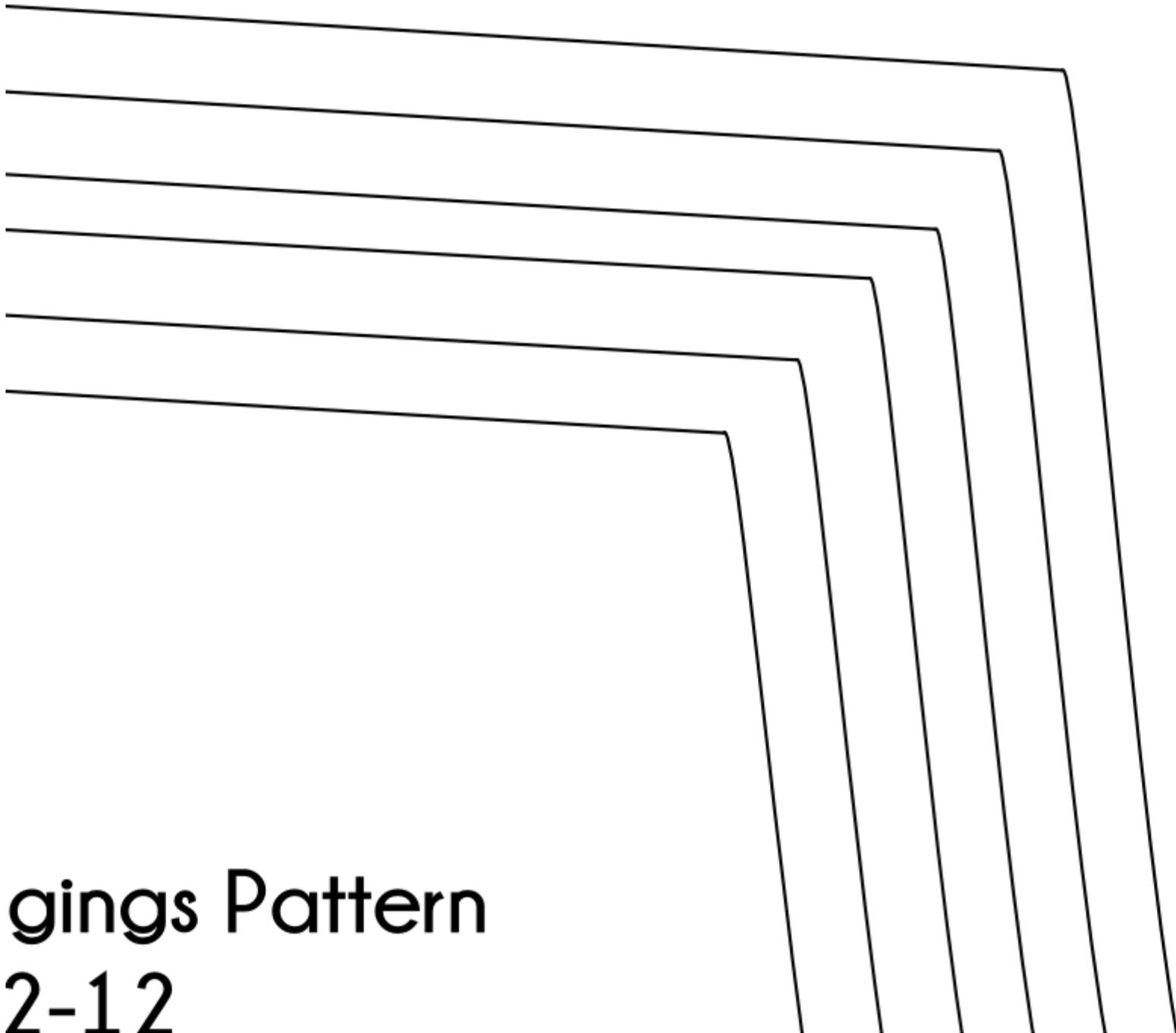
4. Turn one leg piece right side out and place it inside the other so they are right sides together. Pin and stitch the crotch seam, matching up the leg inseams.
5. Turn the leggings right side out and cut a piece of elastic that fits the child's waist. If you don't have the intended child close by, measure the top of the leggings and cut a piece that is 1-2" less.
6. Butt the ends of the elastic together and use your sewing machine's widest zig zag stitch to sew them together.
7. Mark the elastic and the top of the leggings in quarters. Pin the elastic to the top inside edge of the leggings, matching the quarter marks.
8. Still using your widest zig zag stitch, sew the elastic to the top edge of the pants. You can also use a serger to do this. Be careful not to cut the elastic.
9. Turn the elastic over and pin from the right side. Pin your tag in place from the right side if you are inserting one.
10. Install the double needle and thread it with two spools of thread the same color (use an extra bobbin for the extra spool if you need to).
11. Sew right over the bottom edge of the elastic from the right side. Stretch the fabric slightly to match the elastic.
12. Fold or press the leg bottom edges up 1/2" and hem in place from the right side.

You just made some basic leggings! Next time make them shorter in capri or biker short length. Psst... you can also use this pattern for my [Boy's Swim Jammers tutorial](#).

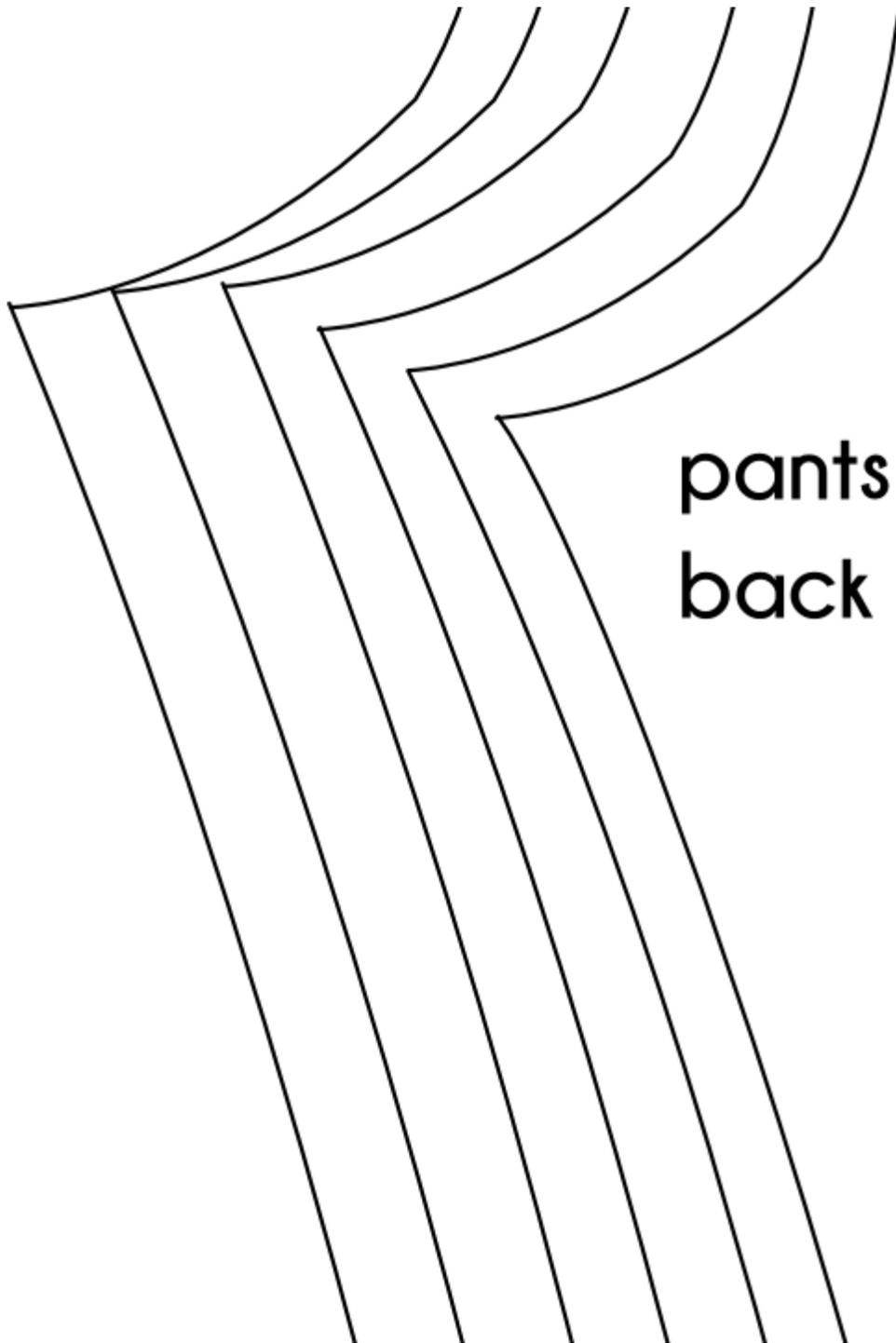
1 inch
square



Simple Leg
sizes



gings Pattern
2-12



pants
back

from SewCo

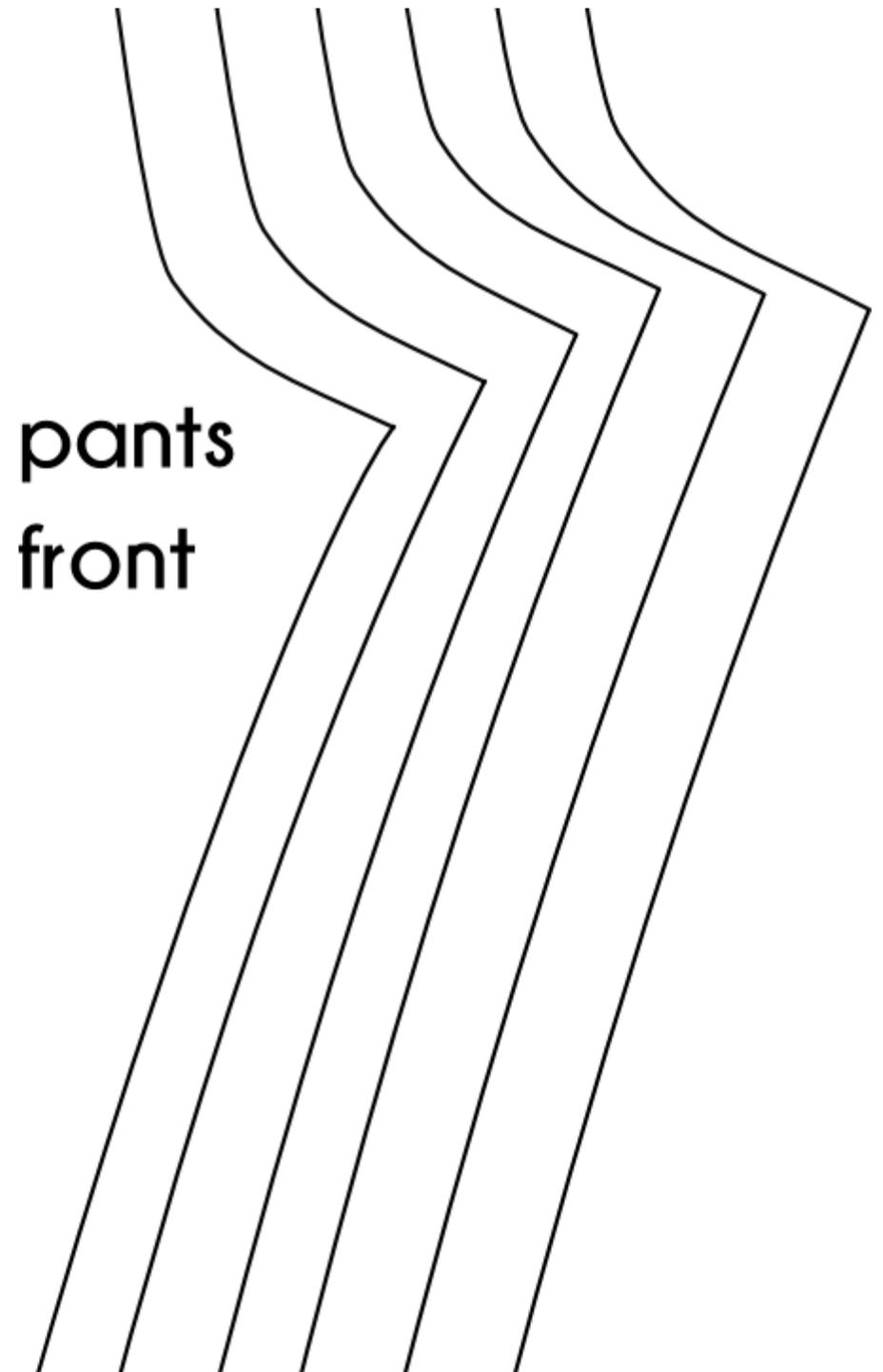
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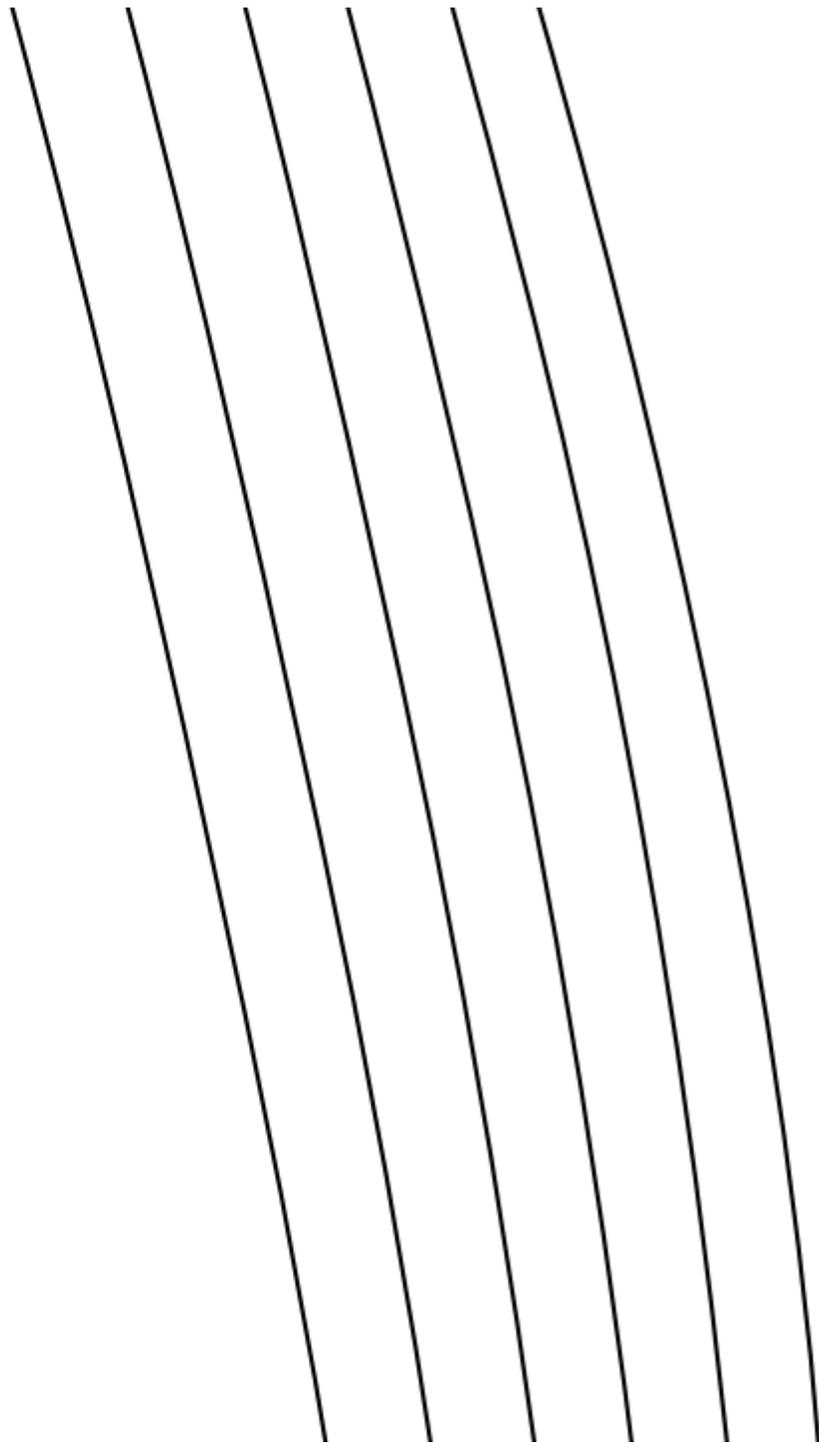


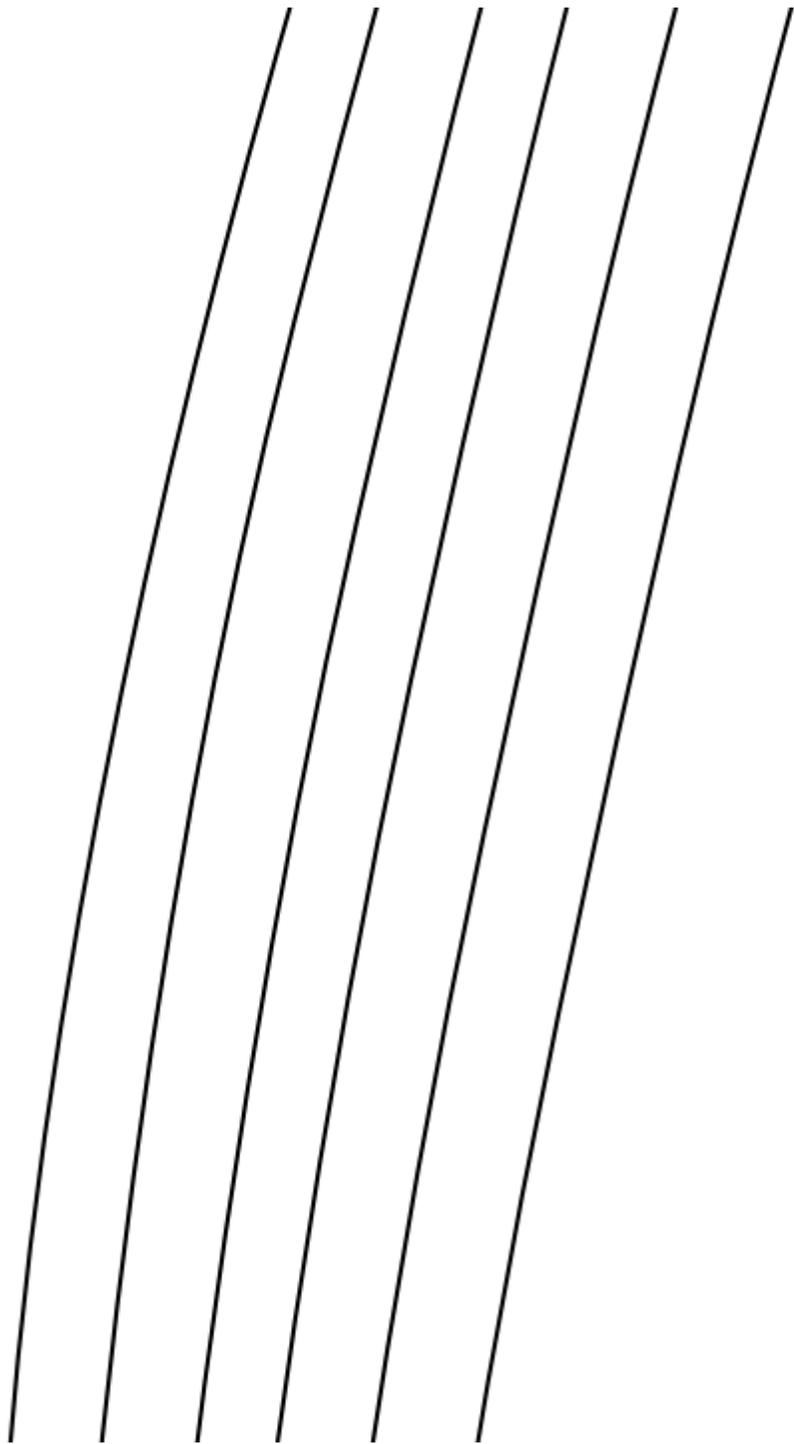
direction of fabric

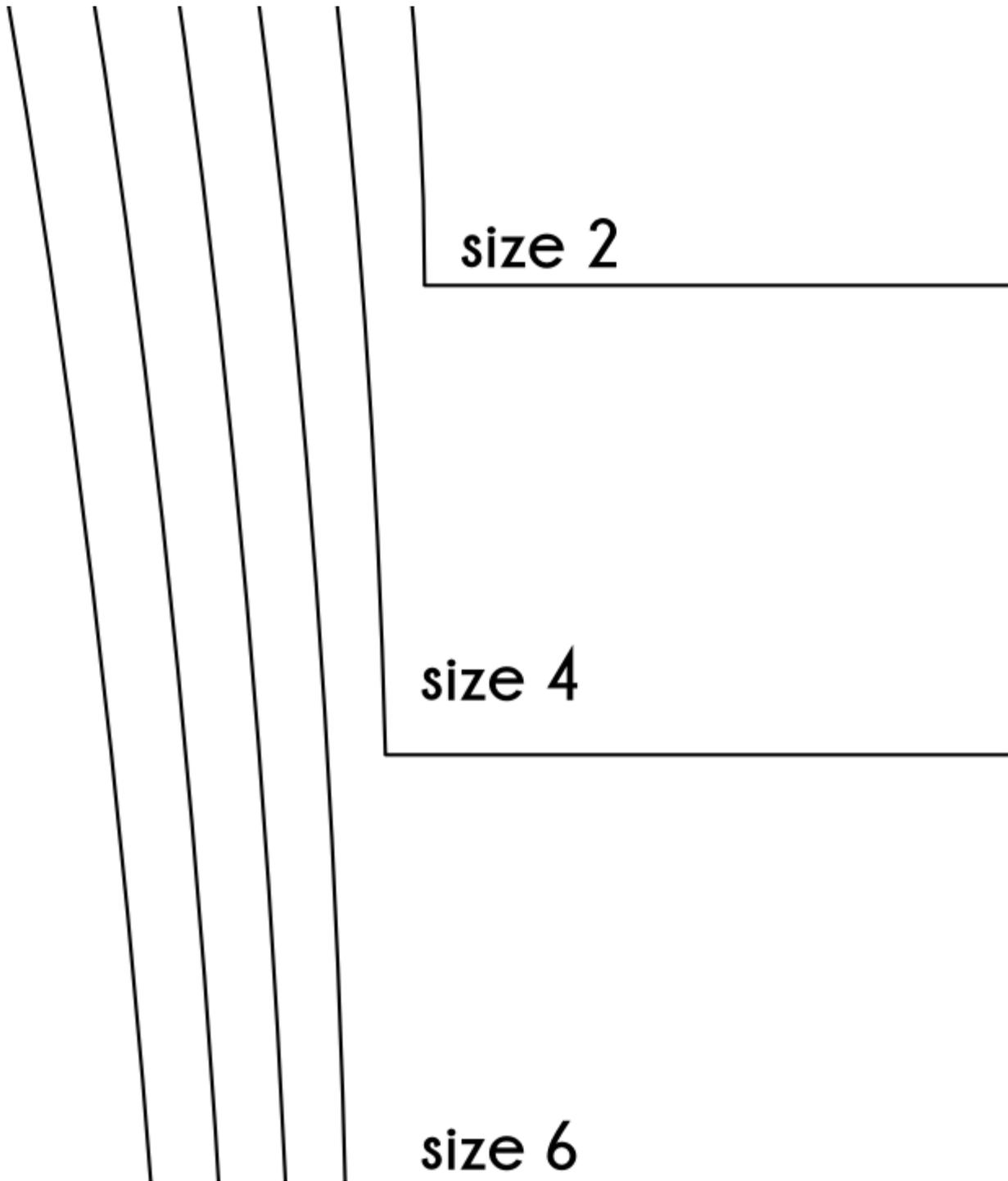
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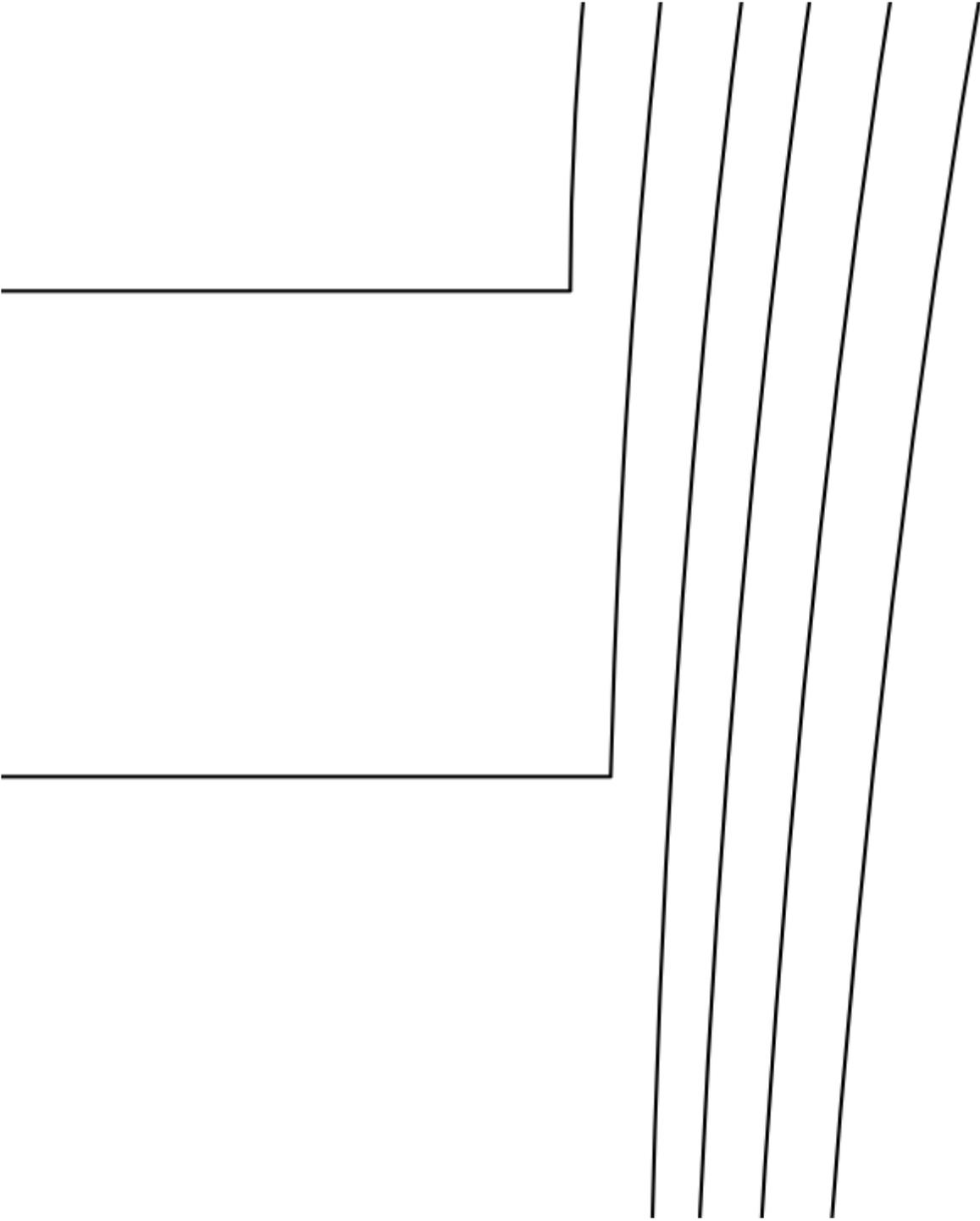
2











The diagram shows a large container on the left, bounded by a vertical line and a horizontal line at the bottom. Inside this container, there are three nested rectangular regions. The innermost region is labeled 'size 8', the middle region is labeled 'size 10', and the outermost region is labeled 'size 12'. Each region is defined by a horizontal line at the top and a horizontal line at the bottom, with a vertical line on the left side. The regions are stacked vertically, with 'size 8' at the top, 'size 10' in the middle, and 'size 12' at the bottom.

size 8

size 10

size 12

