

A PALMER/PLETSCH BOOK FOR CHILDREN



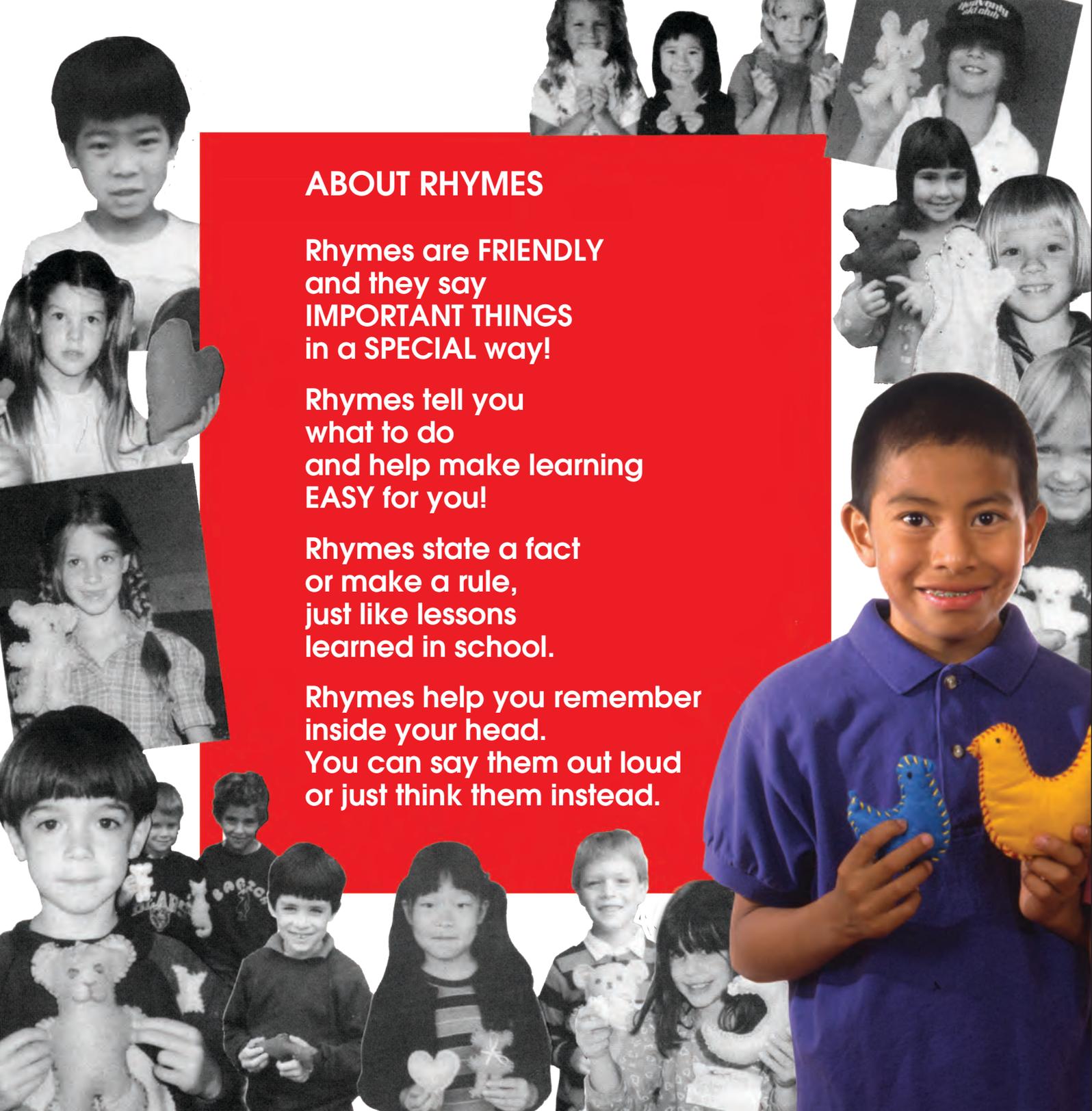
My First Sewing Book

HAND
SEWING

by Winky Cherry

SECOND EDITION

FOR AGES 5 AND UP



ABOUT RHYMES

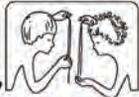
Rhymes are **FRIENDLY**
and they say
IMPORTANT THINGS
in a **SPECIAL** way!

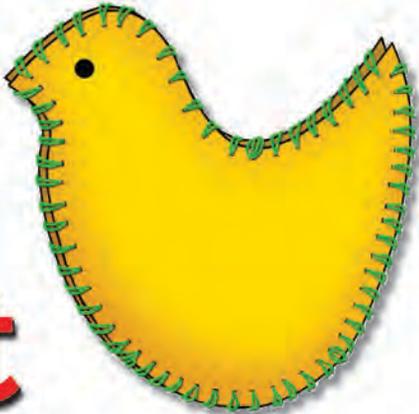
Rhymes tell you
what to do
and help make learning
EASY for you!

Rhymes state a fact
or make a rule,
just like lessons
learned in school.

Rhymes help you remember
inside your head.
You can say them out loud
or just think them instead.

SECOND
EDITION


The
Winky Cherry
System
OF TEACHING
YOUNG CHILDREN
TO SEW



**My
First
Sewing
Book** **HAND
SEWING**

by Winky Cherry
edited by Pati Palmer, Linda Wisner, and Ann Gosch

This book belongs to:

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 manual and video available. Teenagers can use **My First Sewing Book** to teach young children to sew.

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.

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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Illustrations by Jeannette Schilling, Kate Pryka, and Linda Wisner

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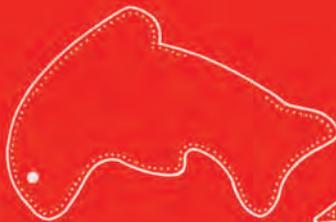
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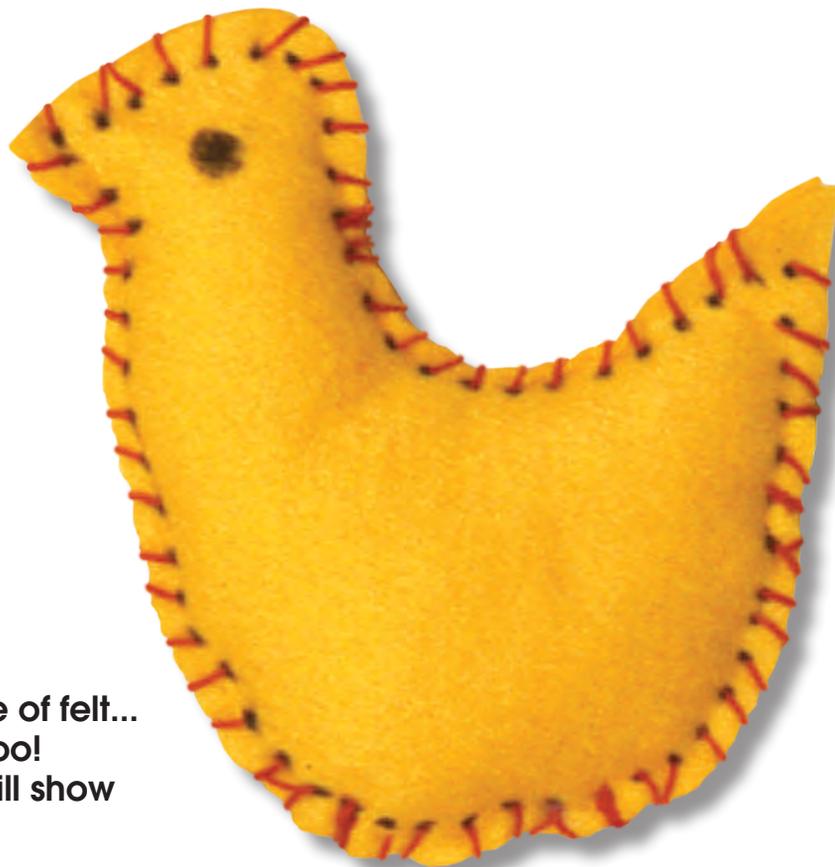
**Once upon a time
a child like you
learned to sew**



**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!**



**Sewing rules don't change.
They stay the same...
just like when
you play a game.**

1. **CARE** about your work. Think about what you do... when you are learning something new.
2. **BELIEVE** in yourself and you will know. If you think you can, **YOU CAN SEW**.
3. **UNDERSTAND** how tools work. Be thoughtful when you use tools to help you make the project you choose.
4. **FOLLOW DIRECTIONS**. Look and see how fun and easy sewing can be.
5. **TRY** to do your own work. You can do everything in this book if you try to.
6. **FINISH** what you start. Do not start something new until you complete what you choose to do.
7. **ORGANIZE** your sewing space and put everything away, just like picking up your toys when you play.
8. **SHARE** what you learn. You can show someone you know how to sew!

THINGS YOU WILL NEED (See back cover for a quick-reference shopping list.)

straight
pins

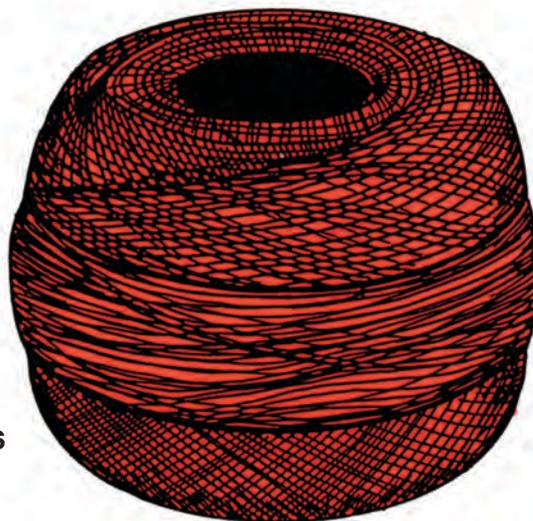


pincushion

strawberry
for sharpening pins
and needles

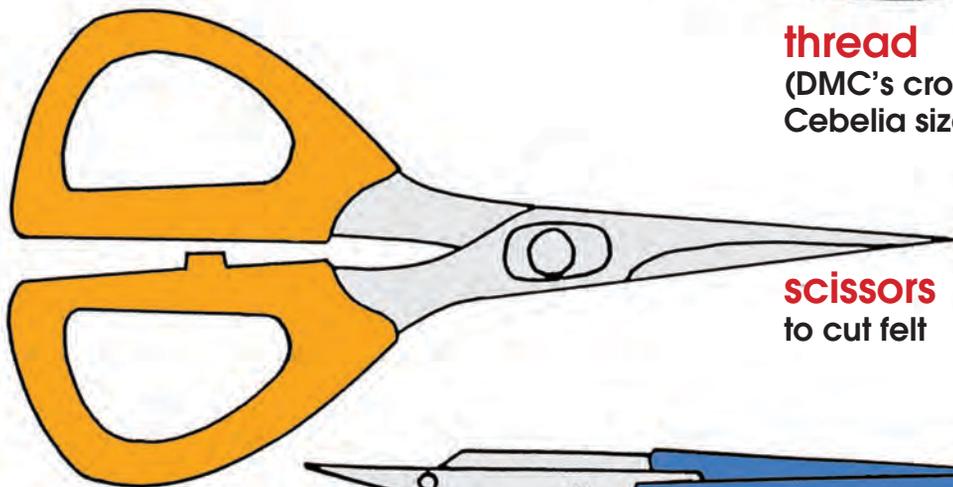
needle

(chenille/candlewicking
size 18/22—this has a large
eye and sharp point)

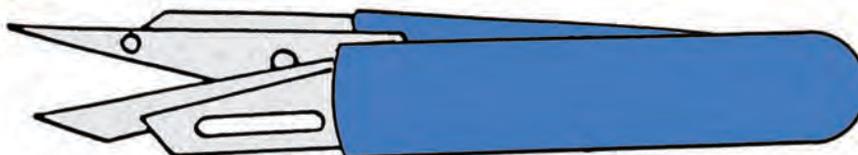


thread

(DMC's crochet cotton
Cebelia size #30)

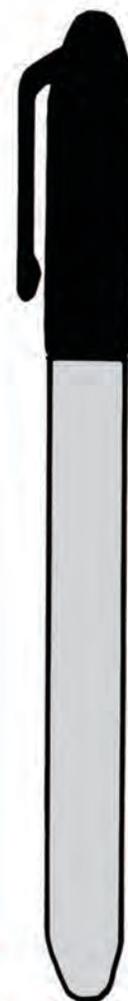


scissors
to cut felt

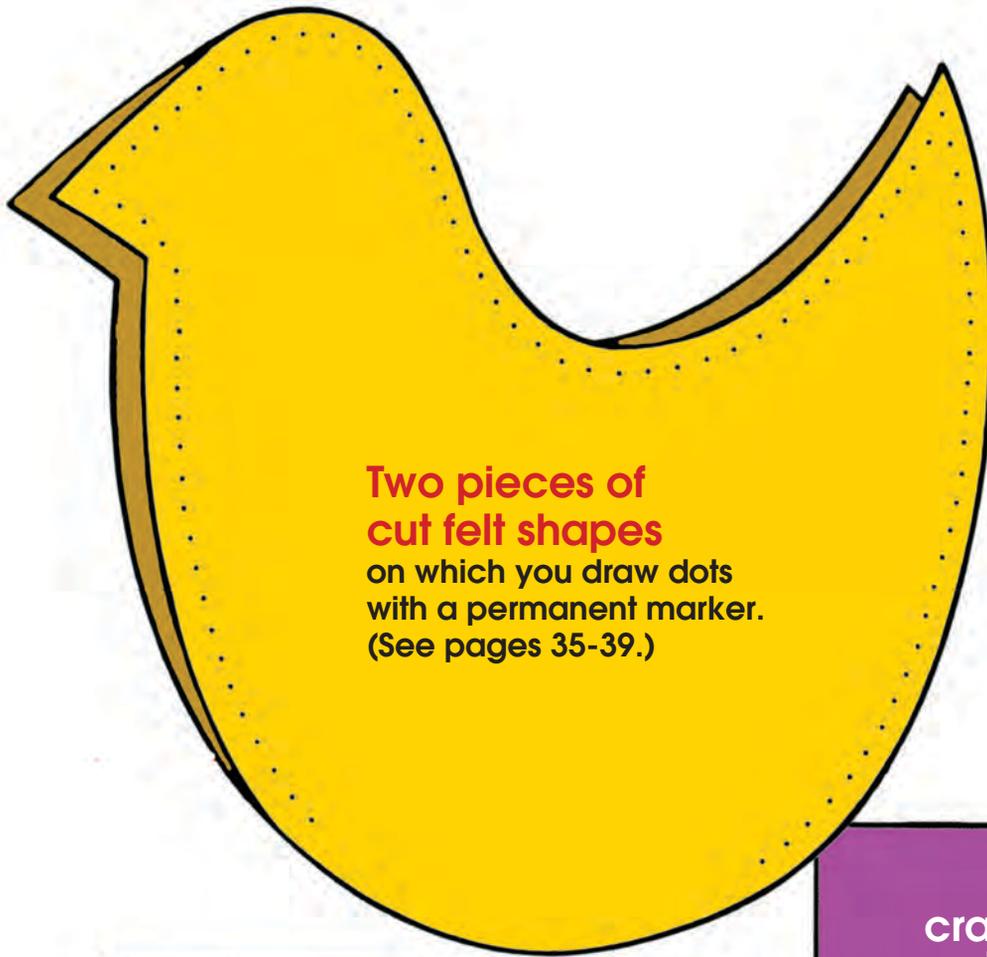


snippers
to cut thread

pencil



permanent black felt marking pen



Two pieces of cut felt shapes
on which you draw dots
with a permanent marker.
(See pages 35-39.)



**polyester
fiberfill**

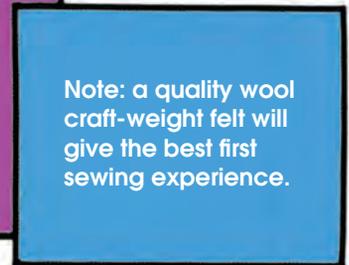


**paper,
poster board
and glue stick for
pattern making**
(See pages 35-39.)

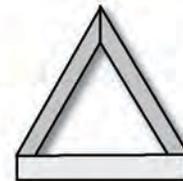
**MAKE MORE
PATTERNS AND
SHAPES...**
(See pages 35-39.)



**craft-
weight
felt**



Note: a quality wool
craft-weight felt will
give the best first
sewing experience.



large cookie cutters
(or enlarge Winky's specially-
named shapes on page 35)

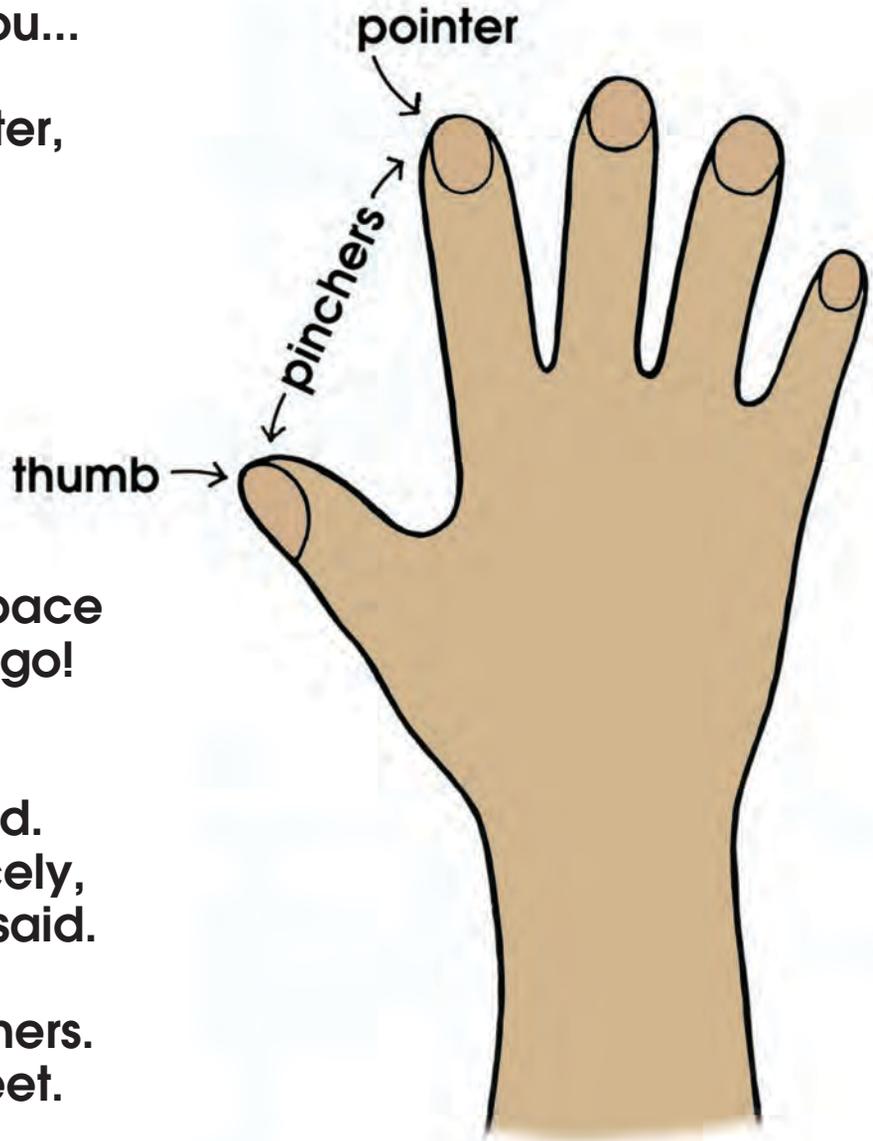
GET READY!

The rhymes that tell you...
what to do
talk about thumb, pointer,
and pinchers too!

Wash your hands
before you sew.
Make a clean work space
and you are ready to go!

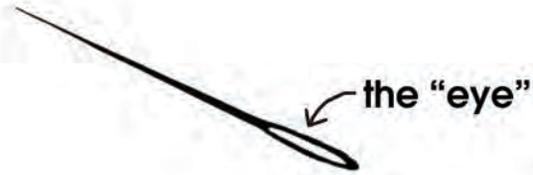
Ask for snippers,
pincushion, and thread.
Speak clearly and nicely,
so we hear what you said.

Remember your manners.
Be thoughtful and sweet.
It also helps
to be careful and neat.



NEEDLES AND PINS

This is a needle.
The hole is the eye.
It carries the thread
for the stitches you try!

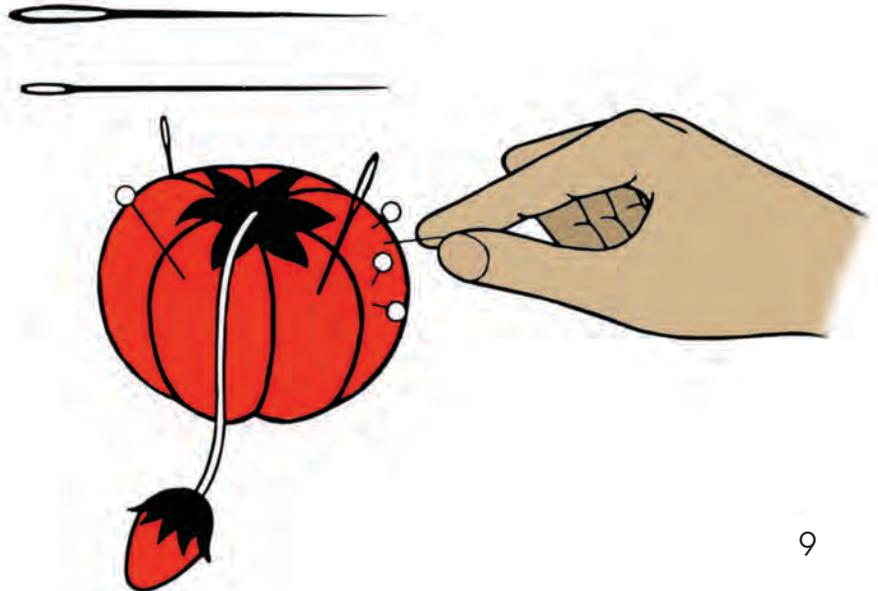


A pin has a head,
a needle has an eye.
You can tell the difference
if you try!

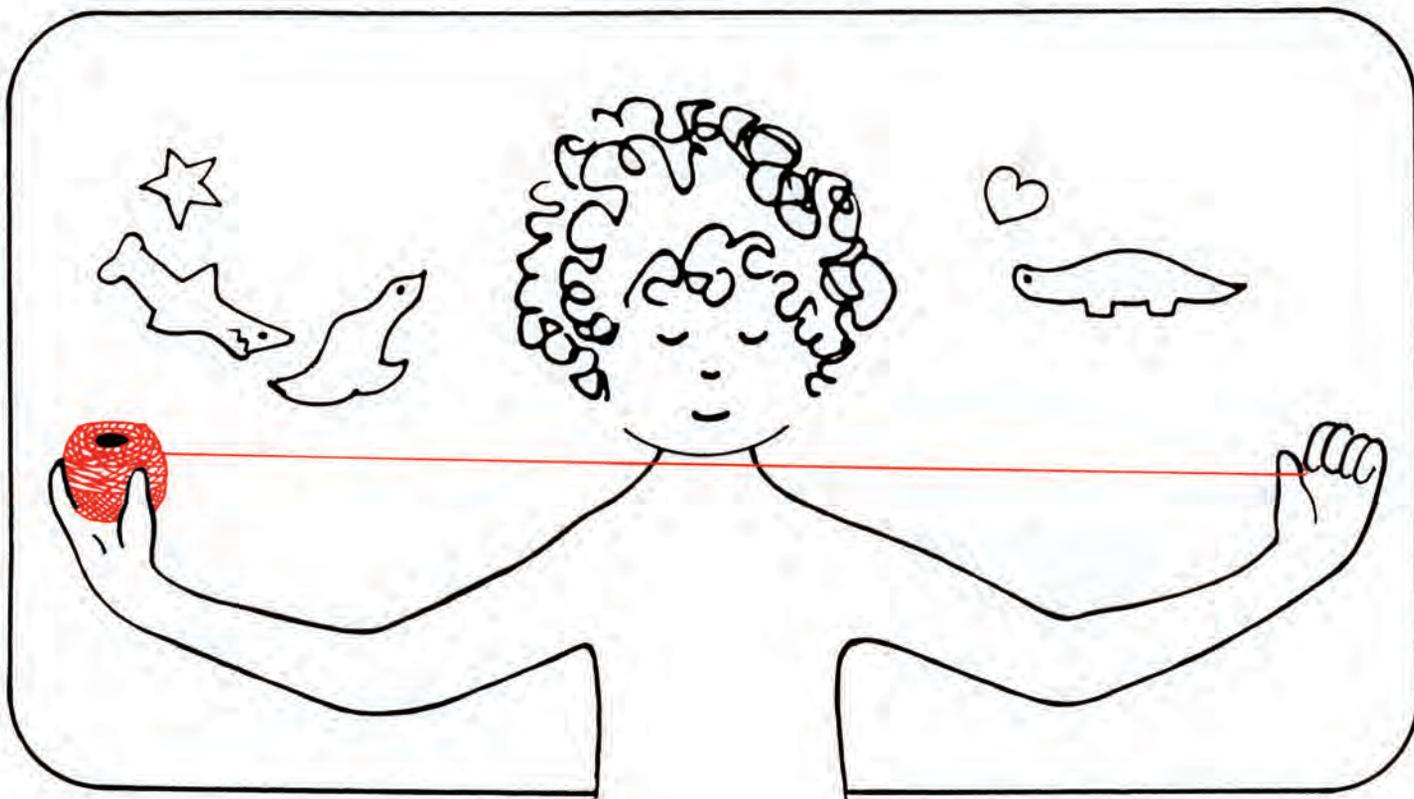
What has an eye but cannot see?
What has a head but no brain?



Choose a needle.
Look at the eye.
Big hole...little hole...
which will you try?



CHOOSE AND MEASURE



Choose...choose...choose...choose
any thread you want to use.

Hold your arms out straight from side to side.
Measure the thread as long as your arms reach wide.



Your arms get longer as you grow...
but you still need the same length when you sew.

Bend your arms out to the side.
As you grow bigger...don't reach wide!



SNIP THE THREAD

Pull the spool of thread down.
Hold on to the tip.
Pick up the snippers
and make a snip.

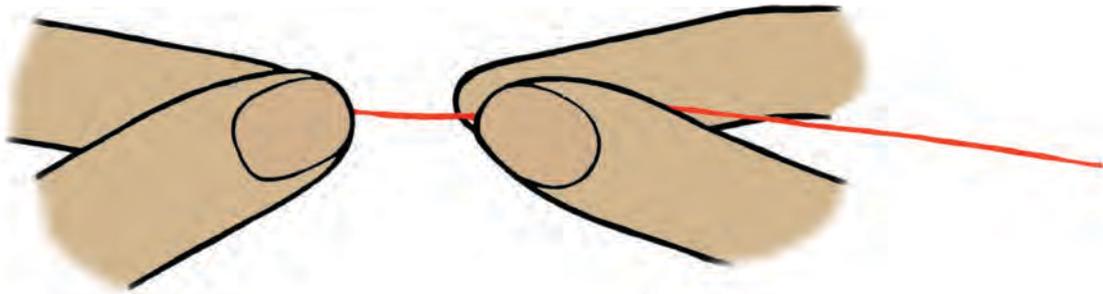


Snippers snip
AWAY from the spool...
so the spool doesn't get cut.
Remember the rule.

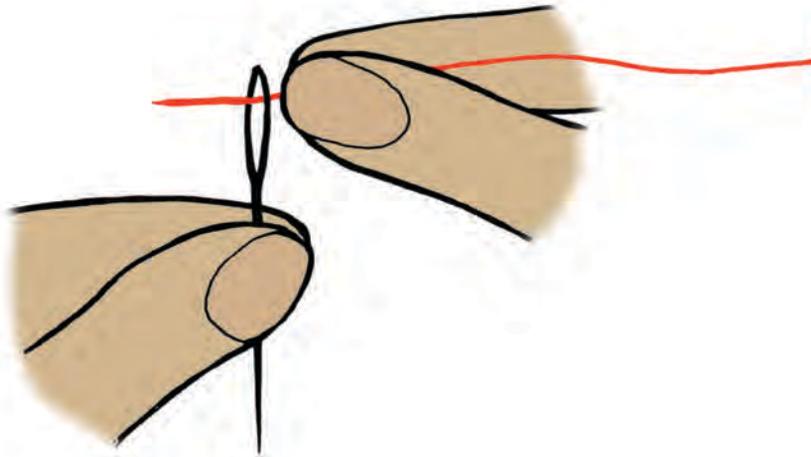
Rest the snippers on the table when you snip.
If you don't remember this rule...
the teacher can
take away the tool!

THREAD A NEEDLE

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

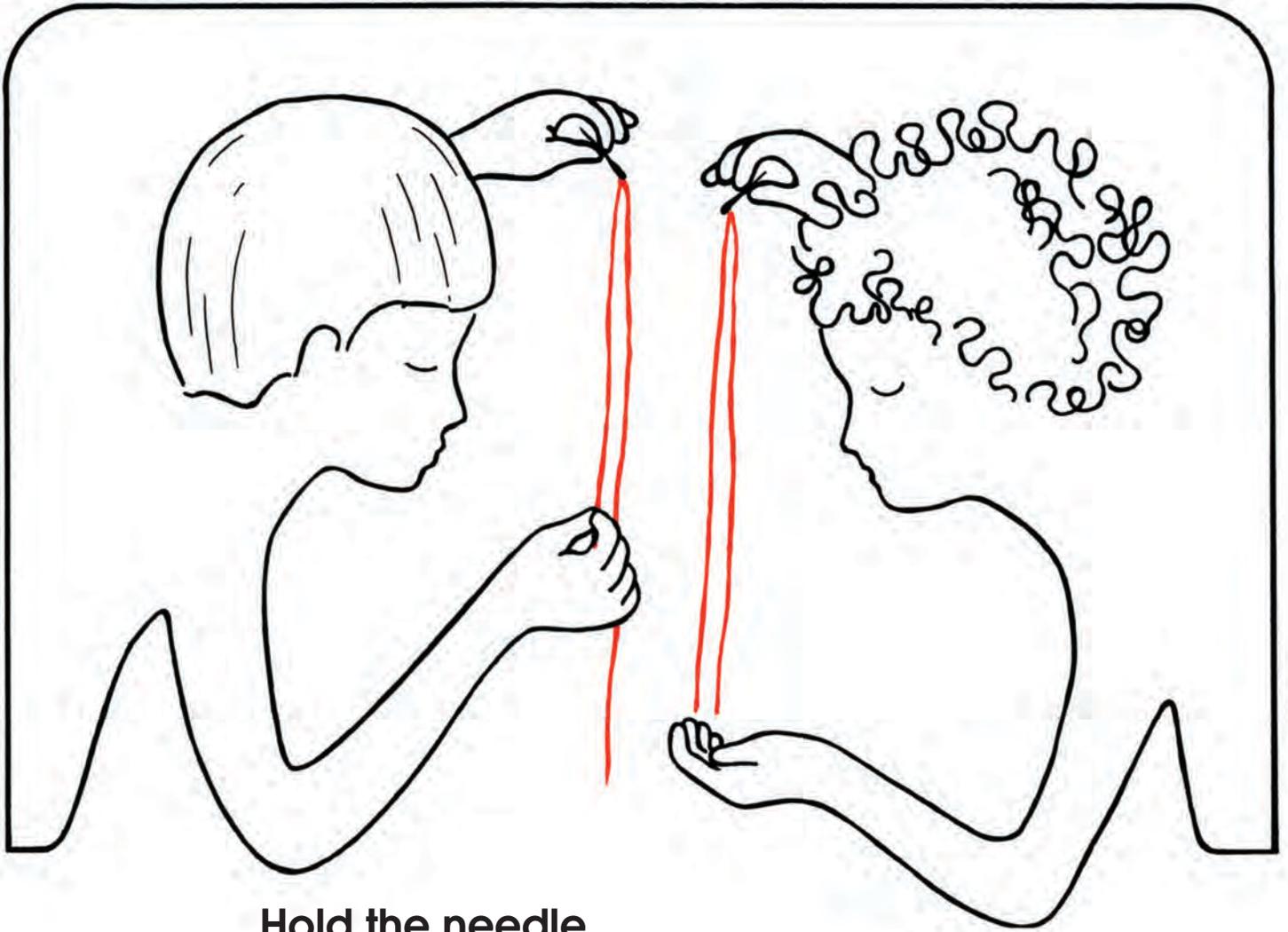


to put that point through the needle's eye!



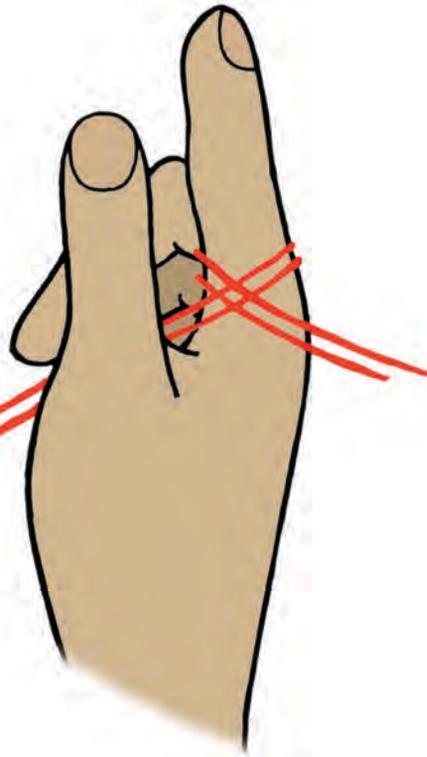
Thread won't go through the eye alone.
You have to pull it through.
Thread has no brain to think.
It does what you make it do!

MAKE THE THREAD ENDS EVEN



Hold the needle
way up high.
Make thread ends even.
Try...try...try!

MAKE A KNOT



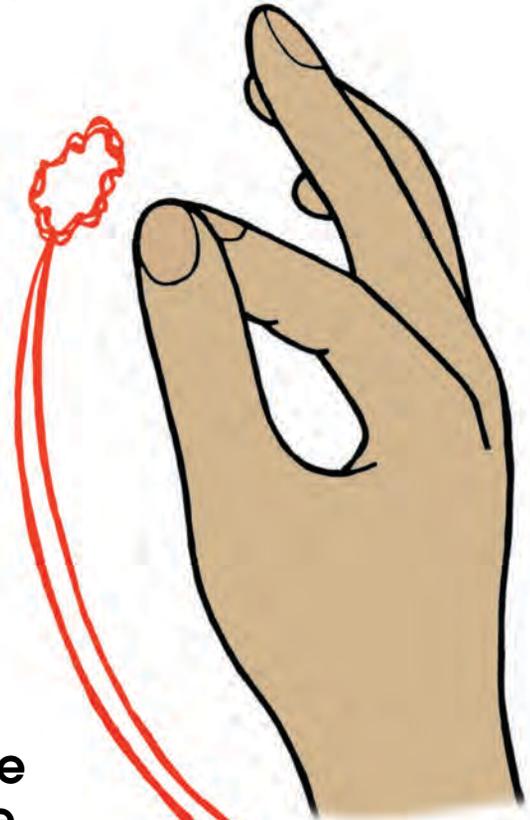
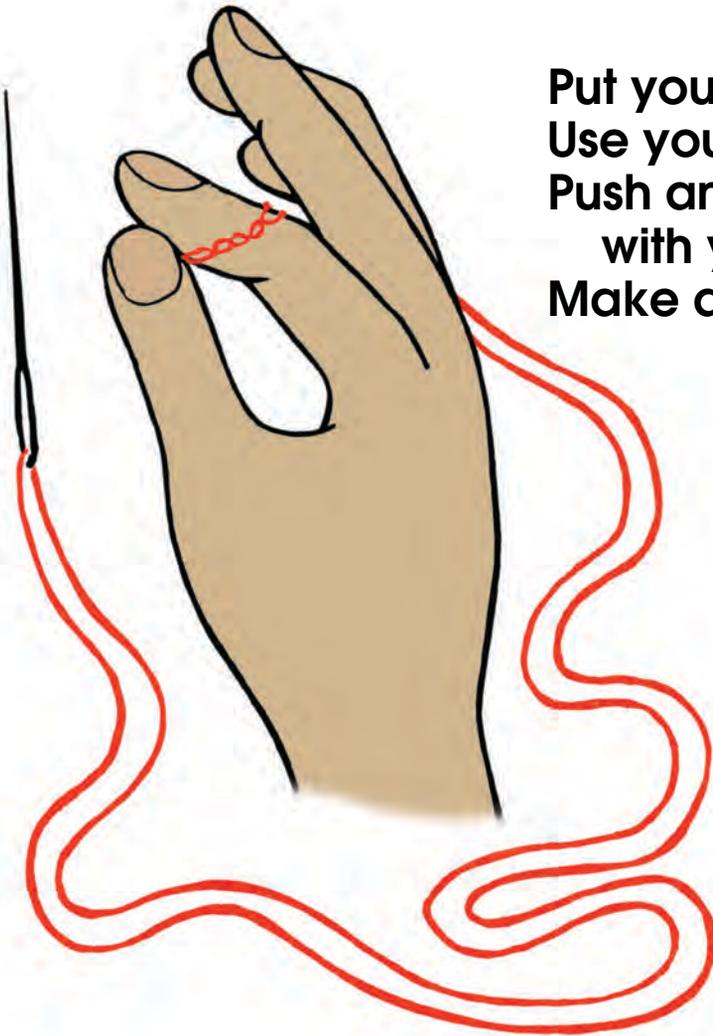
**When the thread ends are even
give your pointer a lick!
Wrap an X on the wet spot
so it will stick!**



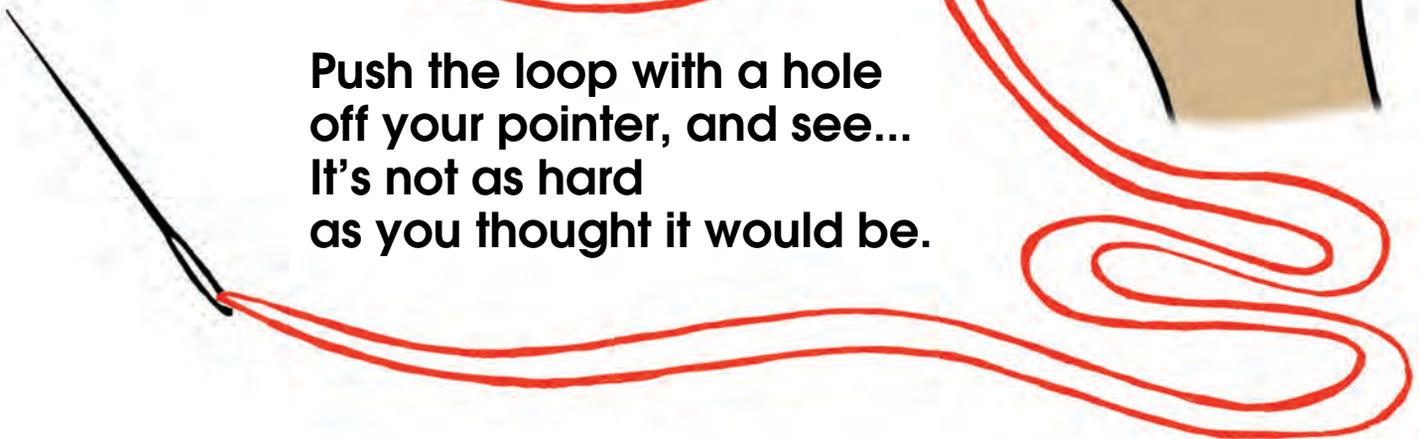
Wrap the X on your pointer finger down low
so the twists that you push have a long way to go.

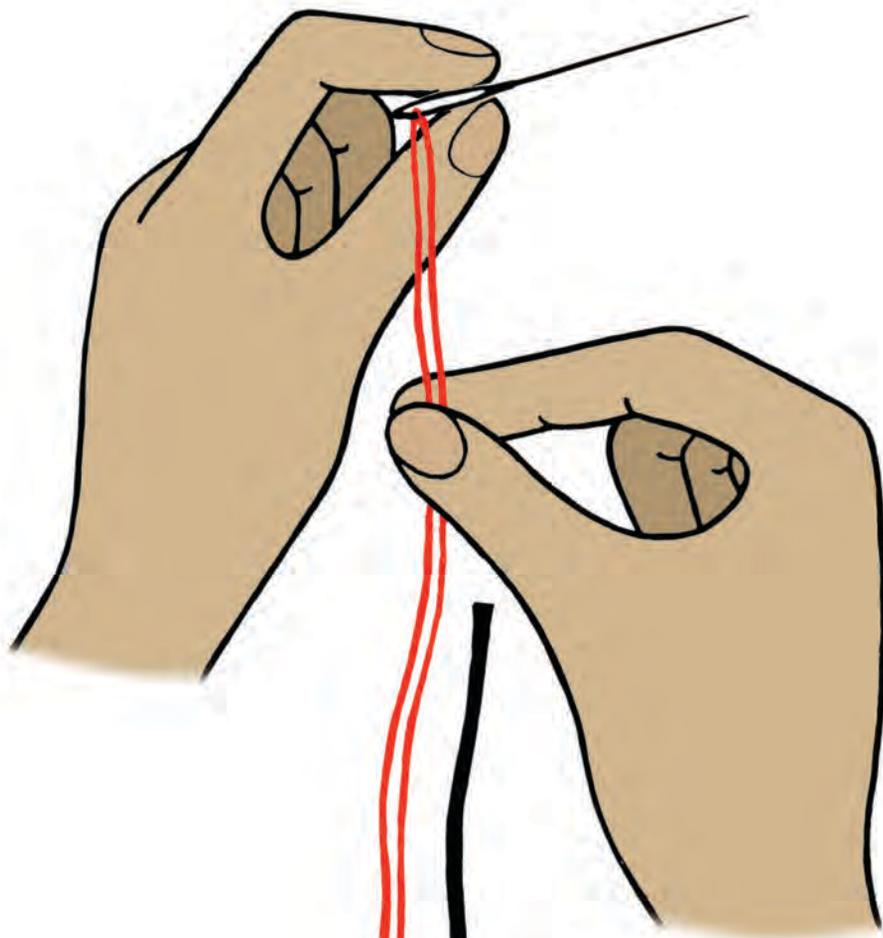
DOTS AND PINS

Put your thumb on the X.
Use your pinchers to roll.
Push and twist the thread
with your thumb.
Make a loop with the hole!

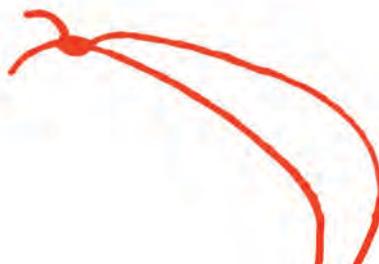


Push the loop with a hole
off your pointer, and see...
It's not as hard
as you thought it would be.





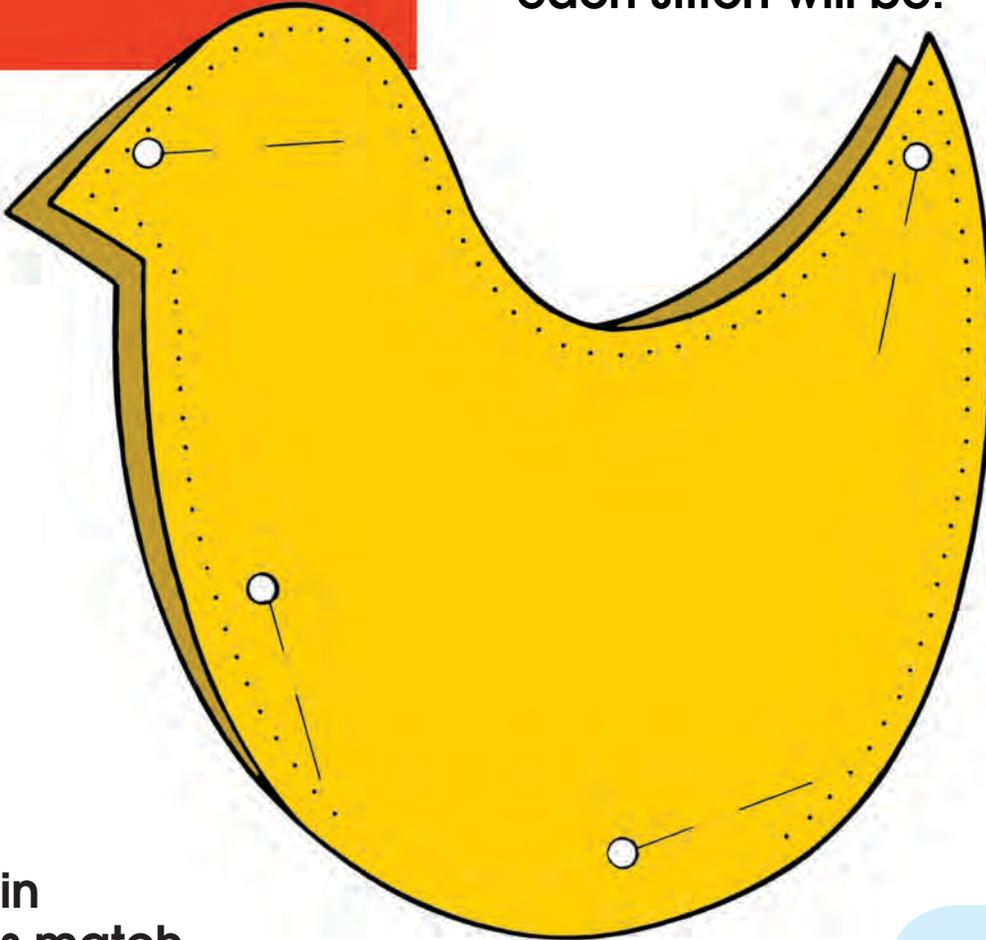
**Slide down the thread,
with your pinchers wet,
from the needle to loop,
and a knot you will get!**



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!**

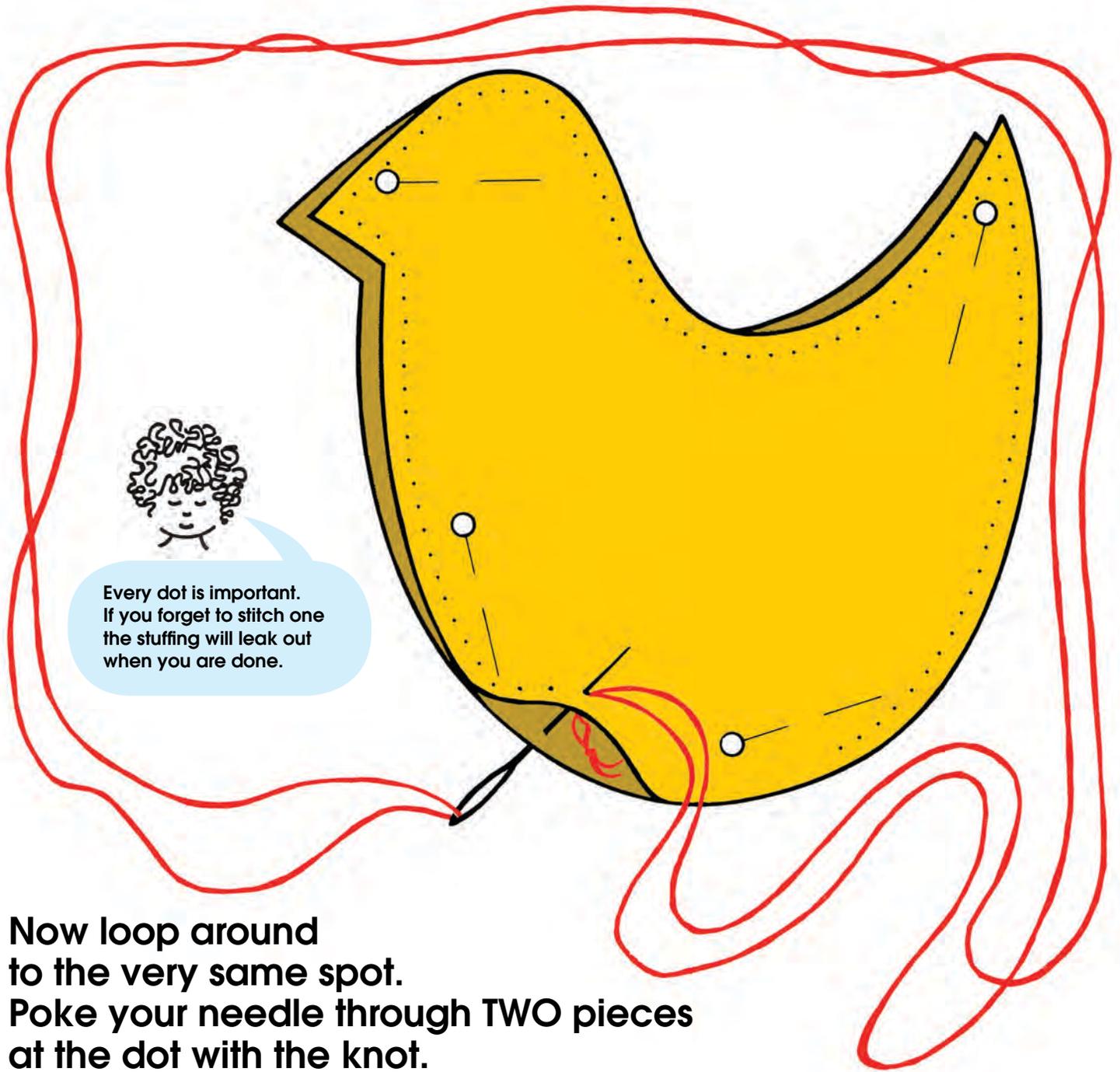
HIDE THE KNOT

**Begin to sew
on the very first dot.
Start to stitch
by hiding the knot!**



Point your needle
where the knot will hide.
Pull the thread through,
tuck the knot **INSIDE**.

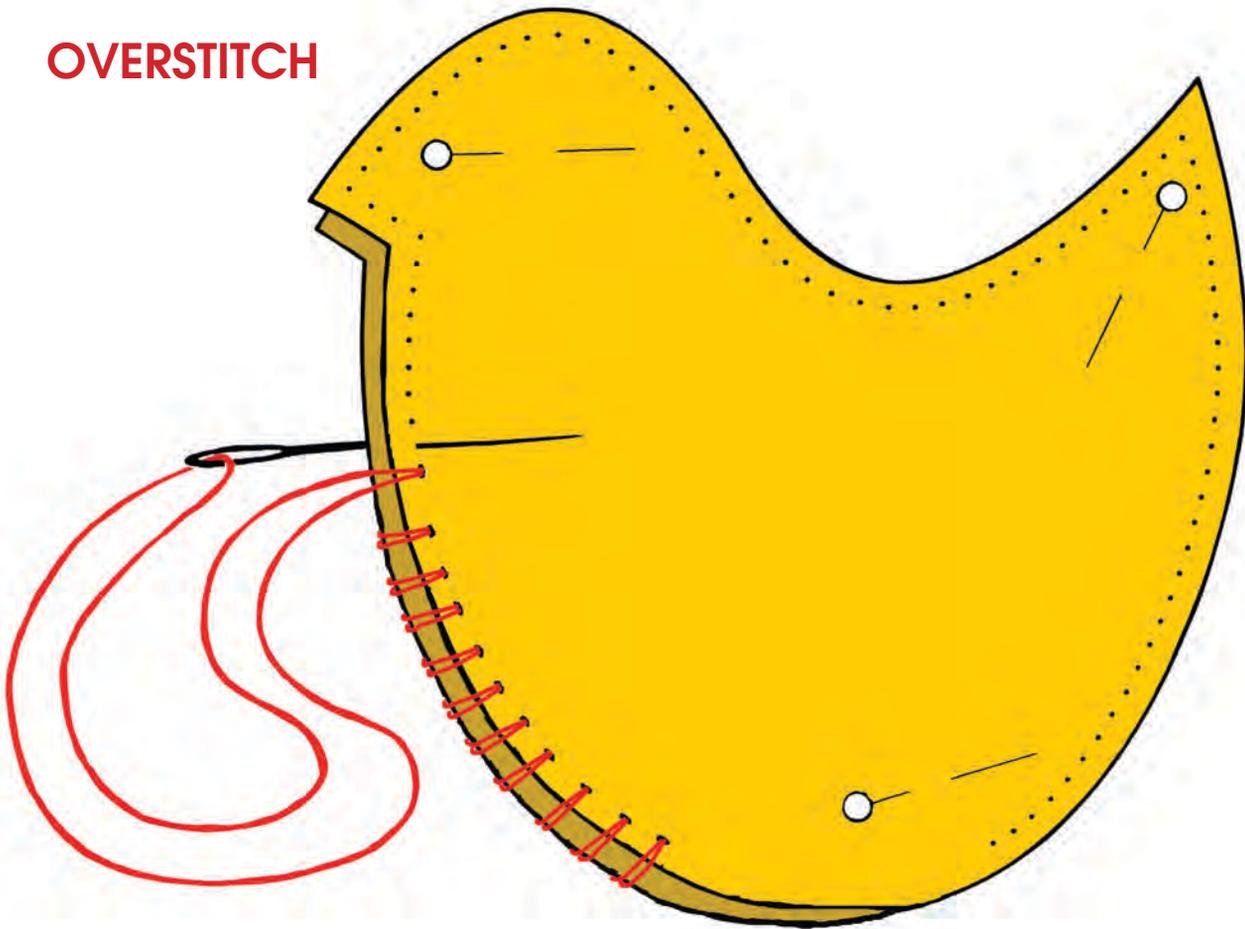




Every dot is important.
If you forget to stitch one
the stuffing will leak out
when you are done.

**Now loop around
to the very same spot.
Poke your needle through TWO pieces
at the dot with the knot.**

OVERSTITCH



**Put the needle up through each dot,
through two pieces, to make the stitches right.
Remember EACH time
to pull thread smooth and tight!**



If the thread will not pull through,
there is a TANGLE you must UNDO.

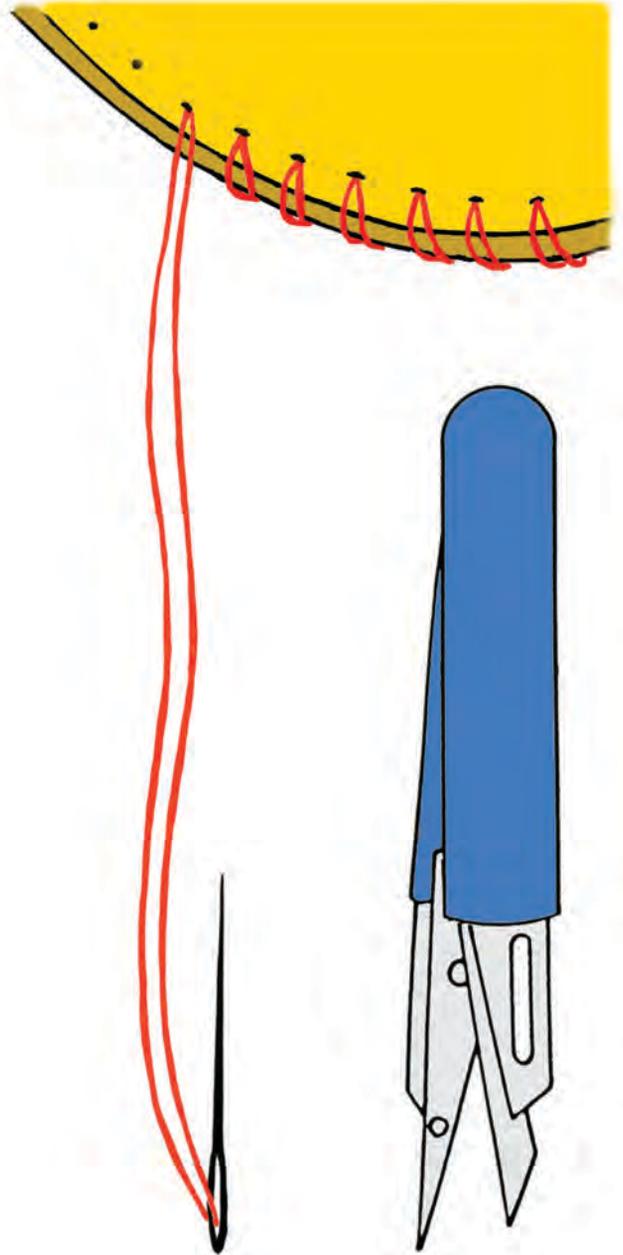
SAVE THREAD FOR A LOCK STITCH

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

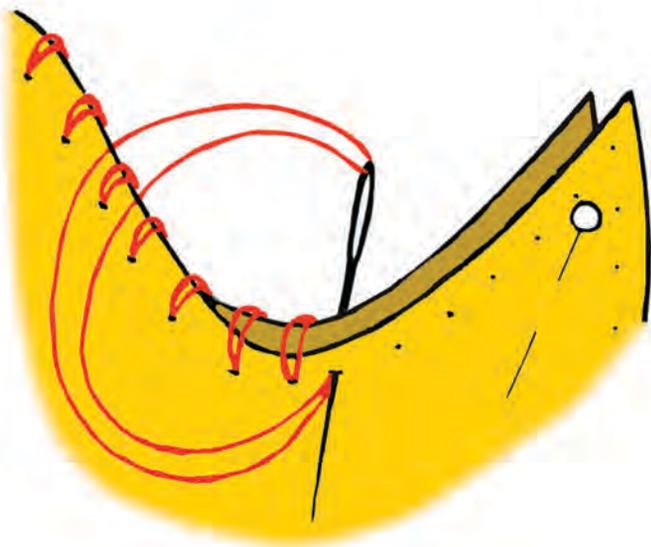
Do not snip off the thread
until you look and see
Did you do lock stitches
one, two, and three?



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



LOCK STITCH



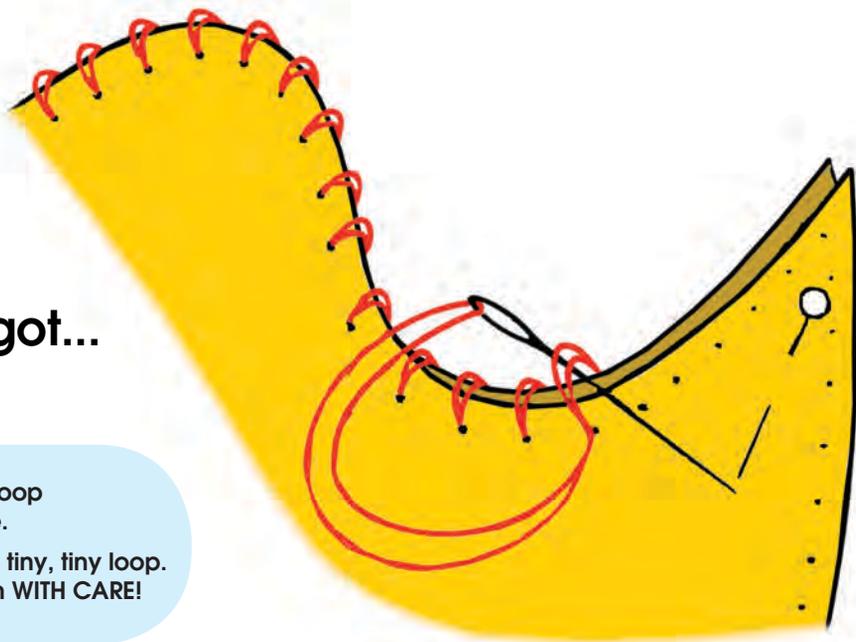
Now it's time for a lock stitch to lock your work like a knot. Move the needle around and up through the same dot.

Save a TINY loop and look what you've got...

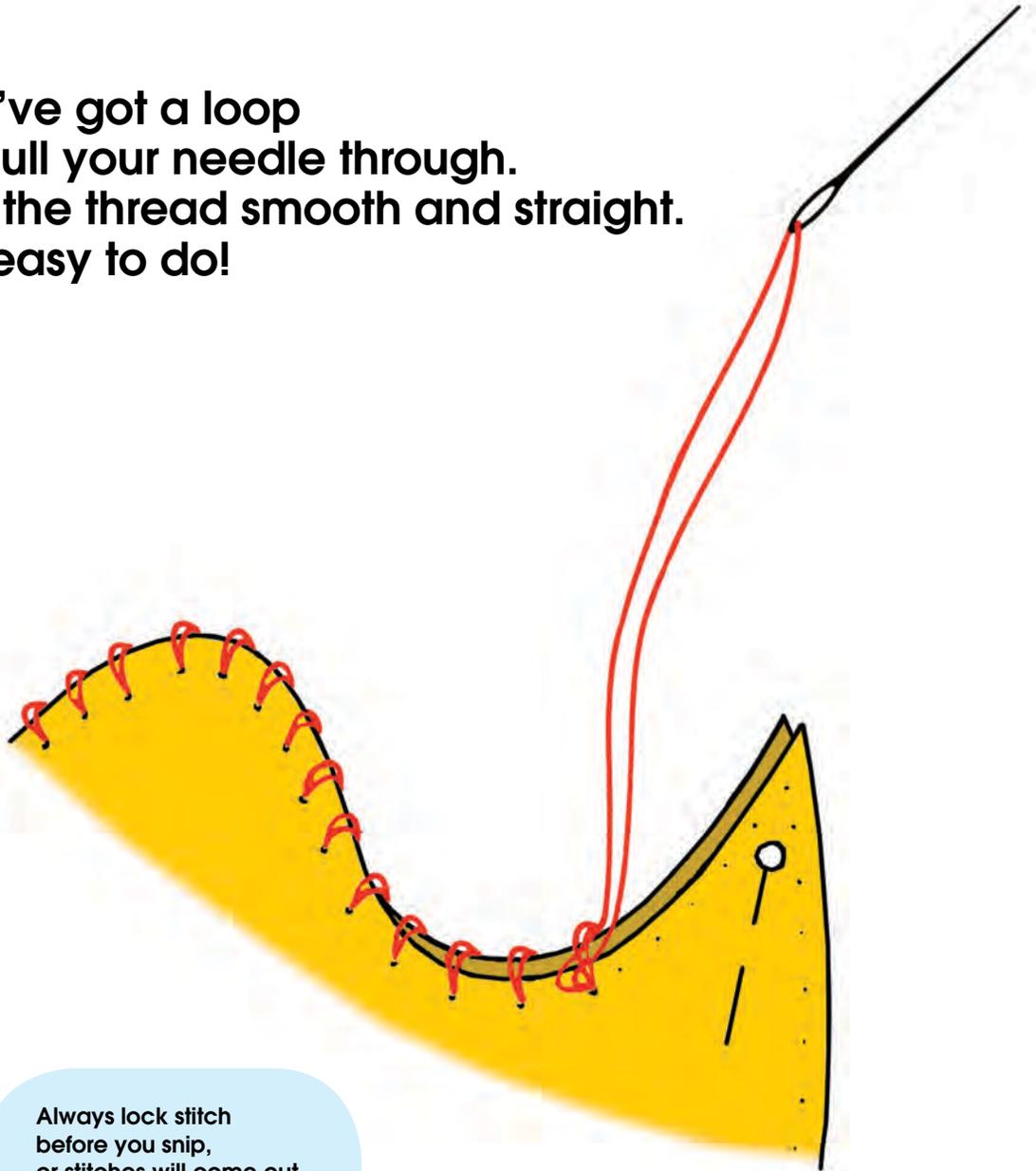


If you save a big loop it often stays there.

Save an itsy-bitsy, tiny, tiny loop. Make a lock stitch WITH CARE!

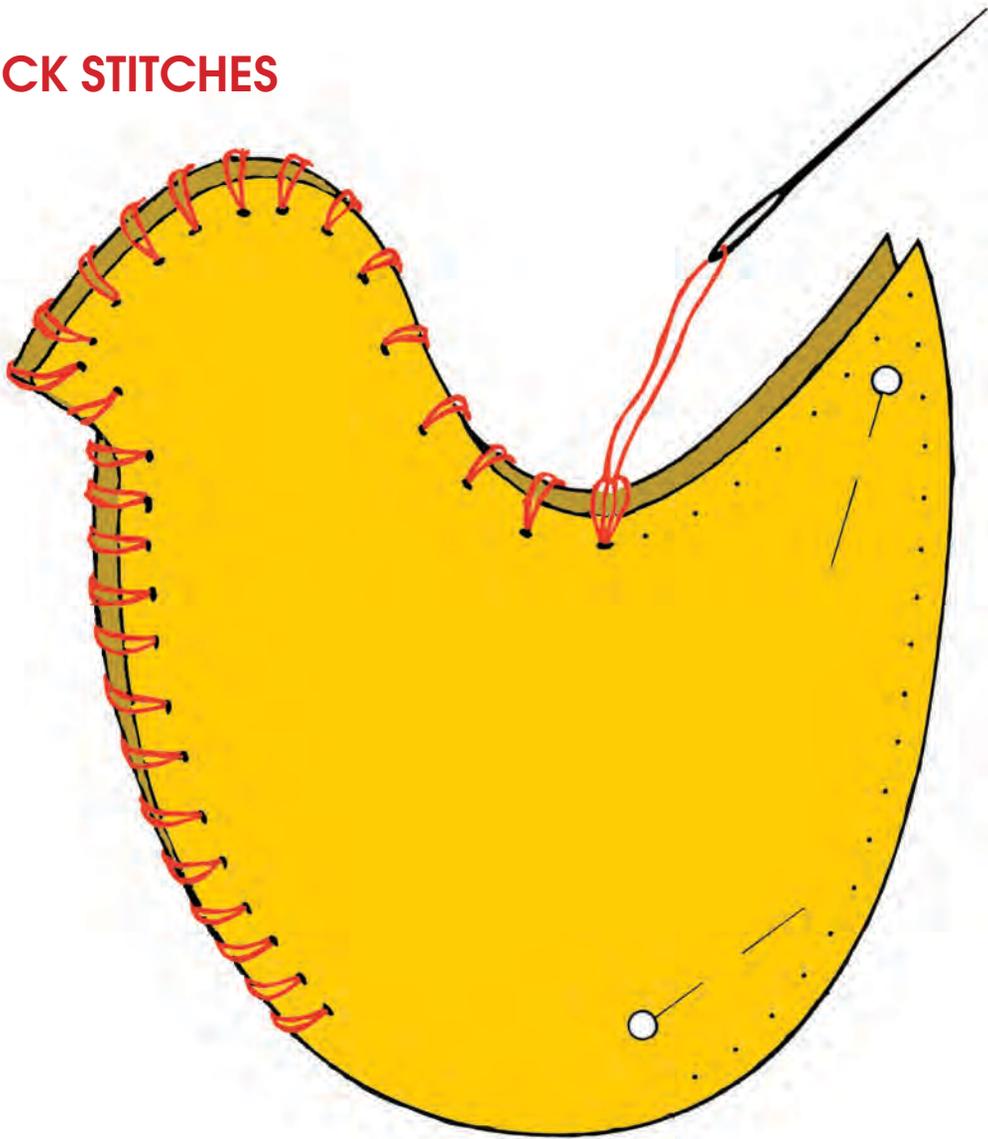


**You've got a loop
to pull your needle through.
Pull the thread smooth and straight.
It's easy to do!**



Always lock stitch
before you snip,
or stitches will come out
from the unlocked tip.

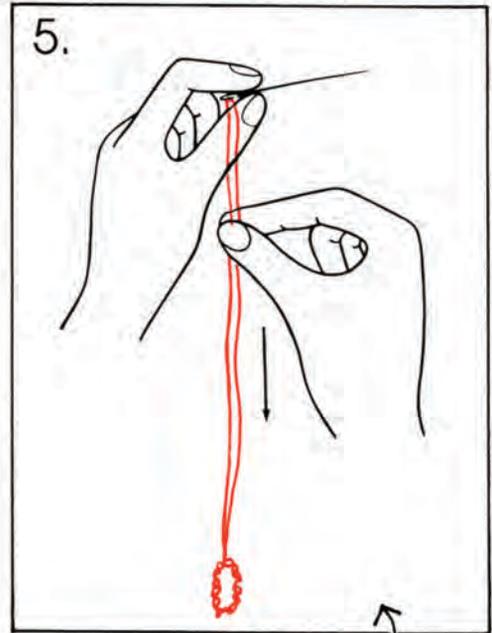
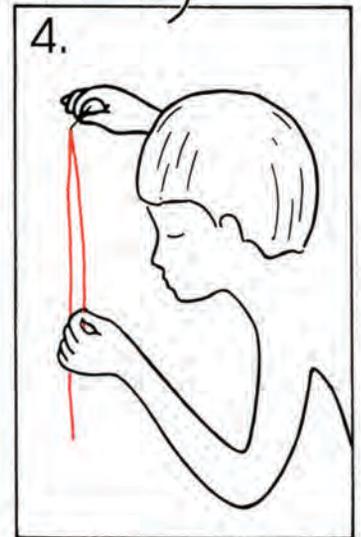
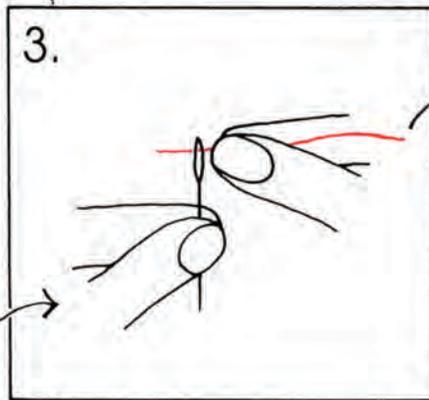
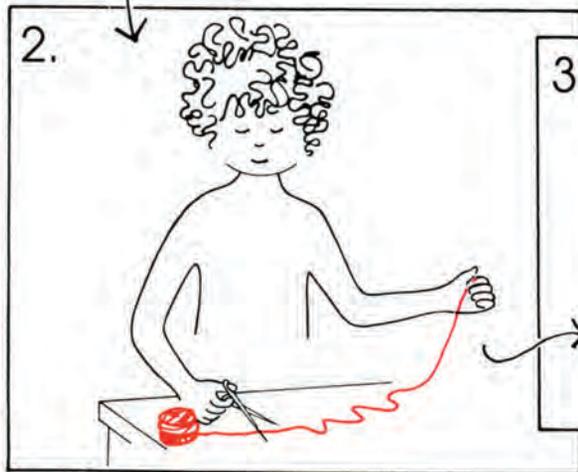
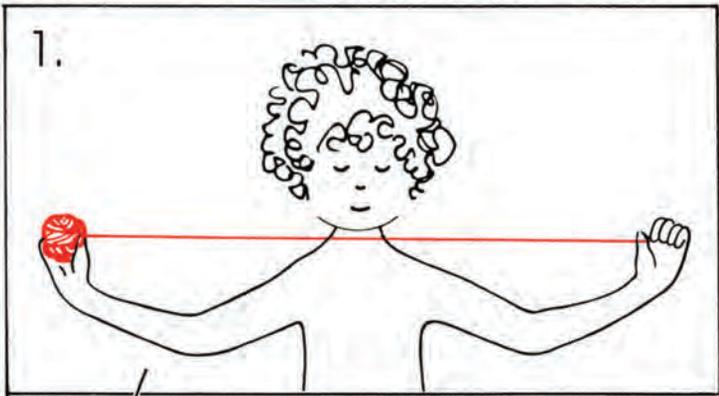
THREE LOCK STITCHES



**Make three lock stitches
on the very SAME dot,
because THREE lock stitches
are as strong as a knot!**

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

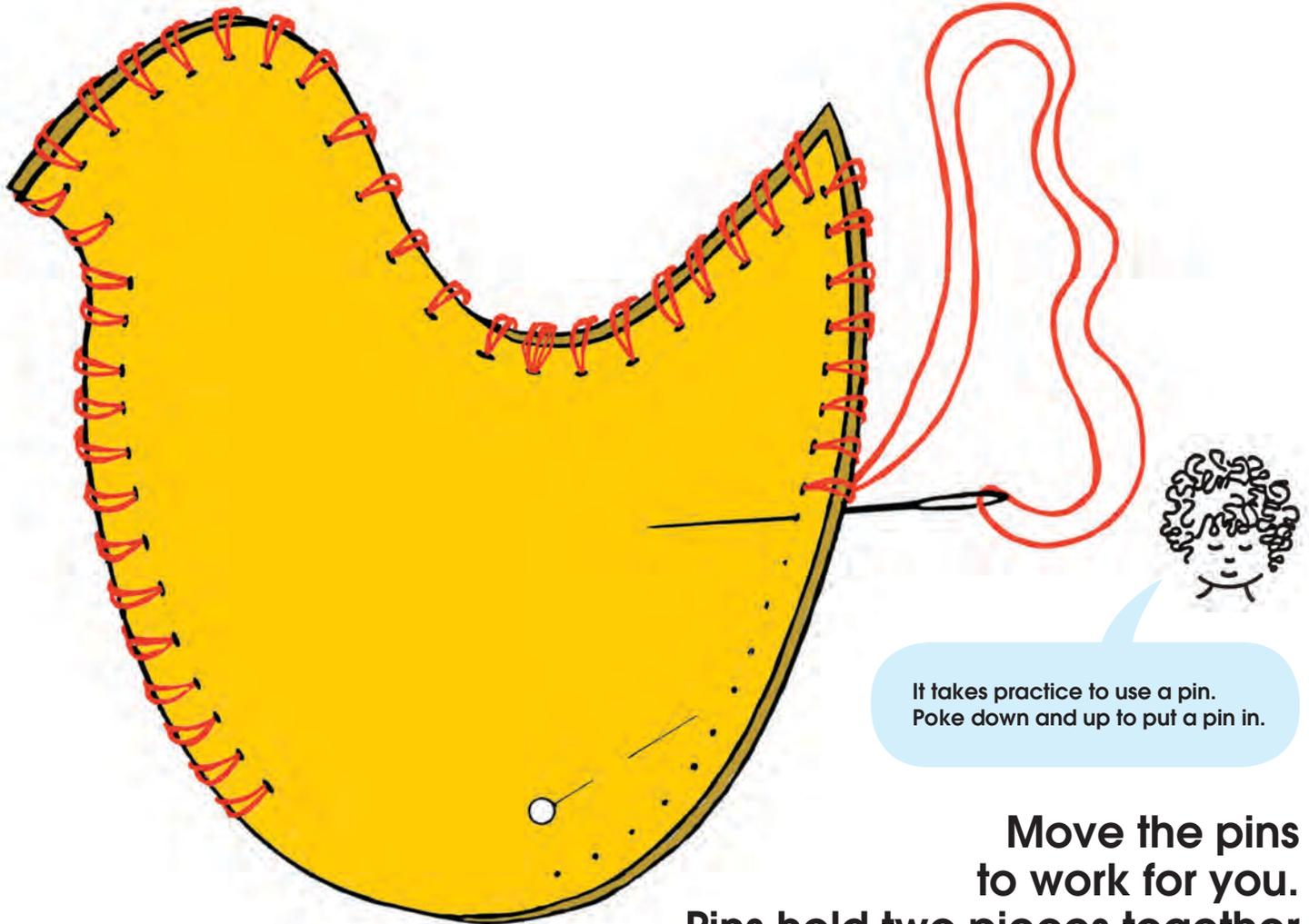


**Start to stitch
on the VERY NEXT DOT.
Begin to sew
by hiding the knot!**

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

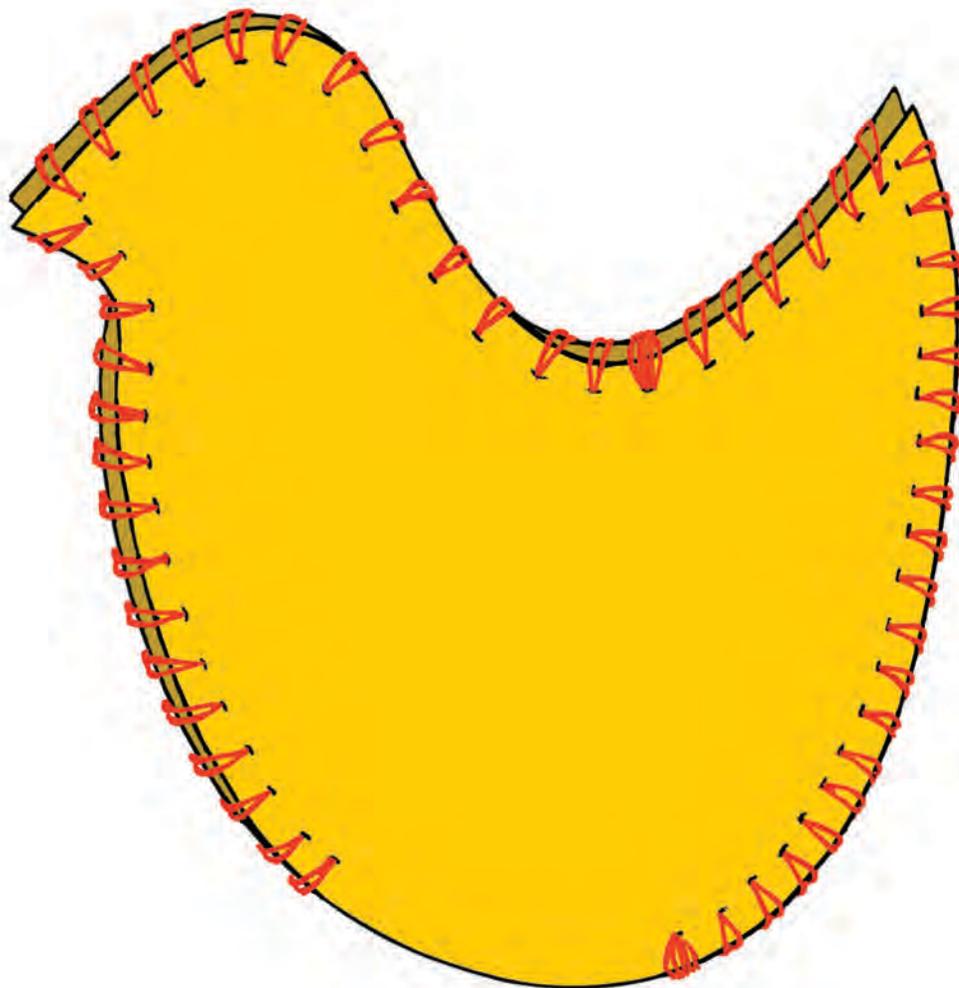
MOVE THE PINS

Put the needle again through the dot with the knot, and stitch up through two pieces at that spot.



**Move the pins
to work for you.
Pins hold two pieces together
where the needle stitches through.**

ANOTHER LOCK STITCH



**Make three lock stitches
on the very LAST dot.
Lock up your work
with a stitch like a knot.**

PUT THE PINS AWAY

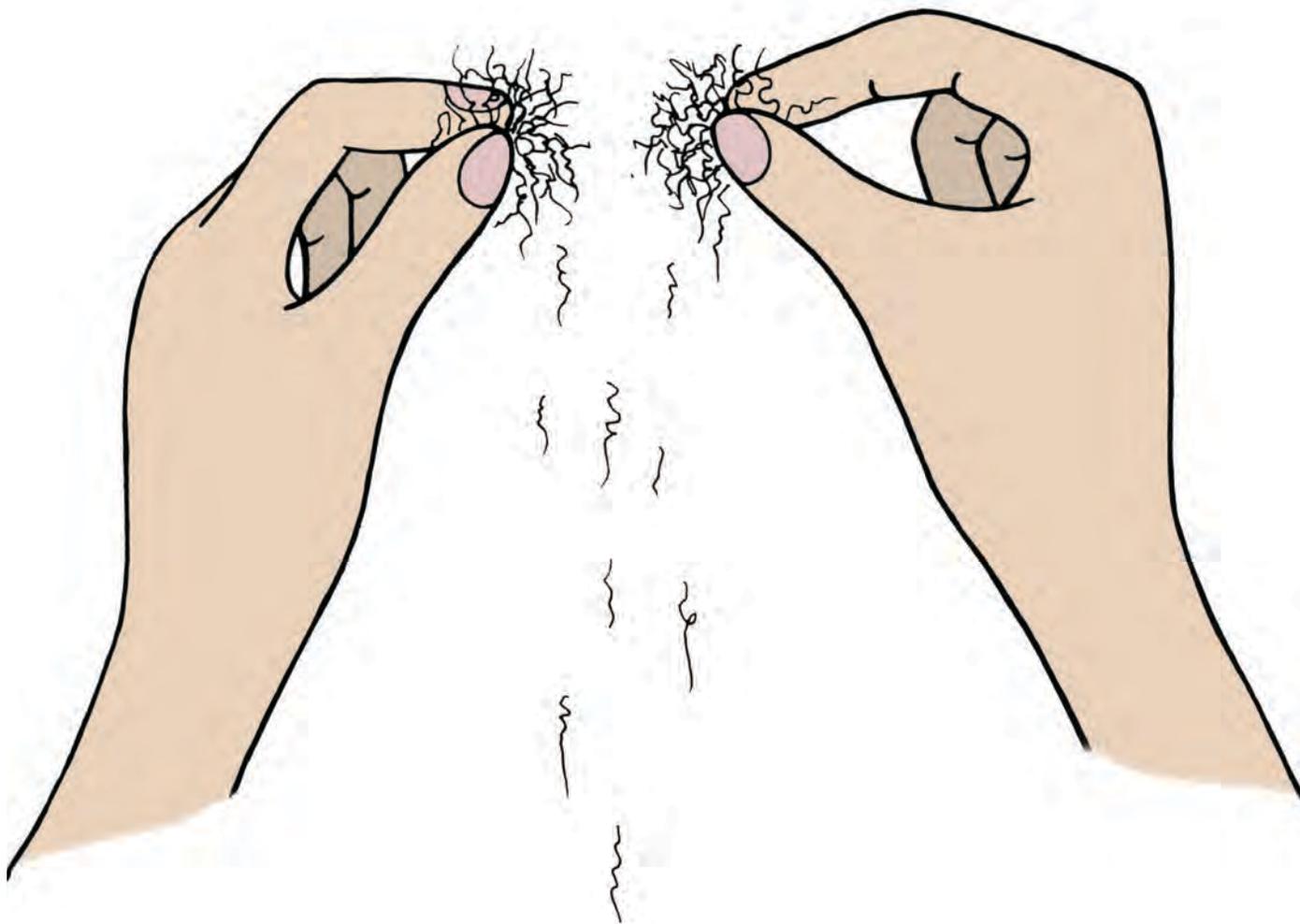
Put away the needle
and put away every pin
before you put
the stuffing in.

The tomato is full of sawdust.
The strawberry is full of sand.
If pins and needles are put away,
when you want to use them, you can!



If your needle is sticky
and hard to pull through,
the strawberry sharpens
the needle for you!

STUFF

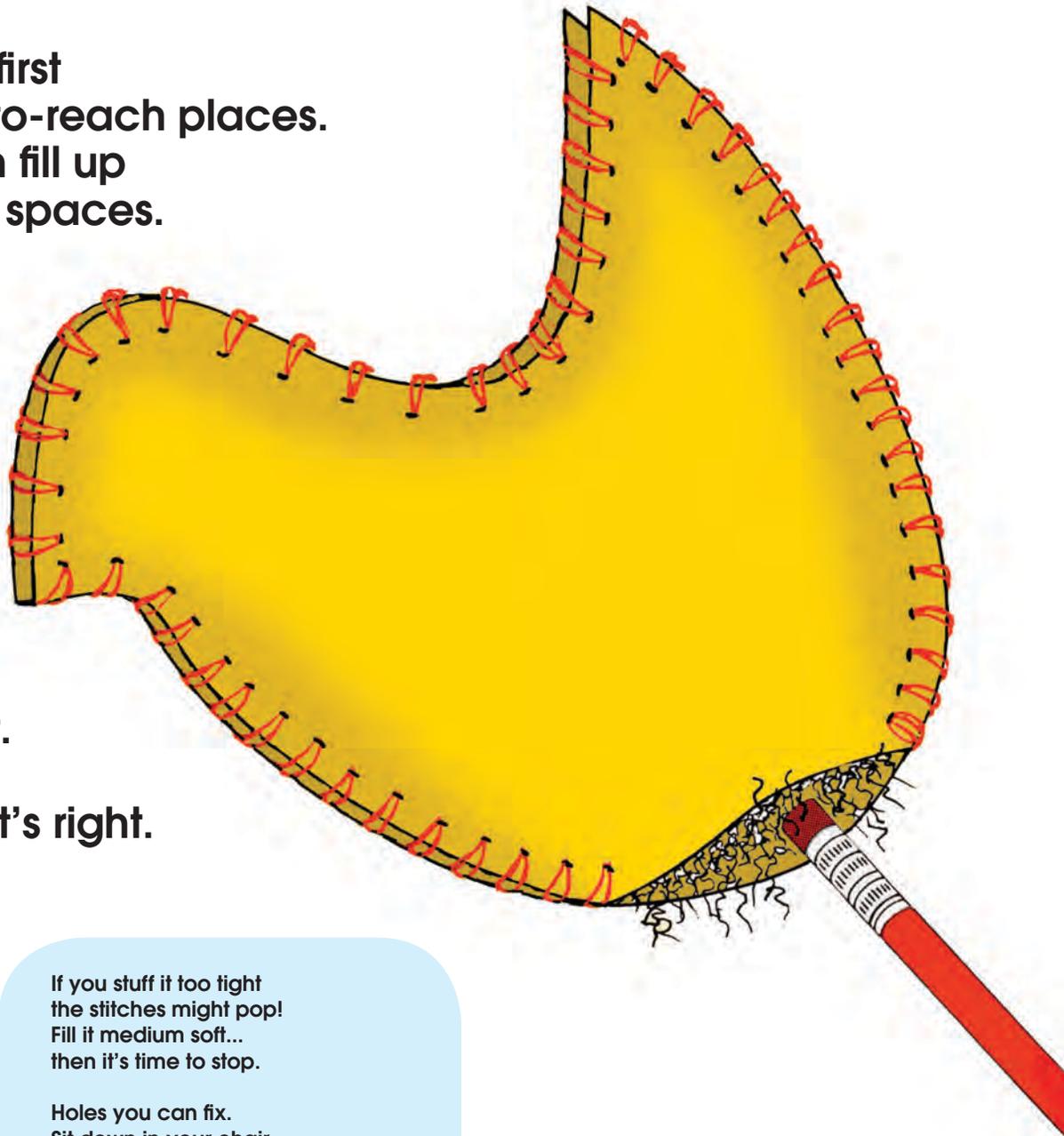


**Stuffing is scrunched up in the bag
and your fingers need to fluff it.
Pull the stuffing all apart
into little pieces as you stuff it.**

USE A PENCIL

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

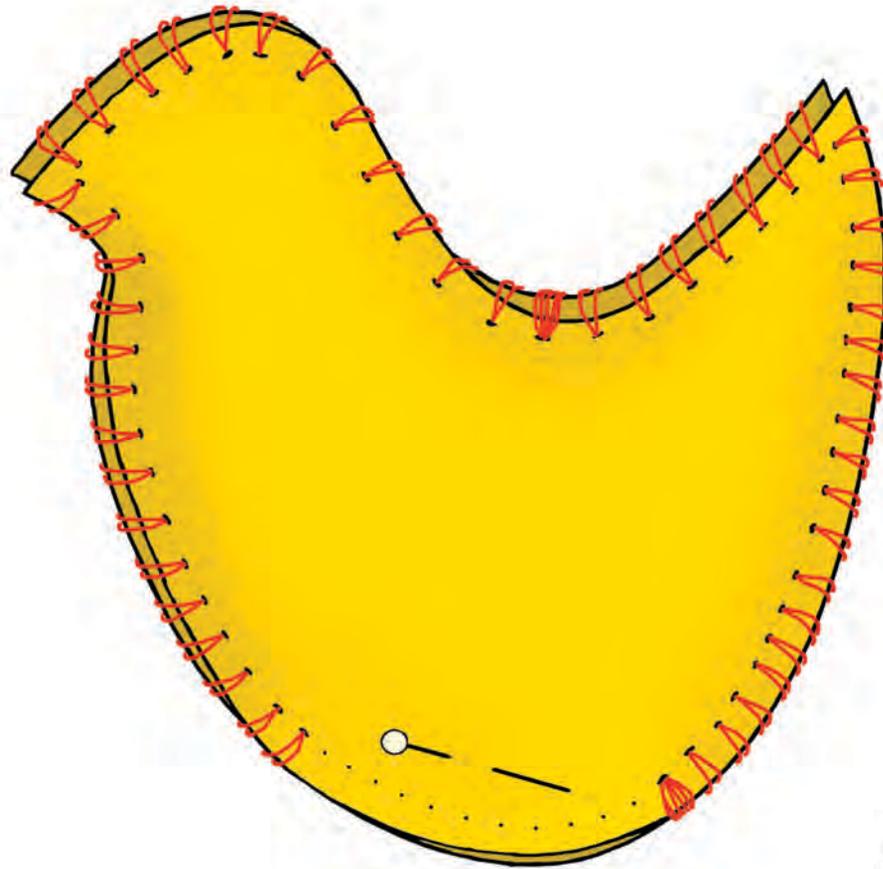
Stuff it soft,
or stuff it tight.
Only you
can feel what's right.



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!

MAKE MORE DOTS

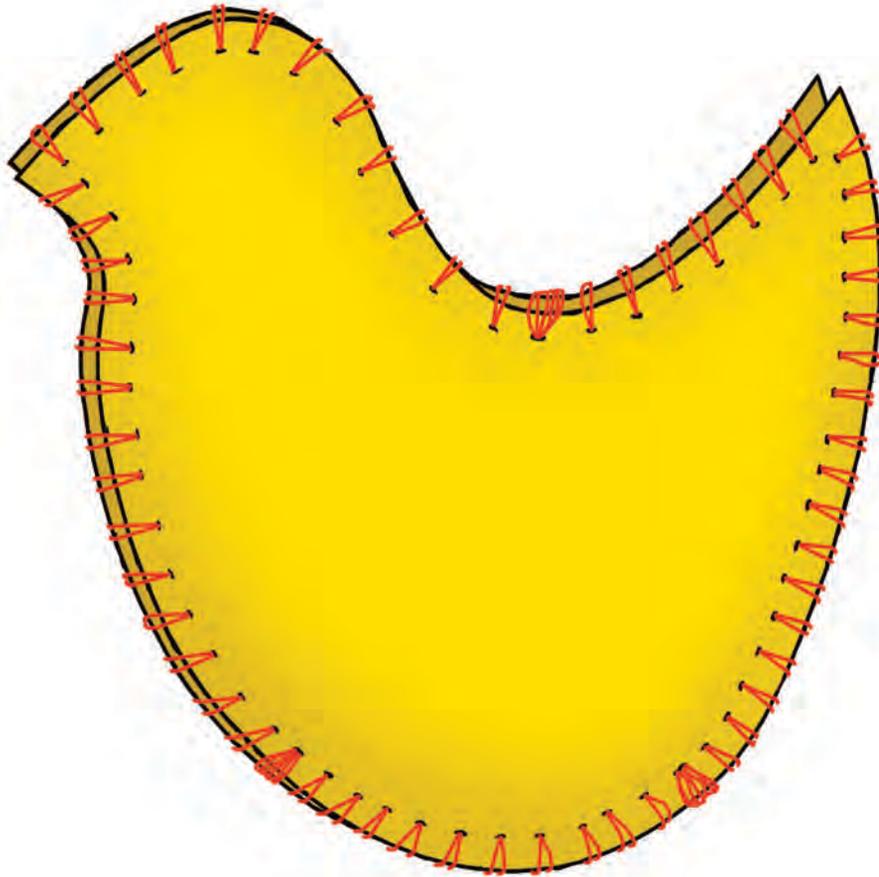


When you finish stuffing,
make more dots to sew.
Then get your needle
and thread ready to go.



Match the two edges
and hold them with a pin.
Until you finish stitching
KEEP THE PIN IN.

THE LAST LOCK STITCH



Hide the knot, stitch, and lock.
Now you are done!

**DO YOU WANT TO MAKE
ANOTHER ONE?**

CLEAN UP

There are more shapes to make.
You can make patterns too!
Read the next few pages
and learn what to do.

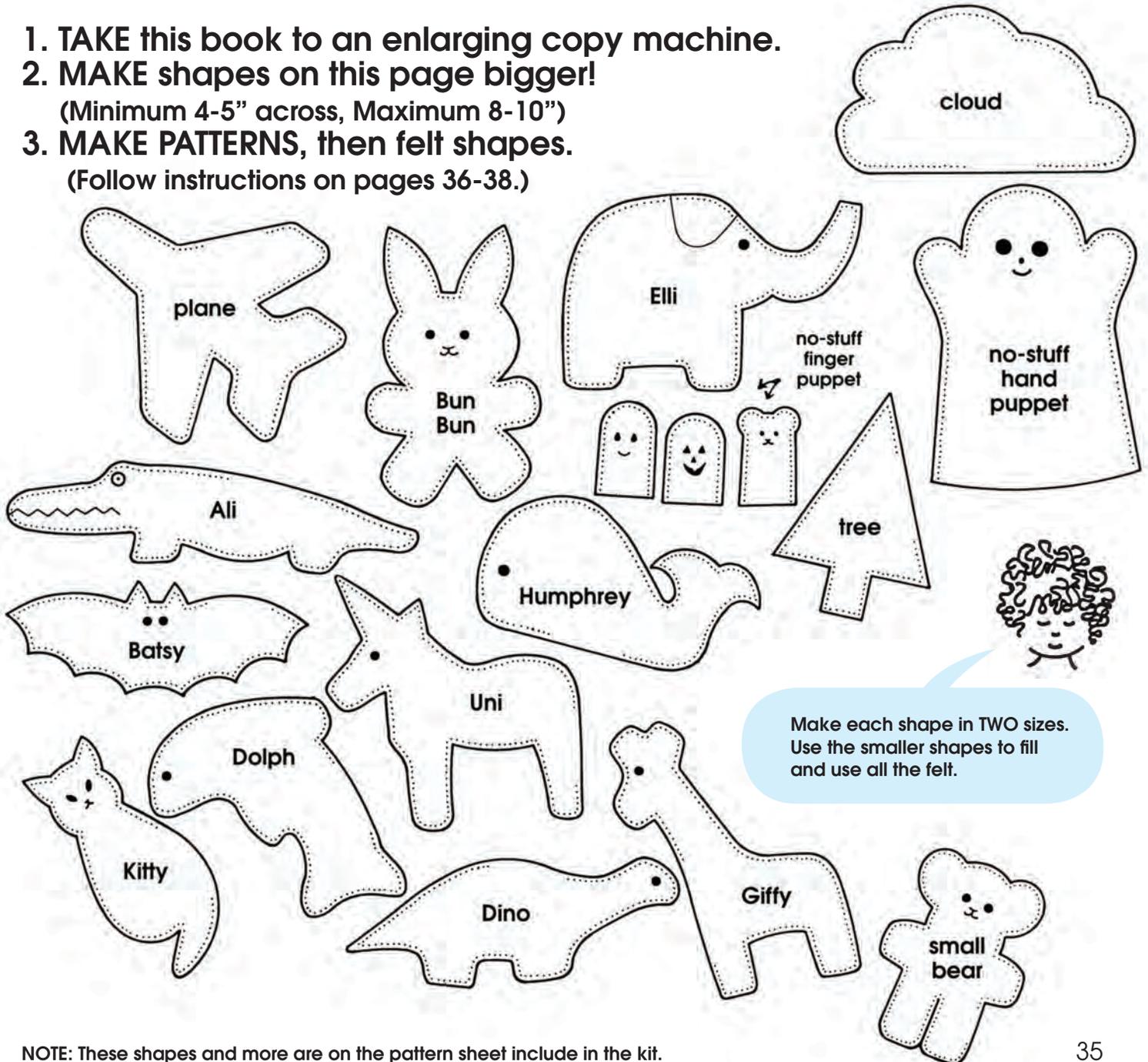
If you want to stop now, it's time to
clean up and put everything away.
Leave a neat, tidy space
before you go play.



Don't leave until you
walk around the table,
look at the floor,
and clean up any mess
that wasn't there before.

ENLARGE PATTERN SHAPES

1. TAKE this book to an enlarging copy machine.
2. MAKE shapes on this page bigger!
(Minimum 4-5" across, Maximum 8-10")
3. MAKE PATTERNS, then felt shapes.
(Follow instructions on pages 36-38.)

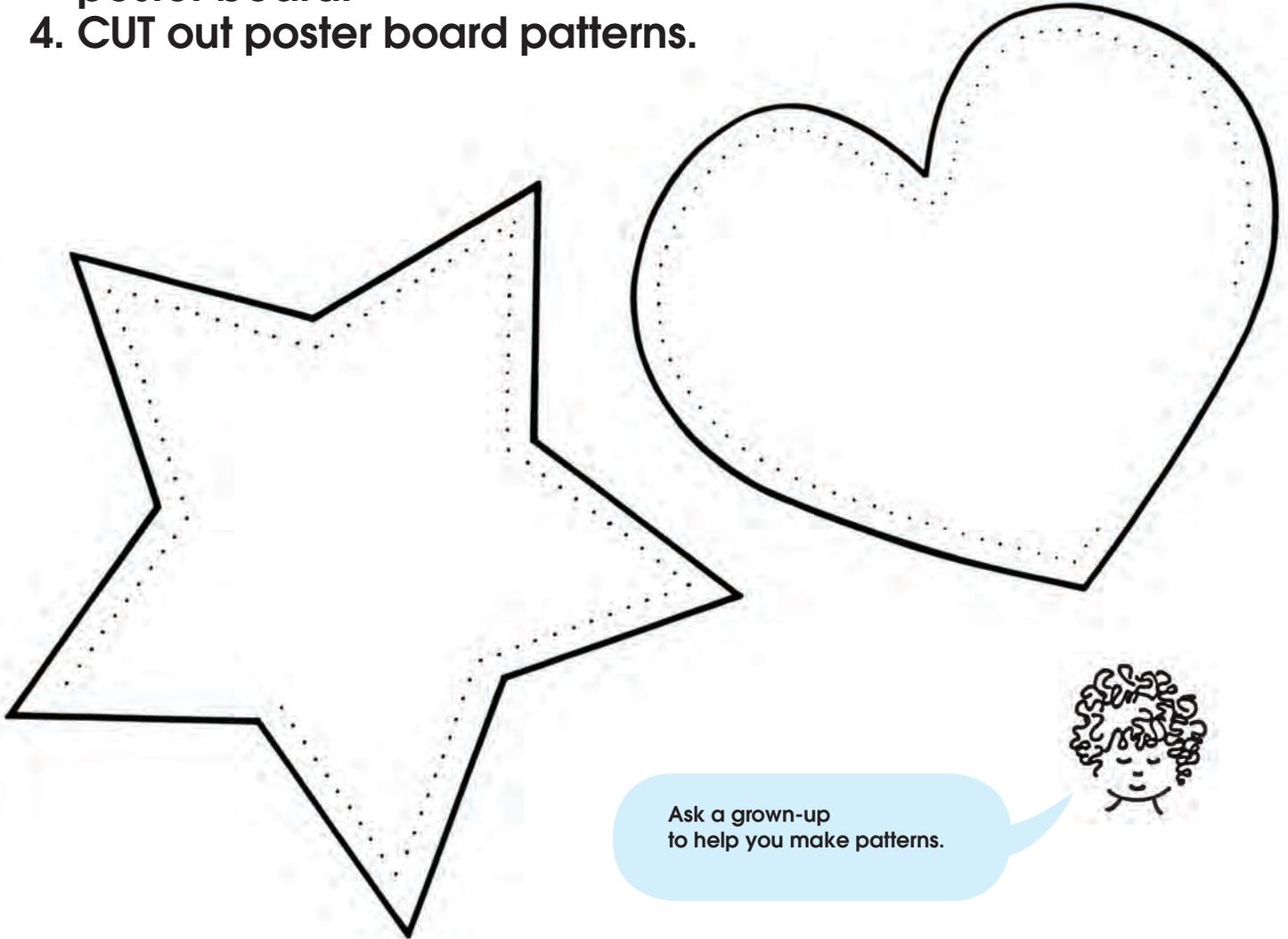


NOTE: These shapes and more are on the pattern sheet include in the kit.

MAKE POSTER BOARD PATTERNS

(See the Shopping List on back cover for more materials needed.)

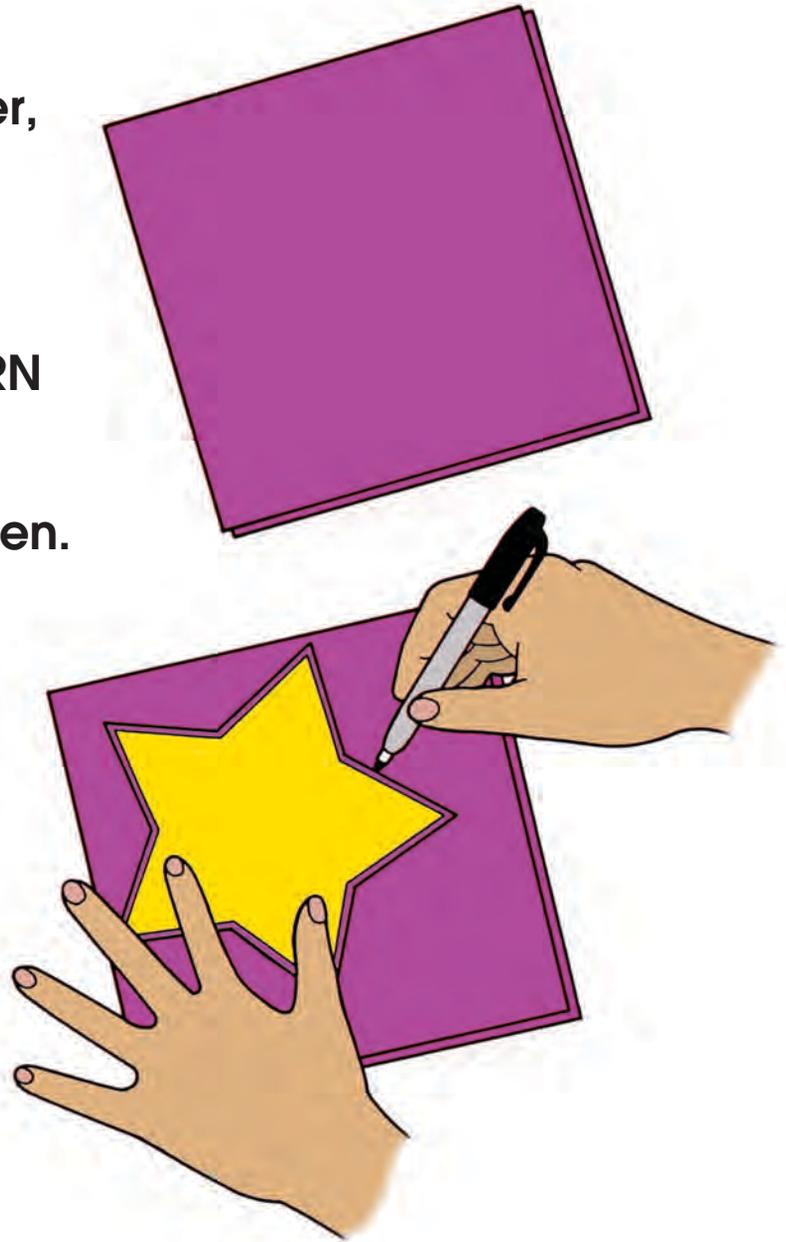
1. **TRACE** shapes like the ones here onto paper.
2. **CUT** carefully around the edge of your paper patterns.
3. **USE GLUE STICK** to place paper patterns on the poster board.
4. **CUT** out poster board patterns.



Ask a grown-up
to help you make patterns.

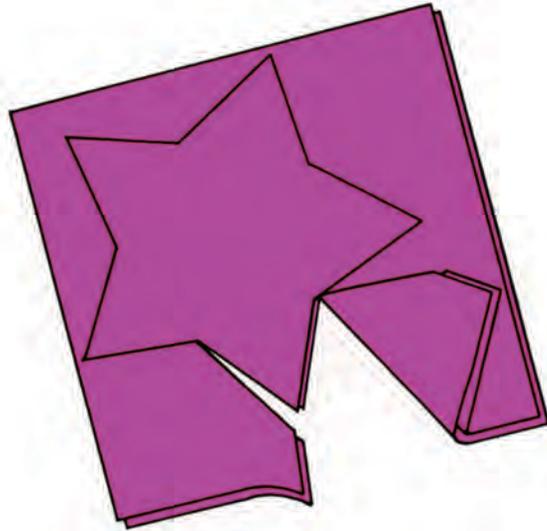
USE POSTER BOARD PATTERNS OR COOKIE CUTTERS TO TRACE SHAPES

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.

- 3. CUT ON THE LINE**
through both pieces of felt.

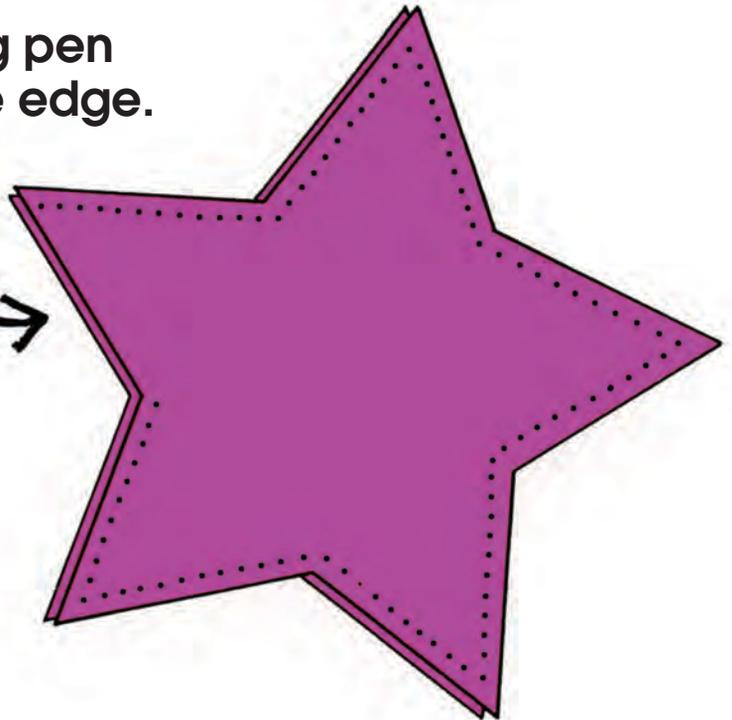


- 4. MAKE DOTS** with the marking pen
 $1/8$ " apart and $1/8$ " from the edge.

- 5. Leave an undotted space**
on a straight edge.



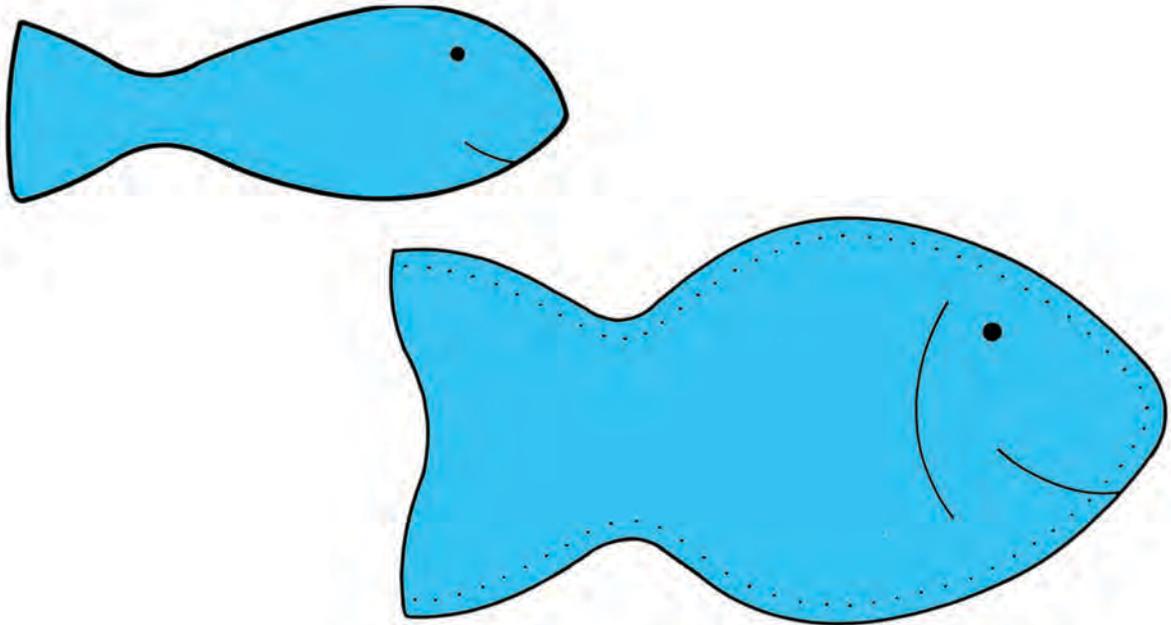
Look on page 35 to see where to put
the dots on other shapes.



MAKE YOUR OWN PAPER PATTERNS

LOOK AROUND YOU FOR IDEAS...then

1. Draw the side view of a shape on a piece of PAPER the exact size you want your project to be.
2. Draw it again a little larger. (The shapes look smaller when stuffed.)



3. Make any narrow places wide enough to stuff—
at least 1" wide.
4. Cut carefully around the edge of your paper pattern.
5. Follow the steps you just learned to make a poster board pattern, trace it onto felt, and cut out and prepare your felt shape. (Steps 2-4 on page 36, then steps 1-5 on page 37 and 38.)

A SPECIAL RHYME FOR TEACHERS

Dear Teacher,

Teaching children to sew is work
with PATIENCE. All you do
is use a lot of repetition...rhyme...
show and tell...then REVIEW.

It is important to be composed.
Be sure of yourself. Keep COOL.
You are in charge of the atmosphere
like a class in school.

You cannot teach in confusion.
State behavior expectations firm and clear.
This is a class where you are learning to sew.
This is why the children are here.

The teacher is in control.
The children do not rule you.
Establish a mood for learning
before any teaching you do.

Appropriate behavior is expected.
Don't settle for anything less.
Most teachers fail by not having control.
THIS IS THE TEACHER'S TEST.

Know the subject. Be prepared.
Present what you want students to know.
Give a LITTLE information at one time.
Speak clearly and talk slow.

Show how to do one task,
then make time to do it now.
Repeat the rhyme and encourage.
They are learning HOW.

If a child says, "I can't do this!"
or "This is too hard to do,"
the thing you may teach that child today
is YOU ARE RESPONSIBLE FOR WHAT YOU DO.

Being responsible for your own actions
is a lesson in life, you know.
Needle and thread don't think for themselves.
YOU show them where to go.

If a child says, "The thread won't go through,"
as a teacher your job is to show
you have to PUT it through the needle's eye.
YOU put it where it will go.

Individualize progress
with each child as they learn.
Be in touch with each child at each step.
Show the children your concern.

Value and stay with the rules.
Give the rhymes authority and show
that you believe they are a valid
way to teach children how to sew.

MY FIRST SEWING BOOK is a teaching tool.
Use each rhyme and picture to see
exactly what to do now and next.
Teach each step carefully.

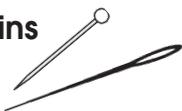
Winky Cherry

Look for *all* the books
in The Winky Cherry
System of Teaching
Young Children to Sew.



✓ SHOPPING LIST

- ❑ Straight pins



- ❑ Needle

(chenille/candlewicking size 18/22)

- ❑ Pincushion

with strawberry



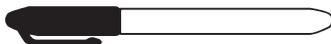
- ❑ Snippers to cut thread



- ❑ Scissors to cut felt



- ❑ Permanent black marking pen



- ❑ Thread

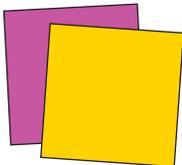
(DMC's crochet cotton Cebelia size #30 is preferred)



- ❑ Polyester fiberfill

- ❑ Craft-weight felt

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

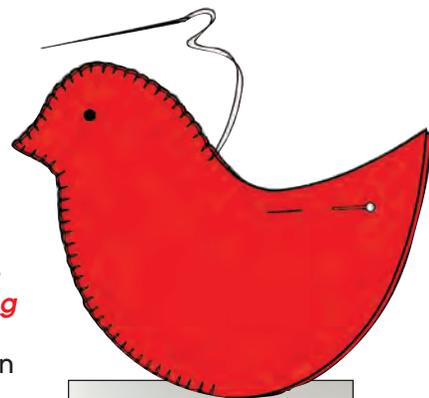


- ❑ Paper, poster board, and glue stick for pattern making



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.



Winky Cherry

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