Beginner Stitching Guide

A friendly step-by-step guide to cross-stitch

What is Cross-Stitch?

Cross-stitch is a form of embroidery where you make tiny X-shaped stitches on a grid fabric to create a picture. It's relaxing, rewarding, and anyone can learn!

The Basics

1. **Each square on the chart = one cross-stitch on the fabric**
   The chart is like a map. Follow it square by square.
2. **Use 2 strands of floss for cross-stitches**
   DMC floss comes with 6 strands. Gently pull out 2 strands at a time.
3. **Use 1 strand of floss for back stitches**
   Back stitches are the outlines. They use less thread because they're thinner.
4. **Always start from the center of the pattern**
   This ensures your design is centered on the fabric.
5. **Match each symbol to a DMC color**
   The info sheet shows which symbol matches which DMC thread color.

How to Make a Cross-Stitch

Each cross-stitch is made of two diagonal stitches that form an X:

1. **Bring the needle up through the fabric at the bottom-left corner of the square**
2. **Push the needle down at the top-right corner (first half of the X: /)**
3. **Bring the needle up at the bottom-right corner**
4. **Push the needle down at the top-left corner (second half: \\)**
5. **You've made one cross-stitch! Move to the next square.**

Tip: Always make your stitches in the same direction (bottom-left to top-right first).
This makes the finished piece look neat and consistent.

How to Read the Chart

- Each small square on the chart represents one cross-stitch
- The symbol inside each square tells you which DMC color to use
- Look up the symbol in the DMC Thread List to find the color number
- The thick grid lines appear every 10 squares to help you count
- Use the combined chart (color + symbols) if you want to see both at once

Tips for a Great Result

- Work one color at a time — finish all stitches of one color before moving on
- Don't pull your stitches too tight — they should lay flat on the fabric
- Keep the back of your work as neat as possible — no long jumps between stitches
- Use good lighting — a daylight lamp makes colors easier to see
- Take breaks — cross-stitch is meant to be relaxing, not stressful!
- If you make a mistake, don't worry — you can carefully unpick stitches with a needle
- Iron your finished piece face-down on a towel with a damp cloth over it

When You're Done

- Gently hand wash in cool water with mild soap if needed
- Lay flat to dry on a clean towel
- Iron face-down on low heat with a pressing cloth
- Frame it, make it into a pillow, or give it as a heartfelt gift!

Video Tutorials

Watch these free YouTube videos to see the techniques in action:

- How to Cross Stitch for Beginners
  https://www.youtube.com/watch?v=ZjhS_innKyw
- How to Read a Cross Stitch Pattern
  https://www.youtube.com/watch?v=IF1MDsXUMJo
- Back Stitch Tutorial for Beginners
  https://www.youtube.com/watch?v=rZ_wVC84UmM
- How to Start & End a Thread Neatly
  https://www.youtube.com/watch?v=reeea0_jWAg

Remember: There's no rush. Work slowly and enjoy the process.

Every stitch brings you closer to a beautiful handmade creation.

Happy stitching!