The purpose of this program is to share the art and love of needlework with children. The program is designed in such a way that a chapter or individual can easily use it to teach, whether it be a single child or a roomful of children.

Included in this program is a pattern for a simple apron to fit an 18” doll. The intention is to have the apron constructed prior to the program. If a member of a chapter is teaching this to a group, the chapter could help with the preparation of the aprons. The design of the apron allows room for hooping a design with a 4” embroidery hoop. Diagrams for beginning embroidery stitches are also included and may be used for handouts to the children.
Kids Can Stitch, Emma’s Doll Apron

Classes can be taught at a local library, a special meeting of your chapter, or community center, just to name a few.

The first step in planning for teaching this class is to contact the individual in charge at the location where you plan to teach and ask for permission to use the facility, schedule a date and then begin to advertise.

When planning for teaching this class, it is recommended that the size of the class be limited and the age of the children be considered. Depending on the length of time you have scheduled for this program (I did a 90 minute class with 9 students of various ages and talents) you might want to consider using helpers from your chapter.

If you are working with young children, ages 5-8, this class could be split into two or more lessons, teaching one to two stitches at a time.

Once the date, time and location have been arranged, it is time to prepare kits.

Supplies:

1. Batiste for apron and doodle cloths (approx. 2 yards will give you enough fabric for 12 aprons and 12 doodle cloths)
2. 2/3 yd. ¼” ribbon for each apron
3. Embroidery Needles (size 7 and/or 8) and Tapestry Needles (size 26)
4. Wool Felt and Heavy Weight or Business Card Paper for Needle Packets
5. Needle Threaders
6. 4” Hoops (one for each child and several extras for helpers to use for demonstrating the stitches)
7. Floss in Several Colors, for 10 participants you will need 2 skeins of each color
8. Buttons, assorted size and colors (several for each child)
9. Name Tags
10. Plastic Bags for kits
11. Plastic 1” rings
12. Handouts, may be copied from those provided in this program
Preparing Kits:

1. Using the pattern, make one apron for each child, one for your sample, and it is a good idea to make several more for demonstrating on.

2. Cut doodle cloths approx. 10” x 10”. To save time draw three straight lines about 1” apart across fabric on the lower half, then a curved line above those lines. Also trace a small button. Draw intersecting line within the circle for spacing lazy daisy flower petals. This will save time in class and the children will use these to practice their stitches. Label the lines and circle with the stitch they will be using, i.e.; running stitch, backstitch, stem stitch, chain stitch and lazy daisy flower. Using sewing machine set at 3.0 straight stitch, machine stitch a row across doodle cloth. This will be used for whipped stitch.

3. Wrap inner hoop of wooden 4” embroidery hoops, if not already done. I suggest purchasing a hoop for each child and including it in their kit to take home so they can continue to embroider.

4. Cut floss into 18” lengths, several colors for each child. Attach 3 lengths of each color to 1” rings.

5. Copy the needle pack front and back onto heavy weight paper and cut to 2” x 3.5”. Fold in half. Cut felt into 1.5” squares and glue top edge into needle packet. When glue is dry, insert one of each needle size where indicated.

6. Make copies of stitch diagrams and embroidery design(s) for each child. Include diagrams for both right or left handed stitchers.

Assemble Kits and materials: Include in each kit:

- Doodle cloth
- Apron
- Floss on ring
- Needle Packet
- Needle Threader
- 4” Hoop
- Several Buttons
- Name Tags (suggest you include two, one for child and one for parent)
- Copies of stitch diagrams and embroidery design.
**Additional Items needed for class:**

- Pencils or FriXion Pens to trace or draw design on the apron.
- Scissors on each table for clipping threads
- Small iron and ironing board (optional)
- Large piece of white flannel or a flannel sheet to cover tables (this keeps the needles from rolling off tables and makes them easy to see.
- Light box or tape to attach pattern and apron to window for tracing. Paper tape or blue painters tape peels off easily.
- Easel, large tablet and markers (optional but helpful)
- Information about your chapter and Smocking Arts Guild of America
- Samples of embroidery, smocking
- Books with Doll Clothes
- Embroidery and Smocking Books
- URLs for websites with videos and information relating to embroidery
- SAGA News
- Camera to take pictures to submit to SAGA
- SAGA News Minor Release Form
- Thread several needles to have ready for demonstrations

Ask members or your chapter to come and support you while you are teaching. They can help demonstrate stitches, hooping fabric or answer questions from the parents. They can also talk to adults about SAGA.
The day of your class:

Arrive early and set up a table for children and parents to learn about your chapter and SAGA. Display embroidery and smocking samples, reference books, information packets, etc.

Have a sign in sheet for children and parents to sign. Have a space for them to leave their contact information if they are interested in learning more about your chapter or SAGA or future classes.

Wear a name tag to identify yourself and greet the children and parents as they arrive.

This is not a time to chat, you want class to start on time.

Assign one of your helpers to give each child their kit and find a place to sit.

Class Begins:

Introduction:

1. Introduce yourself and your helpers

2. Say something about SAGA, such as: We are members of ____________, a chapter of the Smocking Arts Guild of America, also known as SAGA. SAGA is an international organization whose purpose is to preserve and expand the needle arts through education and communication.

3. Explain what you will be doing: “Today, you will be learning embroidery on a doll apron. You will learn to thread a needle, trace or draw a design on your doll apron, hoop your fabric (apron), practice and then stitch your design on your apron. You will also learn how to sew on a button as part of this program.”

4. Have each child introduce themselves and their experience with sewing.

Anyone left handed?

5. Go over classroom rules:

   a. Always park needle when not in use in fabric or felt in needle pack
   
   b. Sit when using scissors
   
   c. Be courteous to others
   
   d. Ask questions
Begin Lesson:

1. Strip floss. Demonstrate. Have children do it. Have helpers ready if needed. This is a good time to tell the children that the floss should not be cut too long, 18” is a good length.

2. Show how to use needle threader. Have children thread needle and with helpers, make a slip knot or waste knot in end of thread. If using a slip knot, the tail needs to be the one to pull out knot.


4. Practice stitches: (using the diagrams included in program)
   a. Running stitch
   b. Back Stitch
   c. Stem Stitch
   d. Chain Stitch
   e. Lazy Daisy Flower
   f. Sew on a button
   g. Weave in end on back side, clip thread
   h. Whip Stitch machine stitching
   i. Assure the children that they can embroider and with the helpers go around to all the children to offer any support. Always have something positive to say to the children.

5. Draw or Trace Design on Apron

6. Have children hoop apron with design in the hoop area. Helpers should be available for this.

7. If using flower design provided, start on the stem with whatever stitch child is comfortable with. Try to get at least one line of the stem complete and then start on a leaf. Suggested stitch for leaf is backstitch.

   If making a Lazy Daisy flower, stitch it after a leaf is completed. When all embroidery is complete, sew on button(s) for additional flowers.

8. If time permits, work an edge around the apron with a running stitch or whipping the machine stitched edge.
9. During class, have a helper fill in each child’s name on the certificates to be given out at the end of class.

Additional items you may consider when teaching this program:

1. Have a list of reference books and URLs that the children can refer to if they want more information on embroidery and making clothes for 18” doll. See list included in this program.

2. Remind the children that they can check at their local library, book store and sewing center for books and magazines with information on embroidery.

3. If you are teaching in a library, ask the librarian where their area on needlework is and ask if it is possible to have a display of the books and magazines for both the children and adults. If time permits, take the class to that area so they become familiar with it.

4. Ask the children when they register for the class to being their dolls to watch, sitting off to the side, so they can try on their aprons at the end of class.

At the end of class, be sure to offer positive reinforcement and encouragement to the children.
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Running Stitch –
A broken stitch suitable for fine outlines
Start with a waste knot.
Bring needle out of fabric at A (starting point),
pass needle in and out of fabric along stitching
line, working several stitches at a time. This stitch
worked right to left.

Backstitch –
Slightly raised line for outlines and details
Start with a waste knot.
Bring needle out of fabric (A) one stitch from start point,
Insert needle into start point (B) and out again two stitch
lengths away at (C). Pull thread through creating a stitch.
Insert needle at end of stitch using the same hole, and up
again two stitch lengths away, repeat for length of line.
Worked from right to left.
**Stem Stitch**

Slightly raised, solid line great for stems and curves

Start with a waste knot.

Bring needle out at (A), keeping thread below needle, insert needle at (B) and out at (C). Pull thread through. Insert needle a half stitch length from end of previous stitch and bring needle out in same hole as the previous stitch.

Continue in this way.

Worked from left to right.

**Lazy Daisy Stitch**

When worked in a circle, it resembles petals of a flower

Start with a waste knot.

Bring needle to front of fabric at (A) and back into fabric at (B) just a thread or two from (A) and out at (C). Hold thumb on loop while pulling thread through so a rounded petal forms. Make a short straight stitch over loop to keep it in place and come out at position for next stitch. Continue around circle for flower.

Right Hand Directions
Running Stitch –

A broken stitch suitable for fine outlines

Start with a waste knot.

Bring needle out of fabric at A (starting point),

pass needle in and out of fabric along stitching

line, working several stitches at a time. This stitch

worked left to right.

Backstitch –

Slightly raised line for outlines and details

Start with a waste knot.

Bring needle out of fabric (A) one stitch from start point,

Insert needle into start point (B) and out again two stitch

lengths away at (C). Pull thread through creating a stitch.

Insert needle at end of stitch using the same hole, and up

again two stitch lengths away, repeat for length of line.

Worked from left to right.

Left Hand Directions
**Stem Stitch –**

Slightly raised, solid line great for stems and curves

Start with a waste knot.

Bring needle out at (A), keeping thread above needle, insert needle at (B) and out at (C). Pull thread through. Insert needle a half stitch length from end of previous stitch and bring needle out in same hole as the previous stitch.

Continue in this way.

Worked from right to left.

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**Lazy Daisy Stitch –**

When worked in a circle, it resembles petals of a flower

Start with a waste knot.

Bring needle to front of fabric at (A) and back into fabric at (B) just a thread or two from (A) and out at (C). Hold thumb on loop while pulling thread through so a rounded petal forms. Make a short straight stitch over loop to keep it in place and come out at position for next stitch. Continue around circle for flower.

*Left Hand Directions*
Sewing on a Button

1. Mark button placement.

2. Take a small stitch on marked spot, leaving a short tail.

3. Make a backstitch to secure thread. Carefully cut tail off.

4. Bring needle up through one hole in button and back down through the other hole, through fabric to the back.
   Working from the back, make another stitch through button to front then back down, repeat again.
   Then make a stitch through fabric this time ending under the button. Tie off with a knot.
Kids Can Stitch

Reference Books and URLs

1. **Embroidery & Crazy Quilt Stitch Tool**, by Judith Baker Montano, this book has both right and left hand illustrations.

2. **Doodle Stitching**, 400+ easy embroidery designs, by Aimee Ray, this book comes with a CD of all the designs.

3. **The Complete Illustrated Stitch Encyclopedia**, published by Sterling Press, this book has very detailed illustrations of the stitches and suggested projects. Besides embroidery stitches, it includes counted cross stitch, needlepoint, drawn thread work, hardanger, shadow work, smocking, etc.


5. **Sew Today’s Fashions for 18” Dolls**, by Joan Hinds, contains full size patterns and instructions for clothing and accessories

6. **Sew the Contemporary Wardrobe for 18” Dolls**, by Joan Hinds, contains complete instructions and full size patterns for clothing and accessories

7. **Love to Dress Up 18” Doll Clothes**, designs by Lorine Mason, full size patterns for 12 fun outfits

8. **Mary Corbet’s Needle ‘n Thread** – www.needlenthread.com

Check with your local Library, bookstore or sewing center for these and more books on embroidery and sewing.

Happy Stitching!
KIDS CAN STITCH

(this certificate is awarded to:

in recognition of

Completion of Emma’s Apron Embroidery Class

Signature ___________________________ Date ___________________________
SAGANews Model Release for MINOR
For good and valuable consideration, the receipt and legal sufficiency of which is hereby acknowledged, I ________________________________ ("Model") hereby grant to ________________________________ and SAGANews (collectively, the "Photographer"), the Photographer’s assigns, and those persons acting with the Photographer’s authority and permission, the right to take and create photographs (in all formats) and other graphical depictions incorporating my likeness, in any and all media, whether now known or hereafter created (the “Photographs”).

I hereby agree that all rights in and to the Photographs, including the copyright, are and shall remain the sole property of the Photographer, free and clear from any claims by me or anyone acting on my behalf. The Photographer’s rights include, but are not limited to, the rights, in perpetuity, to: Use, re-use, publish, and re-publish the Photographs; Alter, modify or otherwise change the Photographs, in any manner the Photographer desires; Combine the Photographs with textual matter and/or with other pictures and/or media; and, Use the Photographs for illustration, promotion, art, editorial, advertising, trade, publishing, or any other purpose whatsoever.

I hereby release, discharge, and agree to hold harmless the Photographer, the Photographer’s heirs, legal representatives and assigns, and all persons acting under the Photographer’s authority or those for whom he/she is acting, from any liability by virtue of any use of the photographs or any changes or alterations made thereto.

I warrant and represent that I am the father/mother/guardian of ______________________________________ the Model above named. I have read the above authorization, release, and agreement, prior to its execution, and I am fully familiar with the contents thereof. This release shall be binding upon me and my heirs, legal representatives, and assigns.

Name (Print)__________________________ Date ____________________________
Signature ____________________________ Phone ___________________________
Address ______________________________________________________________
City ___________________________________________ State ____ Zip __________
Signature of Parent/Guardian (if minor) _______________________
Witness Signature ____________________________________________
Witness Print ______________________________________________
Description of Scene:_____________________________________________________


Apron/Pinafore Directions

For each apron/pinafore:

1. From pattern included, cut one apron on fold. Cut two straps 1 7/8” x 4 ¾”. Cut a bias strip 16” x 1 5/8” for binding top of apron.

2. Machine serge along the side/bottom edge of apron. Turn and press this edge to the wrong side for the hem. Using a 3.0 stitch length, stitch entire side/bottom edge. (During the class, this edge can be whipped stitched by hand.)

3. Fold strap in half lengthwise and stitch with a ¼” seam allowance. Turn right side out and press. Using a 3.0 stitch length, stitch along each long side of strap about 1/8” – 3/16” from edge. (During the class, this edge can also be whipped stitched by hand.) Repeat for second strap.

4. Stitch bias to the top of the apron (it is longer than needed). At beginning leave ½” of bias. Trim opposite end to ½”.

5. Place straps on wrong side of apron as indicated on pattern, with the raw edges even. Each strap is attached to the front and back of apron. Pin and stitch in place with a ¼” seam allowance being careful not to twist the straps.

6. Fold in ends of bias. Fold long side of bias to raw edge of the apron top. Fold again to wrong side matching first fold with the machine stitching. Hand stitch in place. Press straps up.

7. Attach a 10” Piece of ⅛” ribbon to each side of back.
Stem Stitch

Leaf Spine

Running Stitch around button

Backstitch outline of leaves

Sew on button

Detached Chain

Lazy Daisy Stitch

X = button
# KIDS CAN STITCH PROGRAM

## PARENT PERMISSION

I give my child permission to participate in the Kids Can Stitch Program.

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<tr>
<th>Student’s Name</th>
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<th>Parent/Guardian’s Name (Please print)</th>
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### EMERGENCY CONTACT INFORMATION

In case of emergency please contact:

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List any/all allergies___________________________________________________________

### RELEASE OF LIABILITY

I understand that the Kids Can Stitch Program involves the use of needles, pins, scissors, sewing machines, and other sharp objects that could cause injury to my child. I assume the risk that is inherent with allowing my child to participate in the Kids Can Stitch Program. I understand that The Smocking Arts Guild of America (SAGA), and ____________________________, a Chapter associated with SAGA, assume no responsibility or liability for injuries/illnesses of my child. I further understand that I hold SAGA and the ____________________________ Chapter of SAGA, its Board of Directors, agents, employees, and volunteers harmless from any and all liability or claims which may arise out of my child’s participation in the Kids Can Stitch Program.

Signature of Parent/Guardian ______________________________  Date ______________
As parent/guardian of __________________________ I understand that the Kids Can Stitch Program will begin at ________________ and will end by _________________. In order to be released at the end of the program, the above named student MUST be signed out by the parent/guardian or by one of the individuals listed below.

__________________________________________ _____________________
Parent/Guardian's Signature Date

When I am unable to pick up my child, I give permission to the following people to pick up my child:

__________________________________       _______________________
Name/Relationship Phone Number
__________________________________      _______________________
Name/Relationship Phone Number
__________________________________      _______________________ 
Name/Relationship Phone Number

PHOTO/VIDEOTAPING RELEASE

During your child’s attendance in the Kids Can Stitch Program, s/he may be participating in an activity that is being photographed or videotaped; these photographs/video recordings may be used for promotional purposes.

My child ___may ___may not be photographed/videotaped by the program for promotional purposes.

As parent/guardian, I understand that I hold SAGA, and ____________________________, a Chapter associated with SAGA, its Board of Directors, agents, employees and volunteers harmless from any and all liability or claims which may arise out of or in connection with my child’s being photographed or videotaped while participating in the Kids Can Stitch Program.

__________________________________________
Parent/Guardian’s Signature Date

11-18-14
KIDS CAN STITCH SAFETY
GUIDELINES

1. Children should be supervised at all times.
2. Children should use round end scissors. When/if using small sharp embroidery scissors, children should be seated and closely supervised.
3. Have an appropriate means to handle pins and needles. This could include a flannel sheet to cover the table so items don’t roll onto the floor, a pin cushion or piece of felt to hold pins and needles, and perhaps a sewing kit to keep everything together.
4. If ironing is required for the project, it should either be done by an adult or a closely supervised child.
5. Have an emergency kit on hand.
6. Provide bathroom breaks and have an adult escort the child to the bathroom.
7. Make sure to have the Kids Can Stitch permission slip signed.
8. If you are providing snacks, be sure to inquire about allergies.
9. Instruction when using sewing machines should include a hand placement demonstration to avoid injury.
Kids Can Stitch Helpful Hints

Teaching children is a joy and a privilege, but can be quite different than working with adults. As you prepare to teach a Kids Can Stitch Program, you may want to incorporate some of the following hints that our members have found helpful:

- Cover tables with a white piece of flannel or a light colored flannel sheet (without any patterns) to prevent pins and needles from becoming lost by rolling off tables.
- A glue stick can be used for basting instead of pins for small children.
- Encourage children to keep their sewing supplies all together in a sewing box and out of the reach of smaller children.
- They should have a pin cushion or piece of felt to insert pins and needles into for safe keeping.
- The work area, such as seating height, table height and space should be appropriate for their size.
- Provide bags or snippet containers and encourage their use so threads and scraps do not accumulate on the floor.
- Teach the children how to use needle threaders when threading their own needles. It is also important to teach them how to tie a knot at the end of their thread.
- If possible, use a newer electronic machine when teaching sewing to children. The machine can be set to go very slow, even one stitch at a time.
- Place a box or another form of elevation on the floor so the child can safely reach the foot pedal.
- Use painters blue tape on the throat of the machine for a clear seam guide for the child to see and use without getting their fingers in the needle area.
- Set clear expectations for parents: should they remain and assist their child, or should they drop their child off.
- Set age parameters for students.