**Sewing with Knits Tips**

The stretch and resilience of knit fabric makes them such a joy to wear. Knits move with our bodies and active lifestyles, giving us room to grow and move. These qualities are what make knits unique, but also require us to handle them in a different manner.

**Tips and tricks for handling knits:**

* Use **ballpoint pins** to avoid damaging knit fabric while cutting and sewing.
* Test stitches with the stretch of the fabric and against it. Both directions of the fabric will behave differently. Ensure your stitches do not skip.
* Do not stretch as you sew or resist the feed of your machine by pulling the fabric toward or away from you.
* Support the weight of your project while you sew. Do not let it fall to the ground as it passes through your sewing machine. This will stretch your fabric and put unnecessary stress on your sewing machine
* If some stretch occurs during the sewing process, hover your iron approximately 1" above the stretched seam and apply steam. The heat and moisture of the steam will help to shrink the seam back to its intended size and shape.
* Use a narrow zigzag stitch (0.5,C,2.5) and sew a double stitch to reinforce the seam. Trim the extra seam allowance away after.
* Start sewing a little bit in from the edge of the fabric to start

 Start here

then back stitch to the beginning & continue sewing to the end