

A PALMER/PLETSCH BOOK FOR CHILDREN



My First Sewing Book

**HAND
SEWING**

by Winky Cherry

SECOND EDITION

FOR AGES 5 AND UP

A Letter to Parents, Teachers, and Friends

In 1974, I started **The Winky Cherry System of Teaching Young Children to Sew™**. For many years, I was on staff at a private school in northern California that has made my program part of the curriculum from kindergarten through third grade. I also taught for the park and recreation department in public school after-school enrichment programs and in holiday and machine sewing classes in my home. I teach machine sewing to children who have mastered the hand sewing program.

My First Sewing Book is the first book in a series and a beginning book that children as young as 5 years old can use. Young children can stay with this book for a year, making all kinds of stuffed shapes. Encourage them to make a “collection” of stuffed shapes, like a zoo, a flock of birds, or celestial shapes to hang as a mobile. A parent or teacher can cut shapes and put dots on to show where stitches go. Older children will be able to learn the process of making stuffed shapes in one to six weeks. With practice, skills will improve and the child will be ready to advance to the next levels, embroidery and doll making, when they know how to do everything in this book without the book in front of them.

Hand sewing rewards the child with a feeling of accomplishment and a completed project. Sewing is also a way to learn safety, sharing, decision making, confidence, and patience. Rhymes make sewing rules fun and easy to remember.

We recommend using a quality wool/rayon felt when possible (check the Internet if you cannot find it locally) and the Cebelia crochet cotton thread mentioned on page 6. Sewing is easier with these products, helping to ensure a good sewing experience. If you are interested in teaching this program, we have a teacher’s supply kit and teacher’s manual and video available. Teenagers can use **My First Sewing Book** to teach young children to sew. This book is also available in Spanish.

Look for the other books in this series—**My First Embroidery Book**, **My First Doll Book**, **My First Machine Sewing Book**, **My First Patchwork Book**, and **My First Quilt Book** (see the inside back cover). They give an opportunity to learn skills that will provide enjoyment and creativity for a lifetime.

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Illustrations by Jeannette Schilling, Kate Pryka, and Linda Wisner

The logo for Winky Cherry features the brand name in a green, cursive script. Below the script, the words "Winky Cherry" are printed in a simple, black, sans-serif font.

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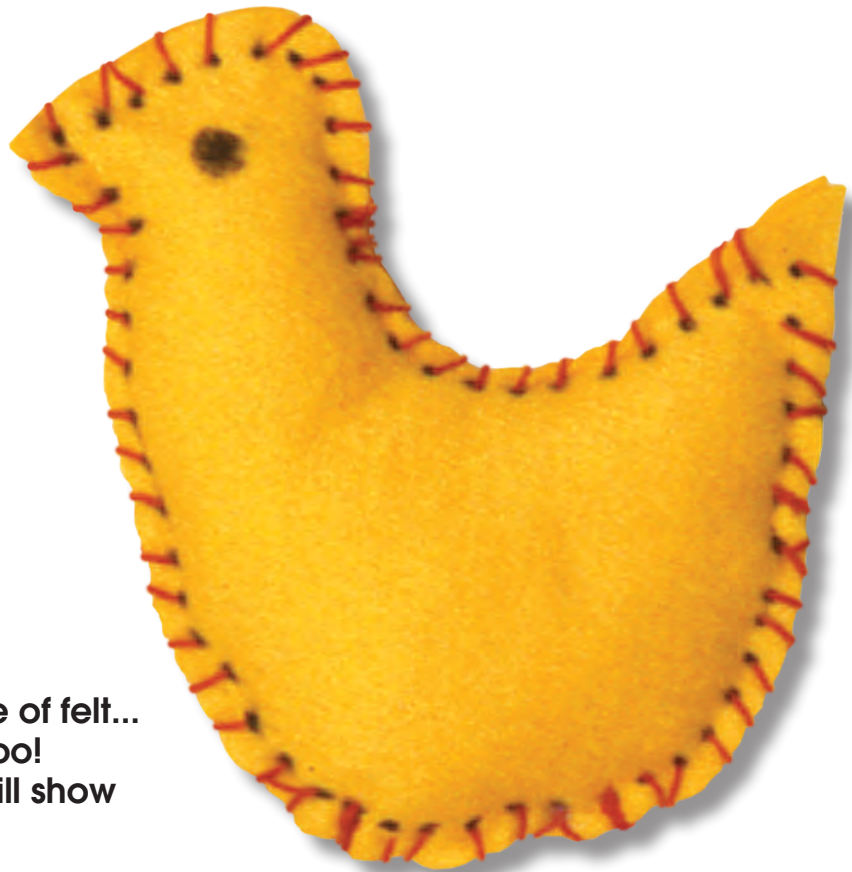
**Once upon a time
a child like you
learned to sew**



**And this is HOW!
Would you like to
learn
RIGHT NOW?**

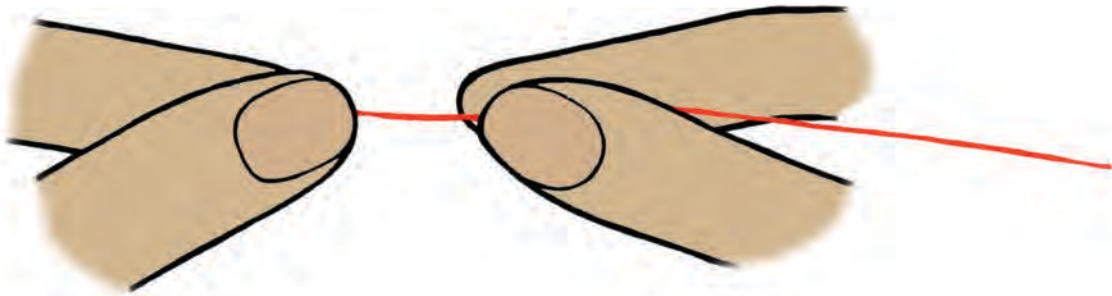


**This stuffed shape is made of felt...
and you can make one too!
Step-by-step, this book will show
and tell you what to do!**

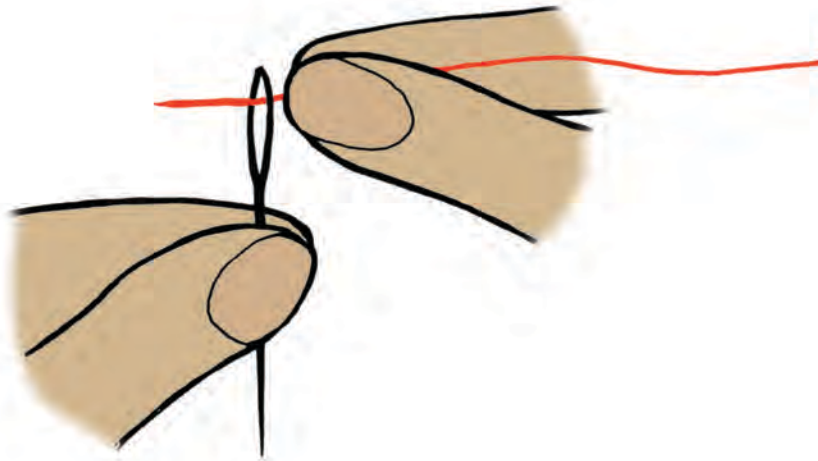


THREAD A NEEDLE

Pinch a point on one end of the thread and try...



to put that point through the needle's eye!

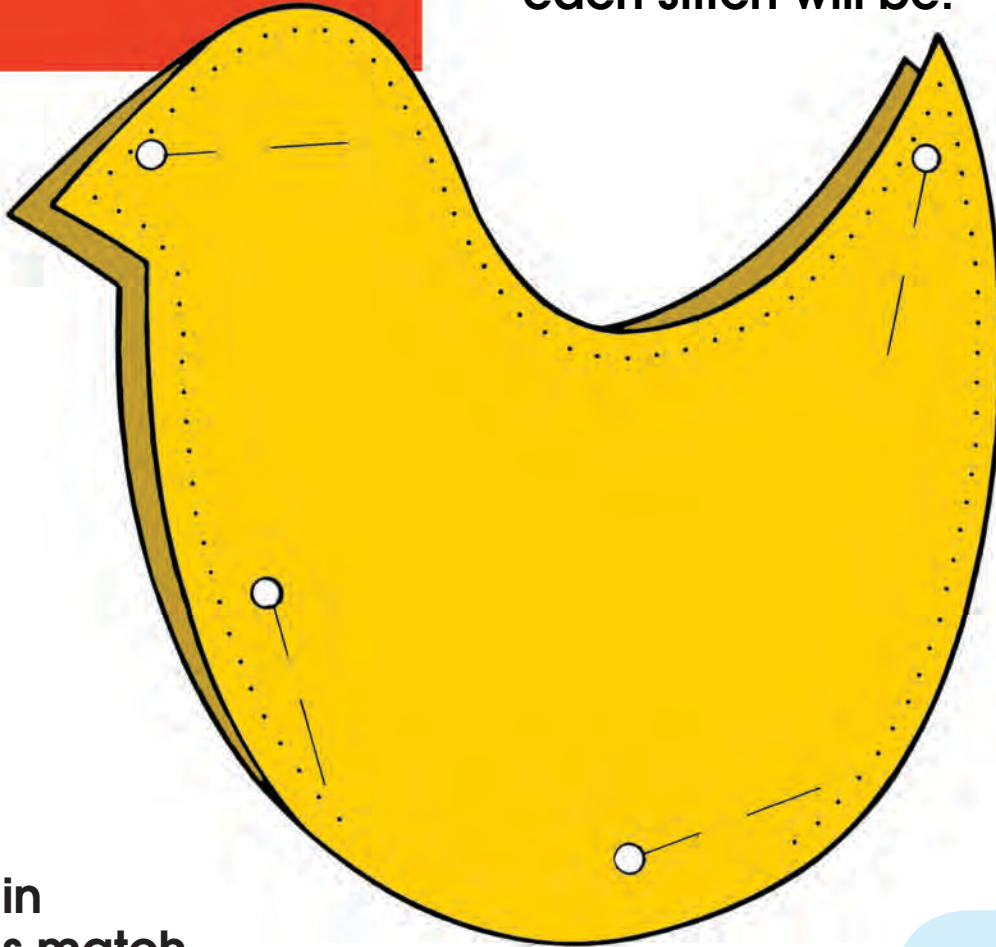


Thread won't go through the eye alone.
You have to pull it through.
Thread has no brain to think.
It does what you make it do!

DOTS AND PINS

**It's time to
sew a bird!**

**Beginners need
the dots to see
exactly where
each stitch will be!**



**Put pins in
so edges match.
Pins hold two pieces together
while stitches attach.**



**Edges matching
when attaching!**

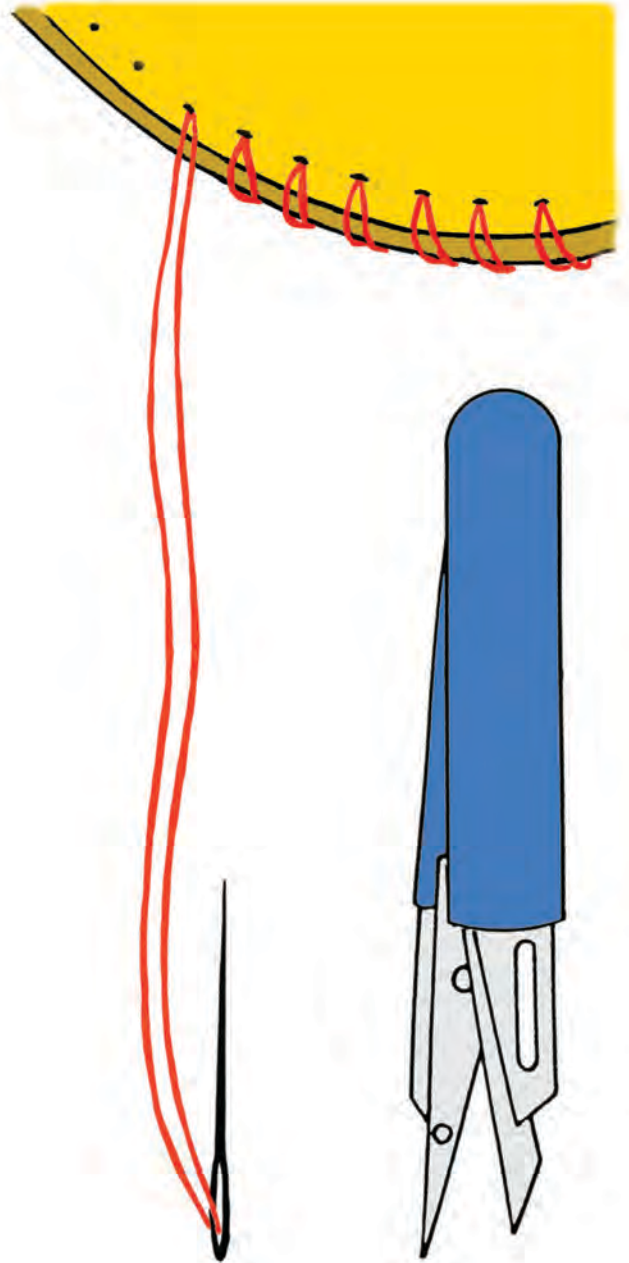
SAVE THREAD FOR A LOCK STITCH

Save enough thread
to lock stitches up tight.
Thread as long as your snippers
will be just right!

Do not snip off the thread
until you look and see
Did you do lock stitches
one, two, and three?

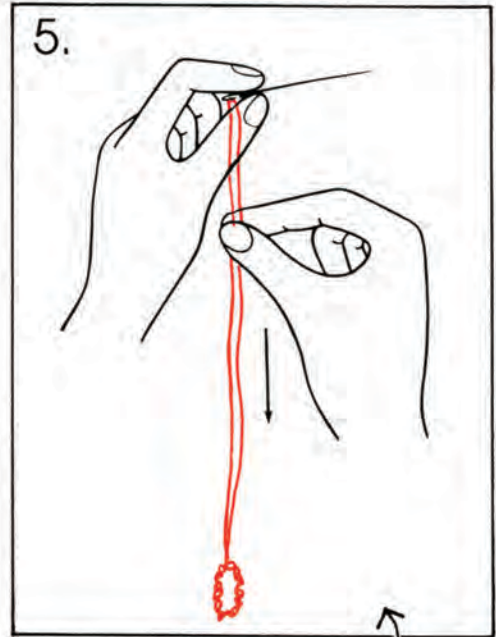
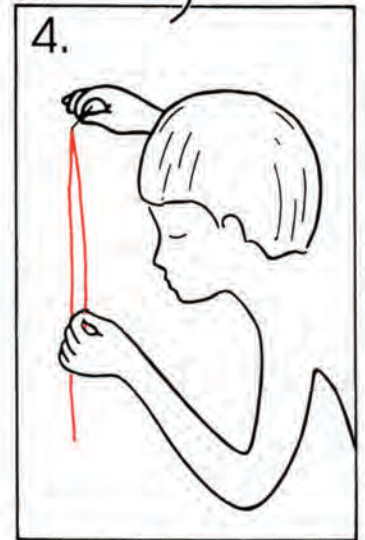
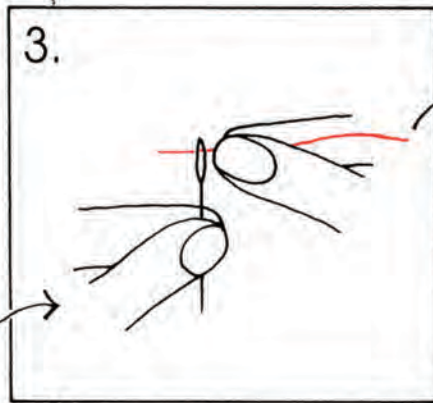
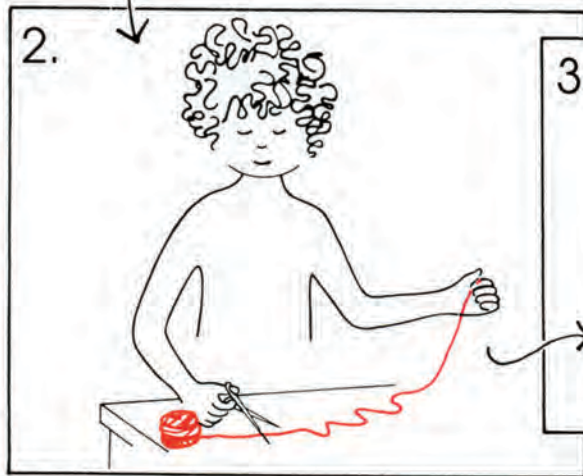
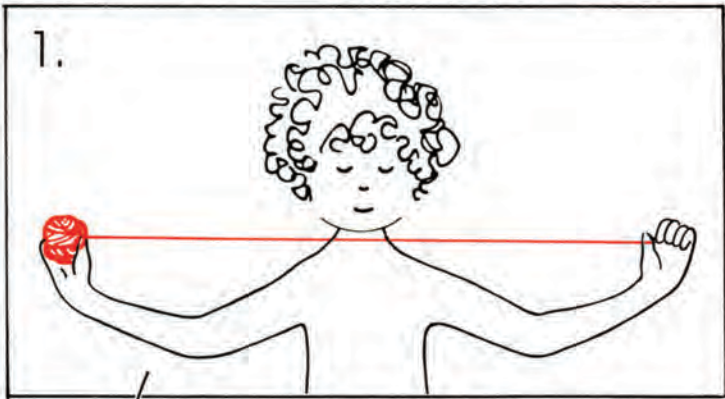


If you are not sure,
then measure and see.
If you make one more stitch,
how long will the thread be?



After three good lock stitches, there are more dots to sew. Thread the needle again. Make a knot and let's go!

To start over again
GO BACK TO PAGE 9.
Read up to page 16...
you are doing fine.



BEGIN THE NEXT DOT



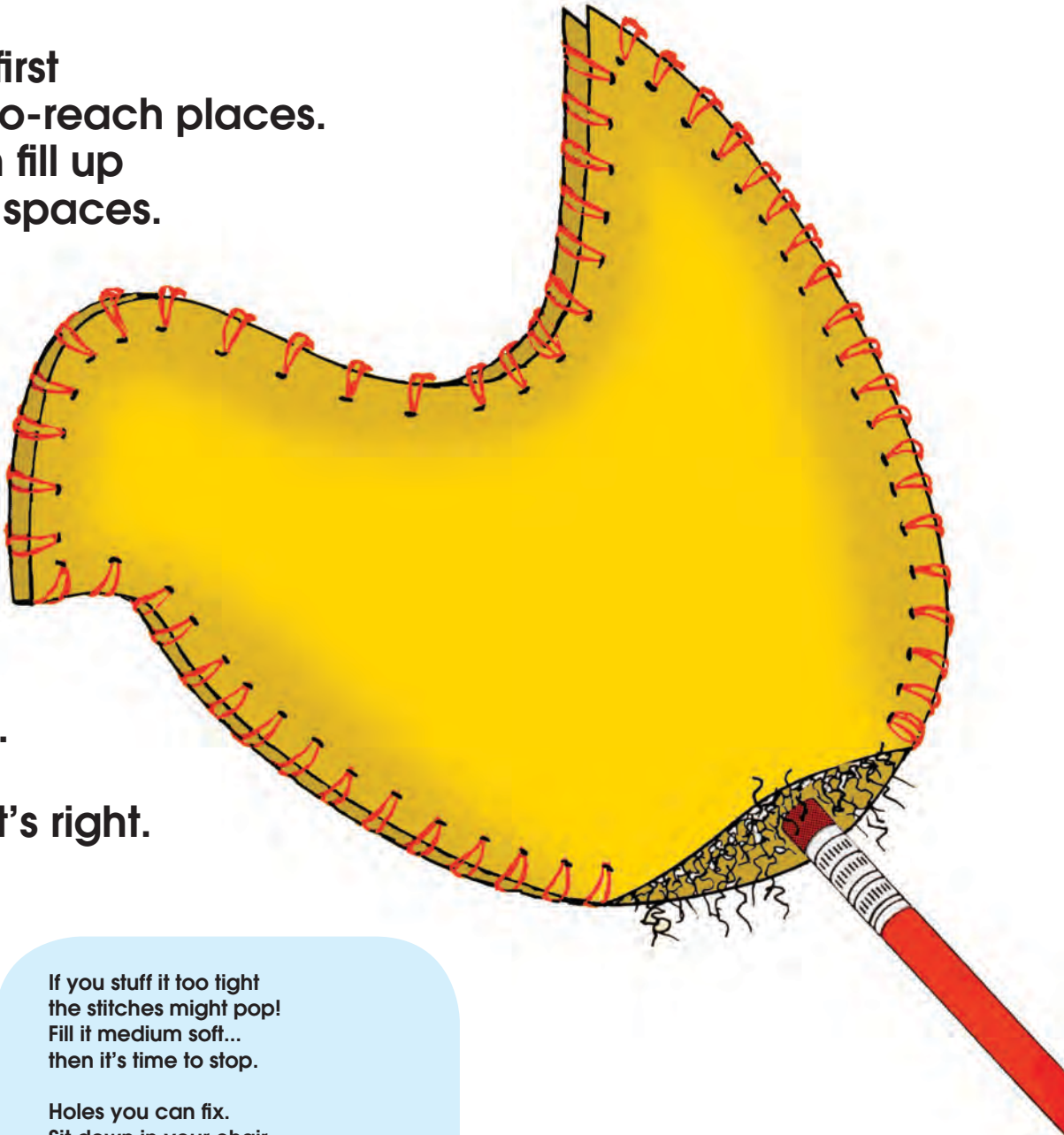
**Start to stitch
on the VERY NEXT DOT.
Begin to sew
by hiding the knot!**

See page 18
if you forgot
how to
hide your knot.

USE A PENCIL

Use a pencil first
to stuff hard-to-reach places.
Then you can fill up
the great big spaces.

Stuff it soft,
or stuff it tight.
Only you
can feel what's right.

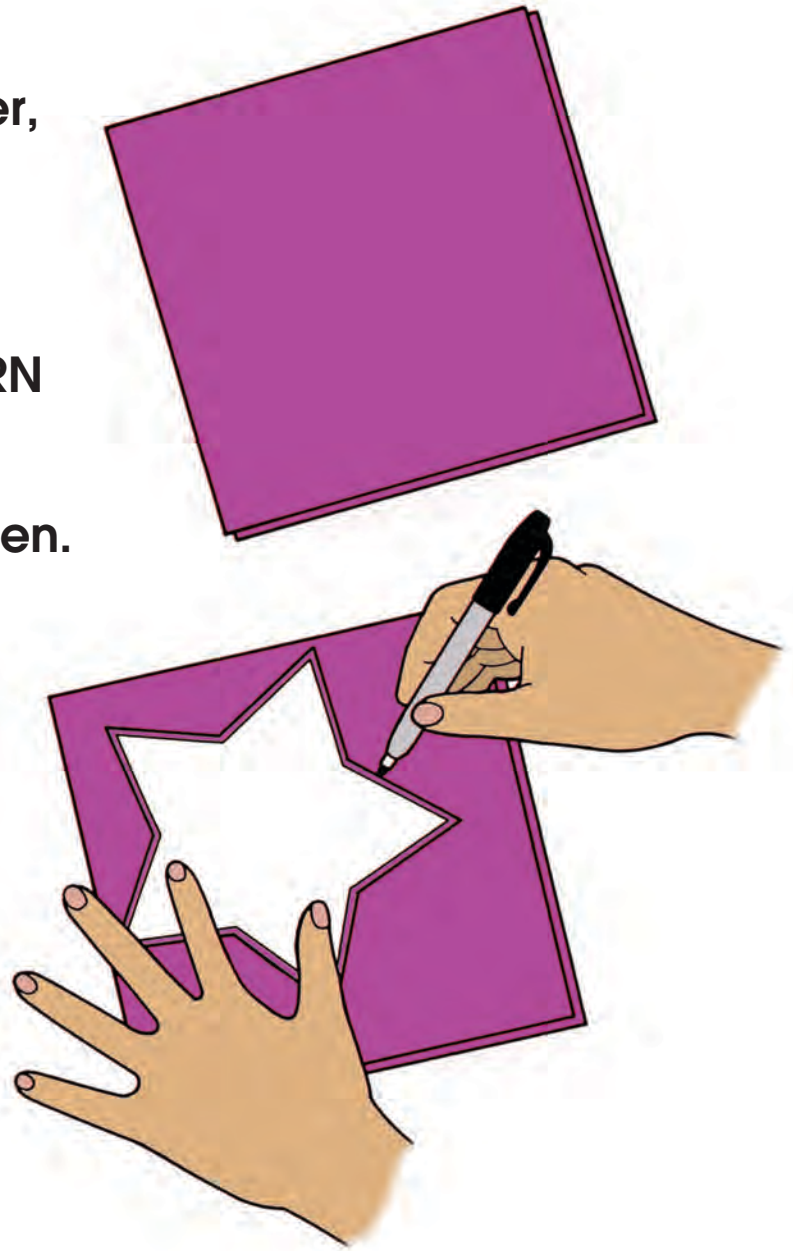


If you stuff it too tight
the stitches might pop!
Fill it medium soft...
then it's time to stop.

Holes you can fix.
Sit down in your chair.
Get the needle ready. Hide the knot.
Do three lock stitches there!

USE POSTER BOARD PATTERNS OR COOKIE CUTTERS TO TRACE SHAPES

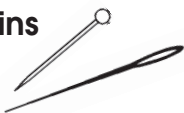
1. **PUT TWO PIECES** of craft-weight felt together, matching the edges. (The felt will stay together flat on the table.)
2. **TRACE AROUND THE PATTERN** (or a large cookie cutter) onto the craft-weight felt using the black marking pen.



Place patterns on felt **THOUGHTFULLY**.
Do not waste felt.

SHOPPING LIST

Straight pins



Needle

(chenille/candlewicking size 18/22)



Pincushion

with strawberry

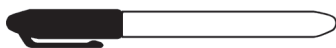
Snippers to cut thread



Scissors to cut felt



Permanent black marking pen



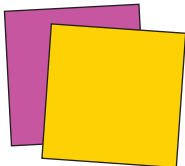
Thread

(DMC's crochet cotton Cebelia size #30 is preferred)



Polyester fiberfill

Craft-weight felt (wool-blend is easier to poke the chenille needle through)



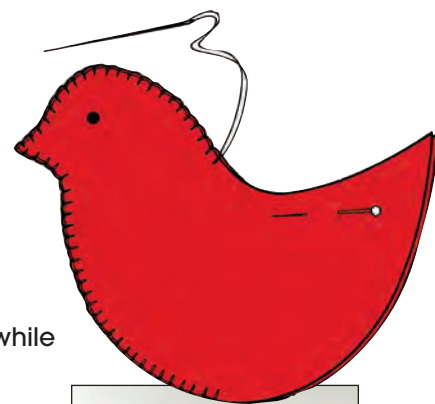
Paper, poster board, and glue stick for pattern making



My First Sewing Book was created by author Winky Cherry as the first book in **The Winky Cherry System of Teaching Young Children to Sew™** series. This unique program provides an effective way to teach children not only sewing skills, but life skills and to have fun doing it! In this first level, **My First Sewing Book**, children learn the basics of sewing while hand sewing felt shapes as they learn to choose, measure, cut, thread a needle, make a knot, stitch, lock stitch, and follow directions with rhyme, repetition, and FUN. In the second level, **My First Embroidery Book**, basic embroidery skills are taught as the child makes a name sampler. In the third level, **My First Doll Book**, skills are combined as children hand sew a felt doll, embroider a face, add yarn hair and make doll clothes. In these three books, easy-to-follow directions are written in rhyme.

In the fourth level, **My First Machine Sewing Book**, children as young as 7 are introduced to the machine. In the fifth level, **My First Patchwork Book**, children learn to make a Four Patch block by hand or machine, using shapes with straight lines and square corners. The concepts of patchwork and piecing are explained and the iron is introduced as a sewing tool. The sixth level, **My First Quilt Book**, uses a quilt plan as children practice their sewing machine skills to make a pieced quilt with sashing strips and square blocks.

My First Sewing Book is also available in Spanish.



Winky Cherry

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