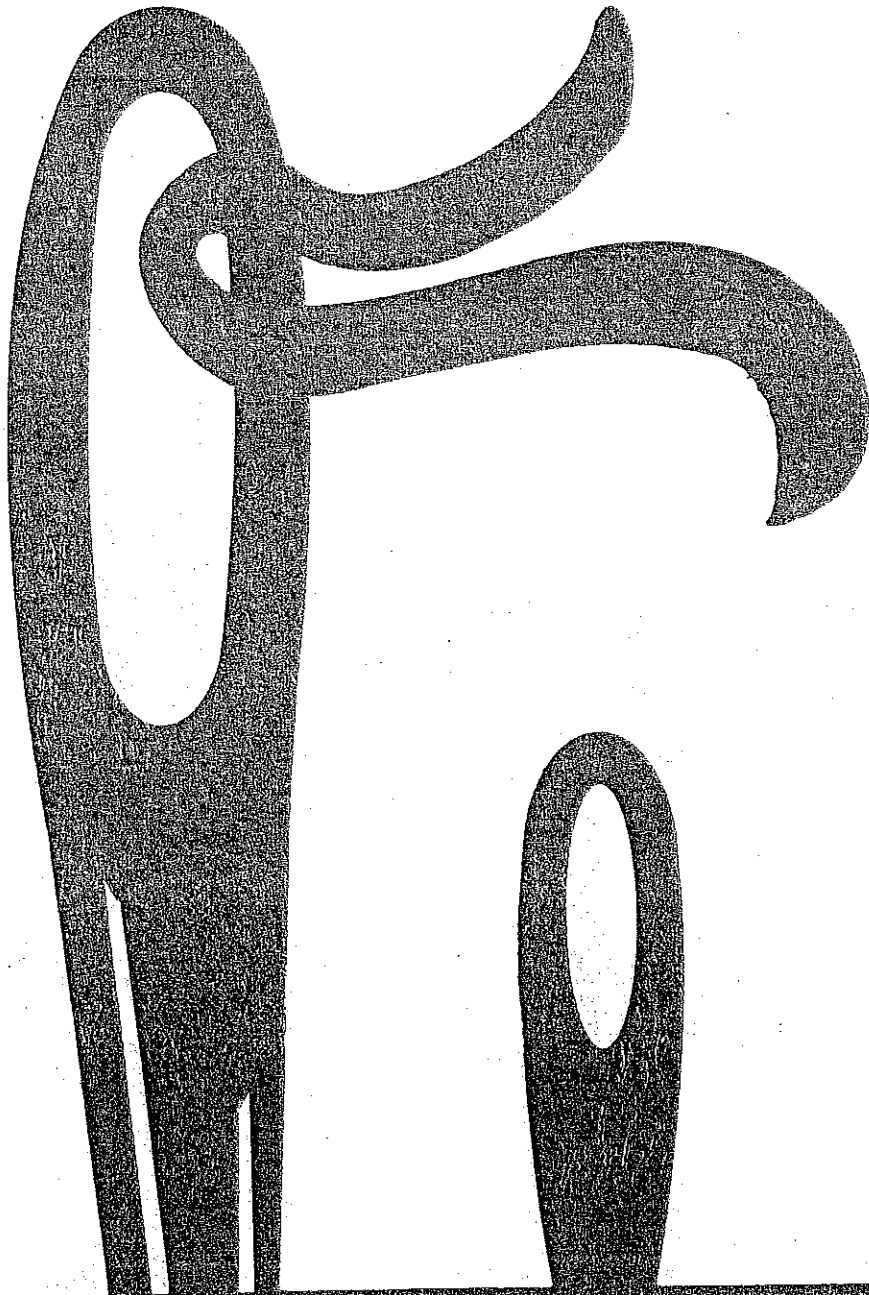


Telepac

Easy Basic Sewing (For Left-Handed Children)



Parent
Involvement
Package

EASY BASIC SEWING SKILLS
(For Left-Handed Children)

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INTRODUCTION

Purpose

The purpose of the Easy Basic Sewing Skills Package is to teach your child how to measure and cut a thread for hand sewing, to thread a needle, and to make a holding stitch (instead of a knot) on a piece of fabric. It is recommended that you read each lesson completely before you teach it and follow the instructions carefully, since the package, as it comes to you, has been tested and successfully used by parents before. You need not have had previous experience or specialized training to achieve the best results.

Is Your Child Ready?

If your child can do the following things without help, he is ready for this package:

1. Hold a needle in one hand and a short piece of thread in the other and move the thread toward the needle, so as to touch them together.
2. Cut a thread with scissors.
3. Count to 3 as you clap your hands 3 times.

BEGINNING CHECK

Skip Lesson 1 if the child can already measure thread for sewing.

Skip Lesson 2 if the child can already thread a needle.

CORRECTING AND PRAISING

Correcting

Use these three ways to correct your child.

Tell: When your child has difficulty, tell him how to do the step. Then have him do it by himself.

Show: If your child is still having difficulty, show him how to do the step. Then have him do it by himself.

Help: If your child is still having difficulty, help him. Take his hand and move him through the step. Then have him do it himself.

When your child makes a mistake, immediately tell, show or help him do it correctly.

Praise

When your child makes a correct answer, it is important to let him know exactly what it is that he did correctly. "Very good" does not tell the child exactly what it is he did correctly. Here are some better ways to praise your child:

"You cut the thread right next to the spool. That was very good!"

"You worked hard today. You really learned how to thread your needle!"

DAILY
LESSONS

LESSON 1: MEASURING AND CUTTING THE THREAD

In this lesson the child will learn to measure and cut a length of thread for sewing.

Materials:

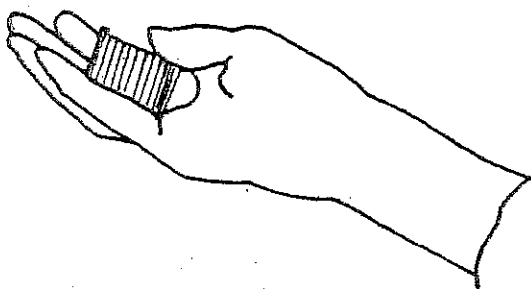
2 Spools of thread
1 Pair of Scissors

Step a: P. (Put one spool on table in front of child. Put other spool on the table in front of the parent. The parent will use parent's spool; the child will use child's spool.)

THIS IS A SPOOL. (Point to your spool.)

WATCH ME PICK UP MY SPOOL LIKE THIS.

(Pick up spool and hold it in slightly cupped right hand.)



P. NOW, YOU PICK UP YOUR SPOOL AND HOLD IT LIKE THIS.

C. (Child holds spool in slightly cupped right hand.)

P. THAT'S RIGHT. THAT'S THE WAY TO HOLD YOUR SPOOL.

If your child has trouble doing this, tell him how to hold his hand, or show him or help him by shaping his fingers.

Step b: P. NOW WATCH MY ARM. (Still hold spool as in Step a.)

P. SEE HOW I PULL THE THREAD UP TO MY CHIN. NOW YOU PULL THE THREAD UP TO YOUR CHIN.

C. (Child pulls thread up to chin.)

P. VERY GOOD PULLING THE THREAD. YOU CAN DO IT VERY WELL.

(Rewind parent's and child's spools very quickly.)

Remember: Tell, show or help.

Step d: P. NOW WATCH ME DO THE WHOLE THING.
(Repeat all of Steps a, b and c as the child watches you. As you do each step say out loud what it is you are doing: "I'm holding the spool, now I stretch out my arm, now I pull the thread up to my chin".)

NOW YOU DO THE WHOLE THING.

C. (Child does Steps a, b and c correctly.)

P. THAT IS EXCELLENT. YOU DID THAT VERY WELL.

Step e: P. (Place 1 pair of scissors in front of child and 1 in front of parent.)

C. (Child and parent should still be holding their spools in their right hands, and their right arms should be outstretched.)

P. NOW I WILL TAKE MY SCISSORS. WATCH! I WILL CUT MY THREAD NEXT TO MY SPOOL.

(Holding spool in right hand, pick up scissors with left hand and cut the thread next to the spool.)

NOW YOU TAKE YOUR SCISSORS AND CUT YOUR THREAD NEXT TO YOUR SPOOL.

C. (Child takes scissors with left hand and cuts thread next to his spool.)

P. VERY GOOD! THAT'S THE WAY TO CUT YOUR THREAD!

* Step f: P. NOW WATCH ME DO THE WHOLE THING.
(Repeat all of measuring and cutting the thread saying each step as you do it.)

LESSON 2: THREADING THE NEEDLE

In this lesson the child will review measuring and cutting the thread and will learn to thread a needle.

Materials:

1 Yarn needle for child
1 Sewing needle for parent
2 Spools of thread
Scissors

Step a: P. (Put spool of thread and scissors in front of child.)

DO YOU REMEMBER WHAT WE DID YESTERDAY? DO IT.

C. (Child measures and cuts thread as in Lesson 1.)

P. VERY GOOD! THAT'S THE WAY TO MEASURE AND CUT YOUR THREAD.

If child does not remember, you may: Tell him the steps of measuring and cutting or you may show him these steps.

Step b: P. WATCH WHAT I AM GOING TO DO WITH THE THREAD TODAY.
I PICK UP THE THREAD LIKE THIS.
(Pick up thread with left hand $\frac{1}{2}$ inch away from end.)

THEN I WET MY FINGERS.
(Wets tips of right thumb and right forefinger with tongue.)

THEN I SMOOTH THE TIP OF THE THREAD.
(Smooth tip of thread with right fingers.)

SEE HOW I SMOOTHED THE TIP OF THE THREAD. NOW YOU TRY TO DO THAT.

C. (Child picks up thread, with left hand $\frac{1}{2}$ inch away from end. Then he touches his right thumb and forefinger to his tongue and pulls end of thread with those fingers to smooth the tip.)

P. GOOD! YOU SMOOTHED THE TIP OF YOUR THREAD TOO.

P. NOW YOU DO ALL THAT!

C. (Child measures and cuts his thread and threads his needle correctly.)

P. THAT'S SUPER! YOU REALLY DID THAT WELL!

Remember the three ways that you can correct your child: Tell, show or help.

(Fill in the parent's chart and the child's chart. Remember: Your child must do the last step * of this lesson without help before he can go on to the next lesson.)

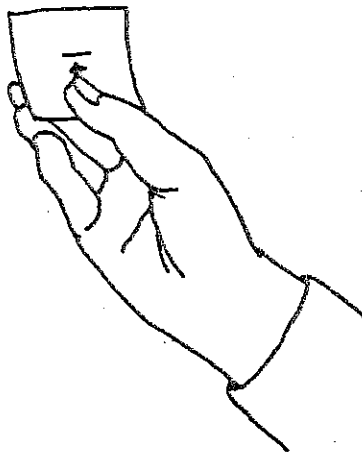
LESSON 3: "UP" AND "DOWN"

This lesson teaches the child to hold his fabric correctly in his right hand. It also teaches him to push his needle up through the underside of his fabric and to push it down into the topside of his fabric and to pull his needle through with his left hand. Finally it teaches him to count as he pushes his needle up and down, so as to do the motion of up and down three times.

Materials:

- 2 Needles
- 2 Squares of fabric with arrow and 2 stitch marks

Step a: P. TODAY WE'RE GOING TO LEARN HOW TO HOLD OUR FABRIC. WATCH HOW I HOLD MINE WITH MY THUMB OVER THE ARROW.
(Hold fabric square in right hand with right thumb over the arrow. Right hand should be resting on the table.)



P. NOW YOU HOLD YOUR FABRIC THAT WAY.

C. (Child holds fabric in right hand with right thumb over the arrow.)

P. THAT'S THE WAY! YOU'RE HOLDING IT THE RIGHT WAY!

Remember: Tell, show or help your child to hold his fabric in his right hand with his right thumb over the arrow.

Step d: P. NOW I'M STILL HOLDING MY FABRIC WITH MY THUMB ON THE ARROW.
(Hold fabric in right hand with thumb over arrow.)

NOW, I'M GOING TO GO UP AND DOWN. WATCH MY NEEDLE! I GO UP AND PULL MY NEEDLE, AND I GO DOWN AND PULL MY NEEDLE.

(With left hand push needle from underside of fabric up into end of stitch mark above the arrow; pull needle through; push needle down from topside of fabric into left end of stitch mark and pull needle through.)

NOW YOU HOLD YOUR FABRIC WITH YOUR THUMB ON THE ARROW AND PUSH YOUR NEEDLE UP AND DOWN THAT WAY!

C. (Child holds fabric with right thumb over arrow. He pushes needle up into the end of stitch line above the arrow, pulls it through and then pushes it down into the left end of the stitch line and pulls it through.)

P. THAT'S NEAT. YOU WENT UP AND DOWN VERY WELL!

Remember: Tell, show or help.

Step e: P. NOW, I'M GOING TO COUNT WHILE I GO UP AND DOWN. WATCH MY NEEDLE! I GO UP AND DOWN, ONE; UP AND DOWN, TWO; AND UP AND DOWN, THREE.

(Push needle up from underneath above arrow and down into the topside at left end of the stitch line.)

YOU DO THAT! YOU GO UP AND DOWN, ONE; UP AND DOWN, TWO; UP AND DOWN, THREE. WE'LL COUNT TOGETHER.
(Count with the child.)

C. (Child correctly pushes needle up and down, one, two and three.)

P. SUPER! YOU WENT UP AND DOWN, ONE; UP AND DOWN, TWO; UP AND DOWN, THREE REALLY WELL!

* Step f: P. NOW YOU DO THAT AGAIN ALL BY YOURSELF! UP AND DOWN, ONE; UP AND DOWN, TWO; AND UP AND DOWN, THREE.

LESSON 4: TEACHING A HOLDING STITCH

In this lesson the child will review Measuring and Cutting Thread and Threading a Needle. Then he will learn how to make a holding stitch by sewing over the same stitch mark three times.

Materials:

2 Needles
2 Spools of thread
Scissors
2 Squares of fabric marked with stitch marks

Step a: P. DO YOU REMEMBER HOW WE MEASURED AND CUT OUR THREAD AND THREADED OUR NEEDLES? WATCH ME!
(Measure and cut thread and thread needle.)

NOW YOU DO ALL THAT!

C. (Child measures and cuts his thread and threads his needle correctly.)

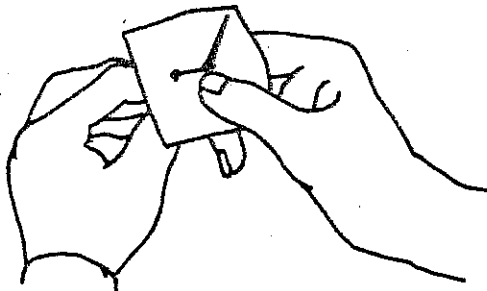
P. YOU REMEMBERED! YOU DID ALL THAT VERY WELL!

Step b: P. TODAY I AM GOING TO SHOW YOU HOW TO MAKE A HOLDING STITCH. FIRST I'M GOING TO HOLD MY FABRIC IN MY RIGHT HAND WITH MY THUMB OVER THE ARROW.
(Hold fabric in right hand with your thumb over the arrow.)

YOU HOLD YOUR FABRIC THAT WAY!

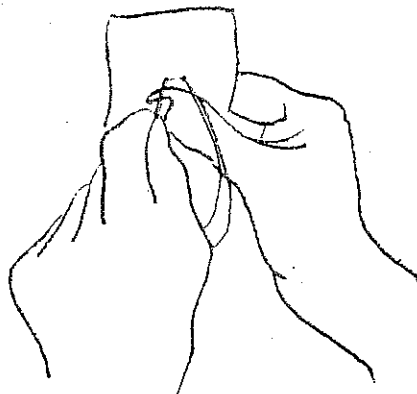
C. (Child holds fabric with right thumb over arrow.)

P. GOOD! YOU'RE HOLDING YOUR FABRIC THE RIGHT WAY. NOW I'M GOING TO PUSH MY NEEDLE FROM UNDERNEATH UP INTO THE MARK ABOVE THE ARROW.
(Push needle up from underneath into the mark above the arrow.)



P. GREAT! YOU'RE HOLDING THE END OF YOUR THREAD JUST THE RIGHT WAY!

Step d: P. NOW I'M READY TO FINISH MAKING A HOLDING STITCH. WATCH MY NEEDLE! I GO DOWN, ONE.
(Push needle down into mark to left of arrow.)



P. AND I PULL MY NEEDLE AND THREAD, BUT I KEEP HOLDING THE END OF THE THREAD UNDERNEATH.
(Pull needle and loose thread, while firmly holding the end of the thread underneath.)

THEN I GO UP AND DOWN, TWO.
(Push needle back up through mark above arrow, pull loose thread. Push needle down through mark to the left of the arrow and pull loose thread.)

THEN I GO UP AND DOWN, THREE! (Repeat last stitch.)

NOW YOU FINISH MAKING YOUR HOLDING STITCH.

C. (Child finishes making his holding stitch; he holds the cut end of the thread underneath the fabric with his right forefinger. Then he goes down, one; up and down, two; and up and down, three.)

P. PERFECT! YOU MADE A GREAT HOLDING STITCH!

Remember: Tell, show or help your child to hold his fabric correctly and to count "down, one; up and down, two; up and down, three".