

Ms. Amanda's Guide to Sewing Your Pointe Shoes

"If you're old enough for pointe shoes, then you're old enough to sew your own shoes." – Victoria Leigh

You will need:

- A needle
- Pink or white thread (preferably quilting thread)
- A small pair of scissors

✂ The Bun Head Sewing Kit is not recommended due to the thread being too thick and the needle not sharp enough. There is a high likelihood the use of the kit will result in frustration and increased sewing time.

Step 1: Thread the Needle

1. Take one end of the thread and put it through the hole of the needle. After spooling long enough thread, cut off the end. Knot your thread by rolling it off your fingers into a ball and pulling the ends tight. Instructions on how to knot your thread can also be found here (Please see "PART 3" for tying off the thread): <https://tinyurl.com/2nx5y28m>

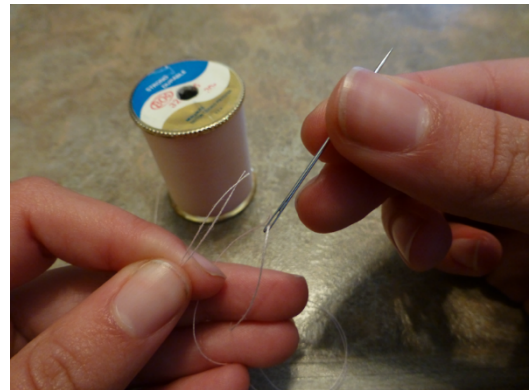


Figure 1 Threaded needle

Step 2: Sew on Pointe Shoe Ribbons

1. Prepare the ribbons: Cut the length of your ribbon into 4 equal parts. Use a lighter or clear nail polish (no colors) to seal the ends of your ribbons. If using clear nail polish, run the polish along the freshly cut sides and allow to dry. If using a lighter, gently run the flame close to the ribbon until the ends are melted/sealed. We recommend parental supervision anytime the student is using an open flame.
2. Place the ribbons: Fold the heel of the shoe forward until it is flat against the insole. Fold one end of the ribbon (about 2 cm) over to avoid fraying and pin the ribbon into place. Additional guidance can be found here: <https://rb.gy/cgicul>

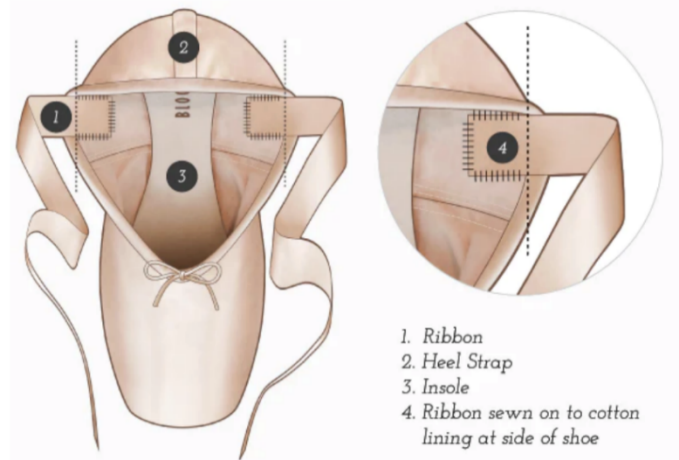


Figure 2 Point shoe ribbon placement

3. Be careful not to sew where the drawstring is. Only sew below it. Ribbons should always be sewn on the **INSIDE** of the shoe.
4. To begin, anchor your thread three times to the top right of the elastic. Then continue a whip stitch down one side, across the bottom, and up the left side. See Figure 3 for an example of a whip stitch.

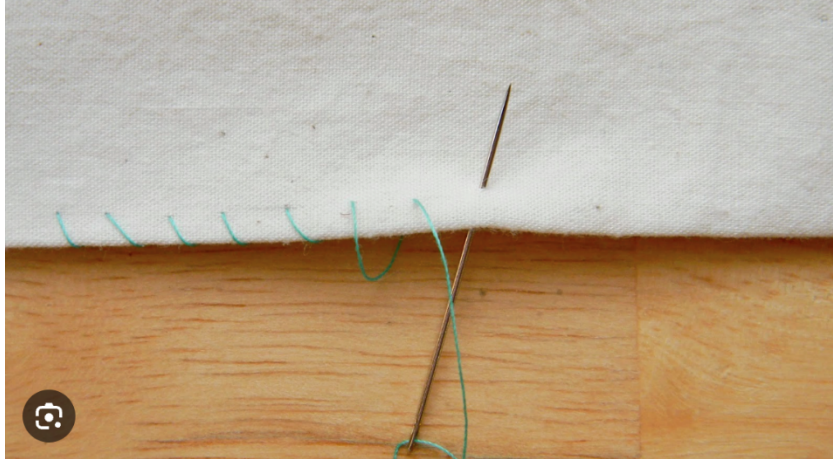


Figure 3 Whip stitch

5. Anchor the thread at the top of the left side 3 times again, tie a finishing knot, and cut the thread.



Some students prefer a complete box by sewing a running stitch across the top of the box at the start. Feel free to use whichever method is comfortable for you.



Figure 4 Stitched ribbon

Step 3: Prepare and Attach Your Elastic

1. Measure your elastics. Elastic should be long enough to wrap around the ankle, with both ends anchored in the back of the pointe shoe on either side of the heel seam. If

you cut your elastic too long you can always shorten it – better to have too much elastic than not enough.

2. Seal your elastic the same way as your ribbons – by either flame or clear nail polish.
3. Pin the elastic on either side of the pointe shoe seam on the INSIDE of your shoe. Pinning the elastic allows you to test the length/placement. Elastic should be snug (not too tight but not loose) to keep the heel of the shoe on.



Figure 5 Pointe shoe elastic

4. Sew the same way as your ribbons - down the right side, across the bottom, and up the left side. Feel free to use a running stitch (see Figure 4 again) across the top if you prefer.



Figure 6 Completed stitching



You should label a right and left shoe once your pointe shoes are sewn. Pointe shoes can fit differently on different feet and it's important to keep them straight.