



WELCOME TO
FOUNDATIONS IN

PATTERN
MAKING

CCTC Conference 2026

Presented by **Janette Nawton**

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SCHEDULE

Friday, Feb.13, 2026

Notre Dame High School -RM 1234

This full day practical workshop is designed to provide Fashion Studies Teachers with the essential principles and techniques required to offer the courses FAS2060 Pattern Drafting 1 and FAS3030 Pattern Drafting 2.

SUPPLIES & EQUIPMENT

- Pencil
- Eraser
- Two colours of highlighters and/or pencil crayons
- Grid Ruler - imperial units preferred (inches)
- Paper scissors
- Tape
- Measuring Tape
- Sewing Machine and Accessories
- Fabric Scissors
- 1 meter muslin or woven cotton fabric for testing.
- Thread
- Extension Cord

RECOMMENDED TEXT-

Pattern Making for Fashion Design 5th Edition, by: Helen Armstrong

9 am

Introduction

- Tools, Equipment and Terminology
- Practicing pattern Techniques with 1/4 Scale Blocks

10:30 -
10:40 am

10 min. Break

10:40 -
12:00 pm

Drafting Custom Blocks

- Measurements
- Skirt Draft

12:00 -
12:40 pm

Lunch

12:40 -
2:00 pm

Bodice Block Draft

- Start and finish draft

2:00
3:00 pm

Testing and Fitting

- Cut and Sew
- Fit Torso block

3:00
3:20pm

Wrap -Up

- Q & A
- Resource Sharing



TOOLS OF THE TRADE



MEASURING TAPE

Used to take body measurements and support the measuring of longer lengths when drafting your pattern..

Measuring Tape
Cheat Sheet
by:
Allie Sew Crafty



COLOURFUL PENS
PENCIL, ERASER,
HIGHLIGHTERS & TAPE.



PATTERN PAPER

Used to draft patterns. There are many types of pattern paper.

Which Patternmaking Paper is Best?
The Daily Sew

\$ Saving Tip:
Go to your local news paper and ask if they have any rolls of paper ends available.



Bristol Board can be used to make sturdier long lasting copies of your final blocks.



PATTERN NOTCHER

Used to cut out notches in your blocks and patterns.

*Notches are used to help you align pattern pieces and identify front from back.



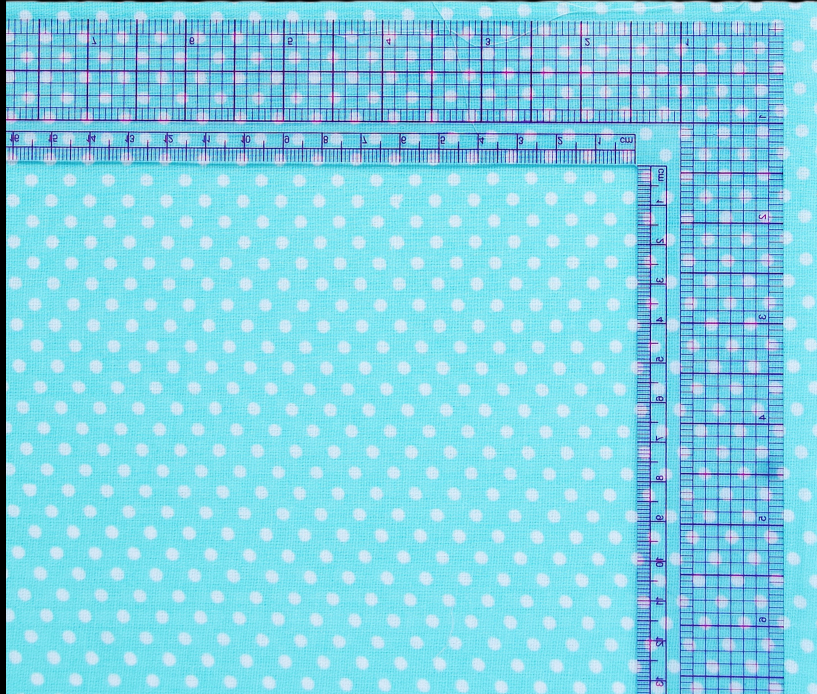
The Pattern Notcher
Essential Fashion
Design Tools !
susaneliascouture



PAPER SCISSORS

DO NOT USE your Fabric Scissors to cut your Paper Patterns!

*Paper scissors or all-purpose scissors are made from stainless steel and have thinner, shorter, blunter blades. When making your own patterns, it is a good idea to invest in a good pair of all-purpose cutting scissors that are comfortable in your hand and will be able to cut through a variety of paper thicknesses. Cutting paper (or anything else) with your fabric scissors will dull the blades and reduce their effectiveness.



L-SQUARE RULER

Metric and or Imperial

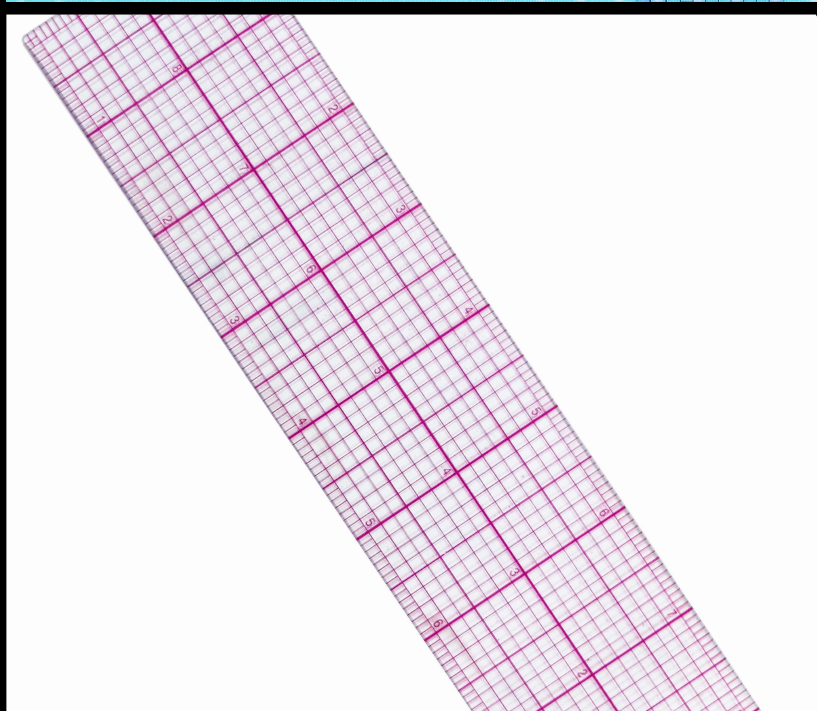
Used for squaring and establishing a 90 degree angle.

Using the Ruler
(Video 2 of 4):
Squaring right
angles - The digital
Pattern Maker



Other types of Square rulers include:

- Set Square Rulers
- Tailor's Squares



GRID RULER (AKA GRADING RULER)

Metric and or Imperial

Used for accurately measuring seam allowance and grading patterns..

**How to draft using
your grading ruler**
Yixin Chew



Recommended - 18"x 2" or 24" x 2"



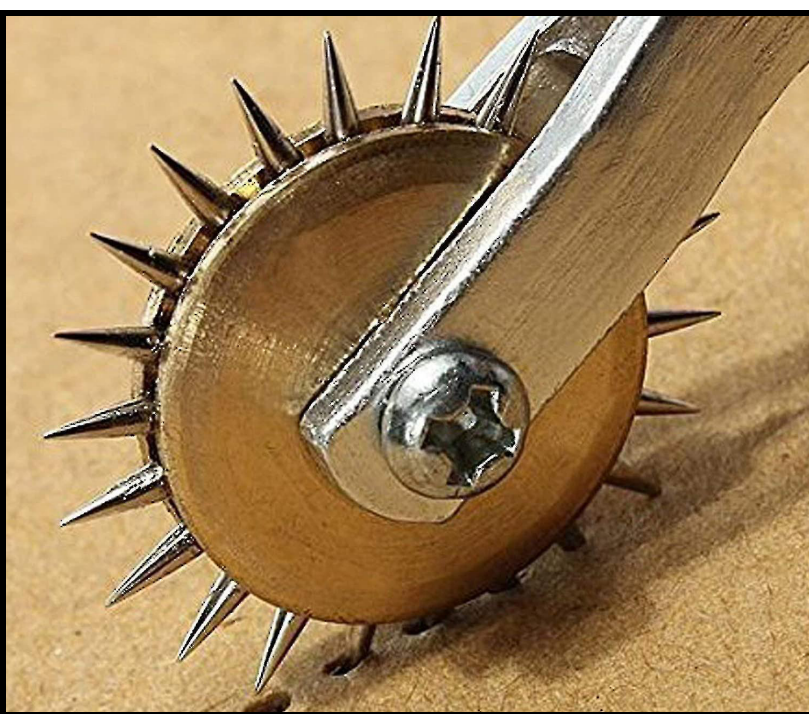
FRENCH CURVE RULER

Metric and or Imperial

Used to create smooth and continuous curves that fit the human body and the style of the garment.

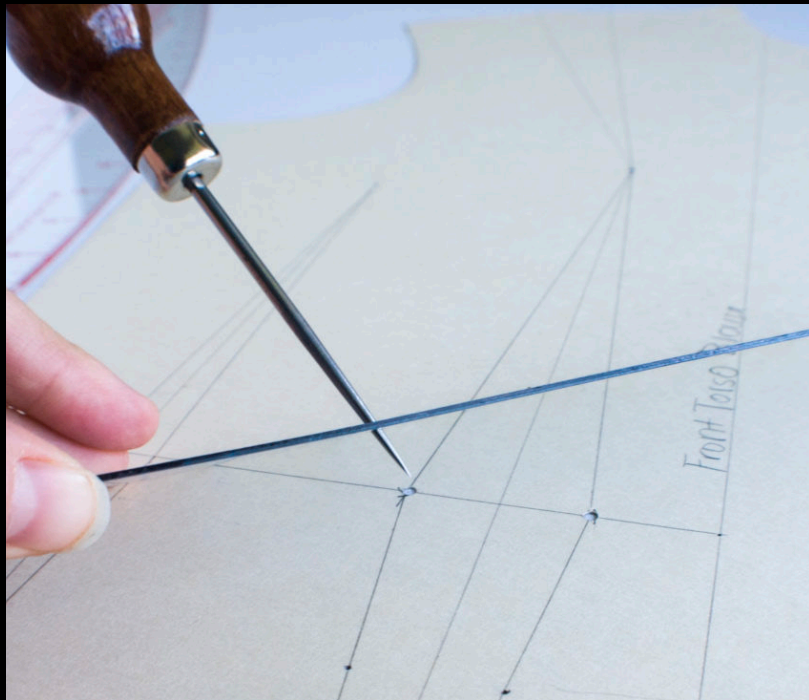
How to Use French
Curved Rulers: A
Complete Guide
plus 6 DIY rulers
by: Sparrow
Refashion





NEEDLE POINT TRACING WHEEL

Used for transferring markings between patterns, or between patterns and fabric. May also be known as a Pattern Wheel or Dart Wheel.



PATTERN AWL

Used to pierce through your pattern pieces at key points where you want to transfer important markings. For example the tips of a Dart.



MUSLIN FABRIC

Used for testing your pattern. This is known as making a Toile or Muslin. Be sure to choose a weight appropriate to the garment you are making.

\$ Saving Tip:

Go to your local thrift store or ask your family friends and neighbours for old bed sheets. Woven cotton is ideal and will meet most needs for testing your patterns.

Recommended Resource

CLOTHING PATTERNS 101.COM

Read and Review



BASIC ELEMENTS
OF CLOTHING DESIGN

What are some examples of design details?

What are some examples of shaping seams?

Define the two types of "Ease".



BASIC PATTERN DRAFTING
TECHNIQUES

What does "Manipulating Darts" Mean?

Define "Slashing and Spreading":

What is a Dart?



IMPORTANCE
OF FIT

Why is Fit important?

What is a Pattern Block?

What are the advantages of having your own pattern blocks?

QUARTER SCALE

DESIGN VARIATIONS PRACTICE

Printable 1/4 scale Templates provided by: Clothing Patterns 101.com

SKIRTS

Investigate the following

BASIC SKIRT DRAFT & DESIGN

by Annette Juilly
Fashion Designer Instructor



PRACTICE THE FOLLOWING 3 VARIATIONS

- High waisted
- Flared Skirt with added Fullness
- Pegged Skirt with Pleat

OTHER VARIATIONS

- Wrap
- Pleated
- Tiered
- Gored
- Mermaid
- Circular
- Cowl
- Pencil

BODICES

Investigate the following

BODICE DART MANIPULATION TECHNIQUES

by Annette Juilly
Fashion Designer Instructor



CHOOSE 3 VARIATIONS TO PRACTICE

- Center Front Waist Dart
- Center Front Neck Dart
- Mid Shoulder Dart
- French Dart
- Mid Neck Dart
- Side Dart
- Mid Armhole Dart
- Shoulder Tip Dart

STYLE-LINES



Princess Seam
to Shoulder



Princess Seam
to Armhole

SLEEVES

SLEEVES 101 THREADS SEWING



Using your 1/4 Scale
Block practice the four
sleeve variations as
demonstrated
by LA MODÉLISTE



NOTE:

each draft is in full scale,
therefore you will need to
divide the given
measurements by four.

PANTS

Practice, in 1/4 scale,
one of the following
variations by:

DAMI DIMENSION



JOGGERS

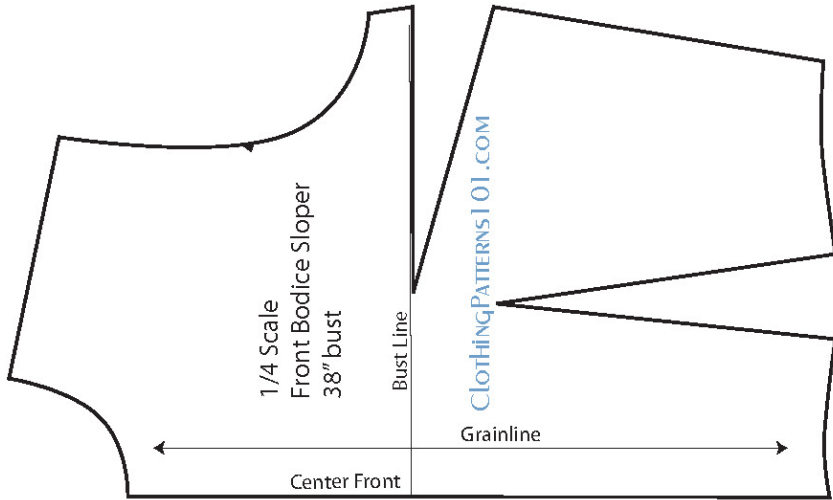


BELL BOTTOMS

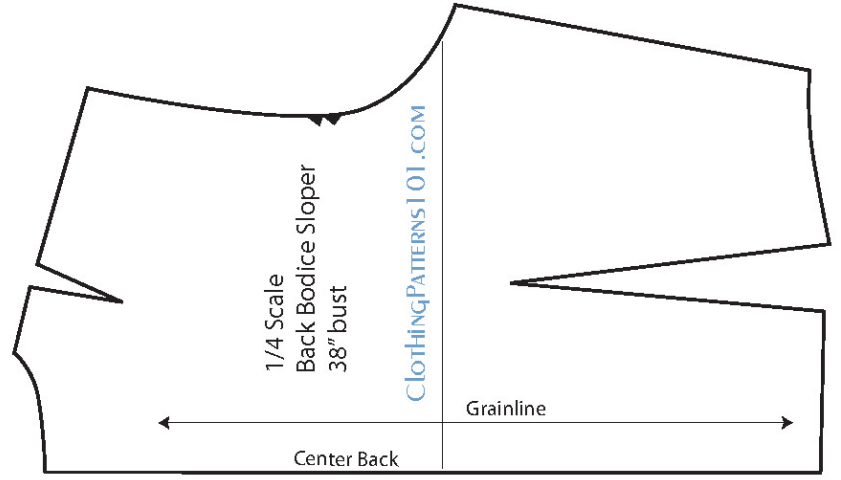


PALAZZO

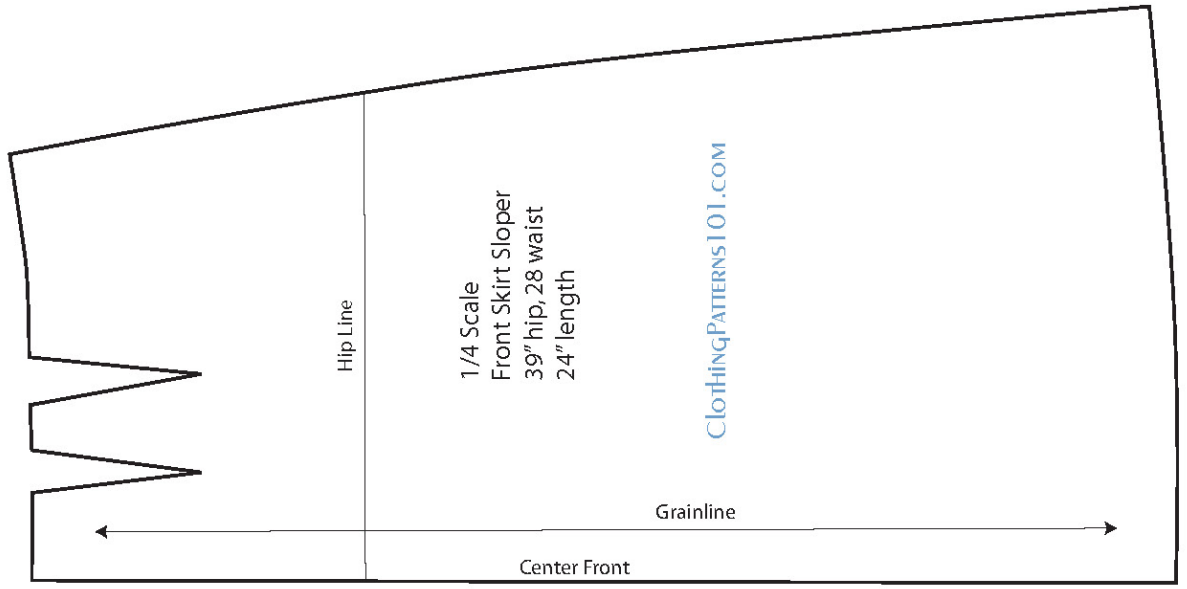
Quarter Scale Dress



Front and Back Bodice

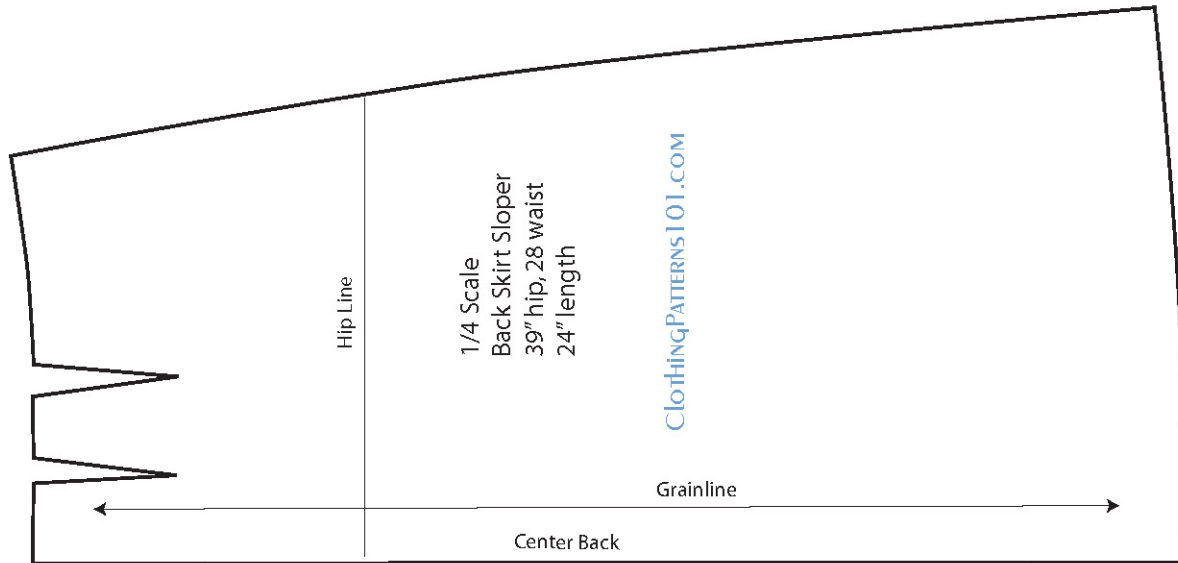


Front Skirt

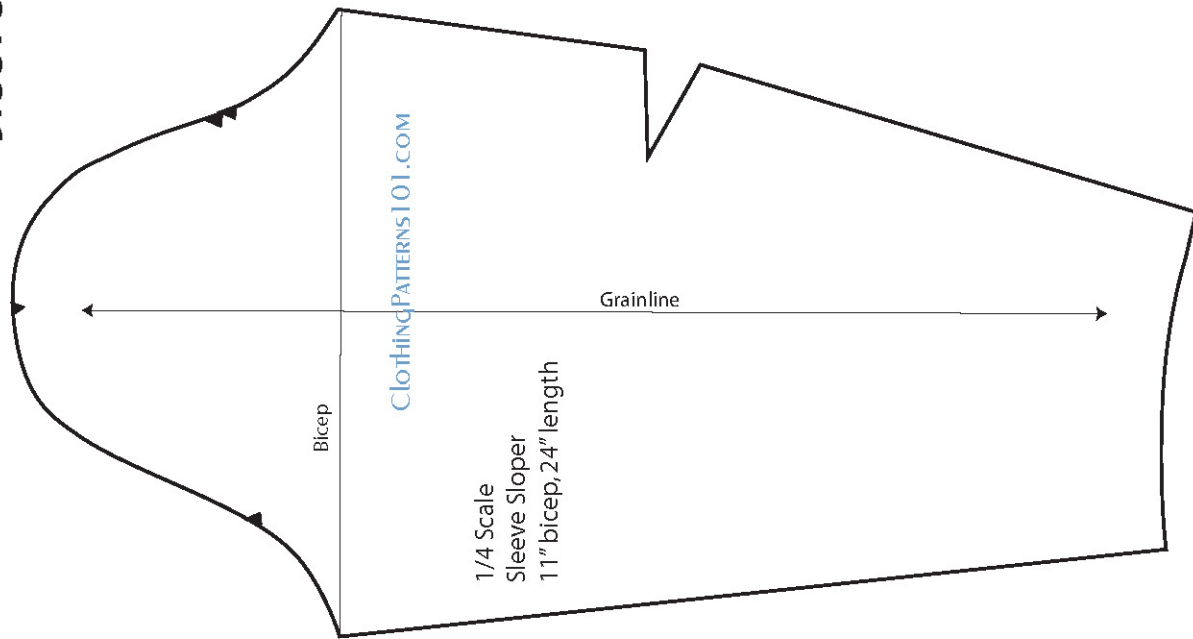


Quarter Scale Dress

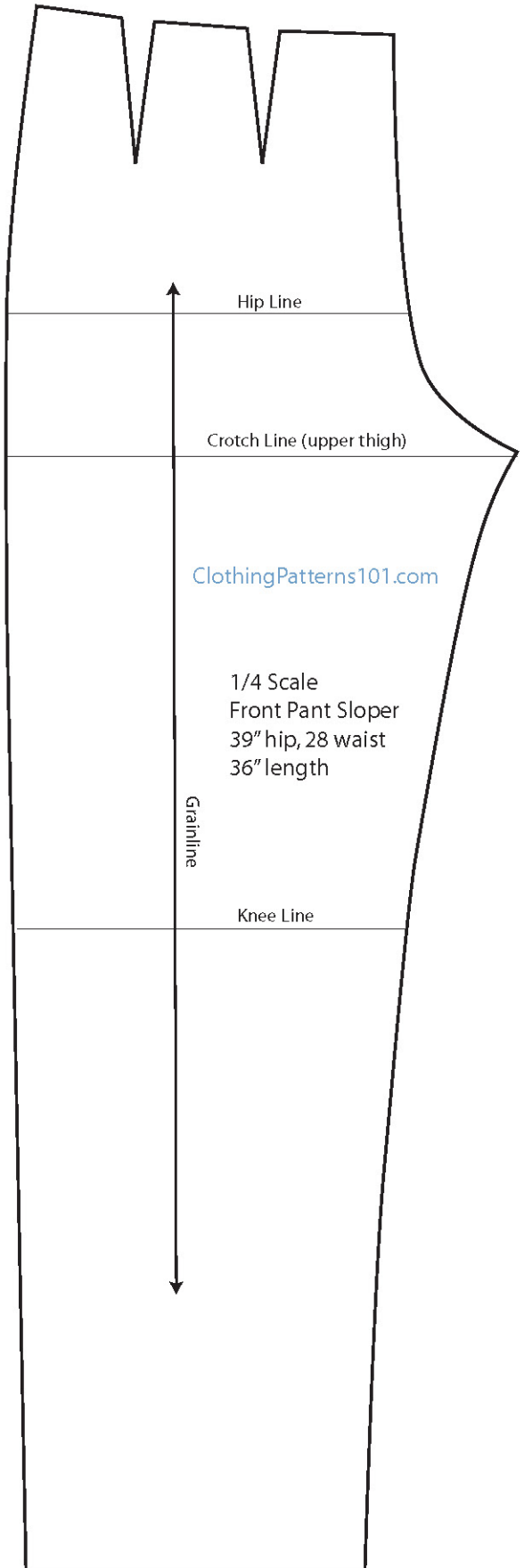
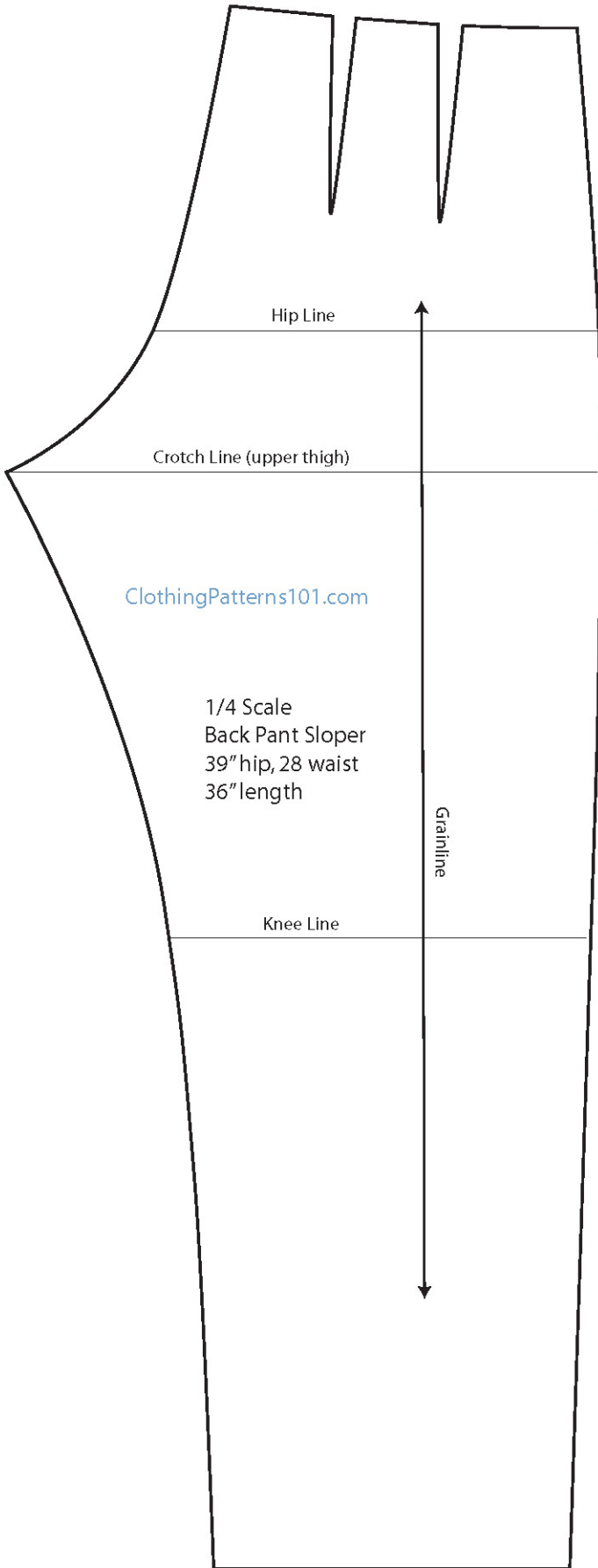
Back Skirt



Sleeve with elbow dart



Quarter Scale Pant



MEASUREMENTS & EASE



HOW TO PERFECTLY MEASURE YOUR BODY FOR
PATTERN DRAFTING A BODICE 12 TIPS!

by: Sew Anastasia

WHAT IS EASE? UNDERSTAND EASE IN A
DRESSMAKING PATTERN

by: Made to Sew



MARKINGS & TRUEING



ADDING PATTERN MARKINGS TO YOUR PATTERNS

by: In the Folds

HOW TO: TRUE | TRUING SEAMS
(PATTERN CUTTING)

by: Made to Sew



HOW TO: TRUE | TRUING A DART
(SEWING)

by: Made to Sew

SKIRT BLOCK DRAFT



THROWBACK THURSDAY : DRAFTING A SKIRT
BLOCK by: In the Folds



DIY SKIRT: SKIRT PATTERN TUTORIAL
by: Felicia Zee

BODICE BLOCK DRAFT



DRAFTING THE BODICE BLOCK PLAYLIST
by: Dresspatternmaking



HOW TO DRAFT A BASIC BODICE PATTERN USING
YOUR OWN MEASUREMENTS by: Sew Anastasia

SLEEVE BLOCK DRAFT



HOW TO DRAFT A SLEEVE BLOCK

Dress Pattern Making.com



WHAT'S THE CAP HEIGHT ON A SLEEVE PATTERN - SLEEVE
CAP HEIGHTS EXPLAINED by: GinaReneeDesigns

PANT BLOCK DRAFT



DRAFTING THE PANTS BLOCK PLAYLIST

by: Dresspatternmaker



HOW TO DRAFT A MEN'S PANT PATTERN ...
AND FIX FIT ISSUES!

by: Cornelius Quiring

THANK YOU FOR JOINING ME AT
THE DRAFTING TABLE!

Digital Copies



MAY YOUR BOBBIN ALWAYS BE FULL!