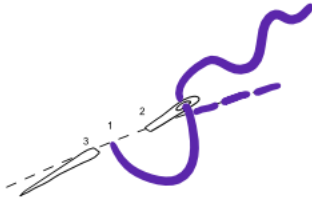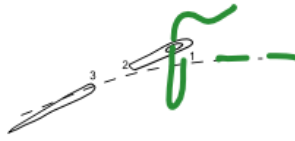# Stitch guide

Back Stitch

Bring the needle up from the back of the fabric at position 1, and down through the fabric at position 2. Bring it back up at position 3 and down again at position 1. Repeat this pattern of stitching. Stitches should be around 4-5mm long
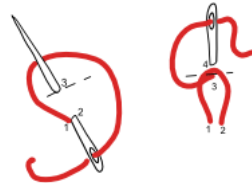
Running stitch

Bring the needle up from the back of the fabric at position 1, and down through the fabric at position 2 then back up at position 3 . Keep each stitch and gap the same length. Repeat this pattern of stitching. Stitches should be around 4-5mm long
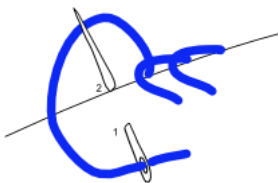
French knot

Bring the needle up from the back of the fabric at position 1. Wrap the thread around the needle twice and half push the needle through at position 2. Position 2 should be very close to, but not in the same place as position 1. Push the thread down the needle to the fabric surface, pull the thread taught then push the remainder of the needle through the fabric. A single wrap rather than 2 will make a smaller knot.

Lazy Daisy Stitch

Bring the needle up from the back of the fabric at position 1 and back down right next to it at position 2. Do not pull the thread all the way through. Bring the needle back up through the fabric at position 3 ensuring it is inside the loop of thread and pull the thread through. Finally push the needle back into the fabric at positon 4, the other side of the loop of thread and pull through.

Blanket Stitch

Start blanket stitch by bringing the needle through the fabrics twice in the same location creating a stitch around the edge of the fabrics. Pass the needle through the top of this stitch in the opposite direction of the next stitch to catch the starting stitch. Push the needle through from front to back at position 1, bringing it out the back at position 2. ensuring that the needle passes above the loop of thread and pull tight.

Satin Stitch

This stitch is used to fill in shapes and areas. Bring the needle up from the back of the fabric at position 1 and down at positon 2 creating a single long stitch. Repeat moving up the shape.