

# Pointe Shoe Sewing Directions and Information

Rules for your first pair of pointe shoes:

1. DO NOT go up on pointe at home before the first day of classes. Yes, it is very tempting. ☺ I don't want anyone building up bad habits by going on pointe before I have taught them and observed their use of the correct technique. This can be a setback for the students as well as dangerous! Also, this can break in your shoes incorrectly, causing you to need to purchase a new pair. You can put them on while sitting as much as you want, but please refrain from going up on pointe!
2. Do not bend or attempt to break in your shoes in any way. We will do this together on the first day.
3. The dancer should be the one sewing their own pointe shoes. Going on pointe is an important step for dancers and with it comes the responsibility of sewing their own shoes. The stitches do not have to be perfect, as long as they are strong enough to hold.
4. Shoes should be sewn by the first day of classes. They should also be repaired or corrected as soon as possible if they need to be sewn again. Safety pins are not a safe method for securing ribbons or elastic.

Supplies you will need for sewing:

- Scissors
- Large Needle
- Dental floss/Thick Thread
- Lighter (ask an adult for help with this step!)

Directions:

1. Cut elastic into 2 equal pieces (if this had not already been done by the store).
2. Sew elastic across the ankle, making sure that the elastic is tight against the foot. Sew each side approximately 1 inch from the back of the heel.
3. Cut ribbons into 4 equal pieces (if this has not already been done in the store).
4. With help from an adult, burn the ends of each ribbon to prevent fraying by melting the ribbon slightly on each end. This will need to be repeated on the unsewn end after the first class when we learn to tie them properly.
5. Sew each ribbon (2 per shoe) across the middle seam of the shoe (if your shoe has one) or about evenly with the middle of the arch of your foot. Sew one ribbon at the same position on each side of the shoe. Sew the ribbons at a slight angle towards your ankle so they can be tied around your ankle and remain flat against your foot. If you have ribbons with pieces of elastic sewn in them (some brands have this) sew the ribbons so that the pieces of elastic are closer to the shoe than the outside ends of the ribbons. Ideally, these pieces of elastic end up behind the ankle, which is difficult when we haven't learned to tie the shoes yet, so be prepared to have to make adjustments in the future.
6. Put your foot in the shoe and pull drawstrings until they are tight enough that the shoe is not gapping at any point around the foot. Double knot the drawstrings and cut them about 2 inches from the knot. Do not cut them shorter in case they need to be adjusted!

Additional Supplies you will need (and should have in your dance bag at all times):

- A mesh bag to store your shoes in
- Toe pads (ouch pouches or Lamb's wool)
- Medical tape
- Band-aids
- Toe nail clippers
- Small sewing kit
- Scissors