

THE BIRD MAKERS PROJECT

HAND SEWING YOUR BIRD – BACK STITCH

If you do not have a sewing machine, follow this guide to hand sew your bird. This guide will take you step by step through the process of sewing together your bird using Back Stitch.

Once you have completed these steps you can refer back to [The Bird Makers Project 'Instruction Guide'](#) and continue on with Step 4: Shape and Stuff.

WHAT YOU WILL NEED

Your Black Garment – Fabrics recommended for backstitch are; T-shirts, stretch cotton, jersey, shirting or any non-fraying fabrics.

Fabric Pins – Bubble Head pins work best however you can also use safety pins

Fabric Scissors (or similar)

Black Sewing Thread

Needle

WHAT WE WILL PROVIDE

Instructions

Step-by-Step Hand Sewing Video

Focused Hand Sewing Video

Co:3

A U S T R A L I A

STEP 1:

CUT

NOTE: You may like to watch our [How to Back Stitch Your Bird Video](#) for a demonstration of hand sewing your bird prior to working through this guide.

Having completed Step 1: Pattern in [The Bird Makers Project 'Instruction Guide'](#) you will already have your chosen Bird Pattern drawn onto your black garment.

Using **Fabric Pins** pin around the inside of the three (3) bird shapes marked on your black garment; 1 x Bird Body, 2 x Bird Wing, to hold in place.

- o Make sure you pin the front and back fabric of your garment together.

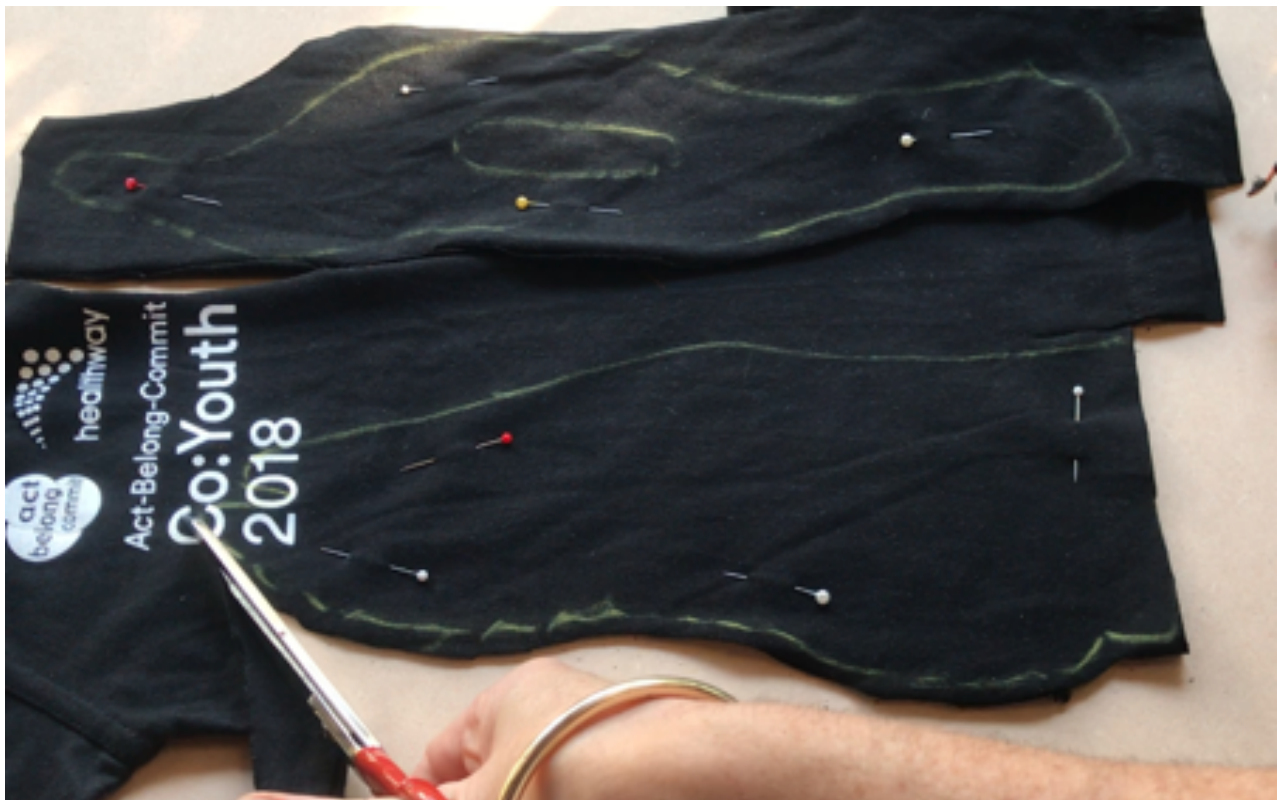


STEP 1:

CUT CONTINUED

Using **Fabric Scissors** (or similar) cut out each shape **making sure you allow for 0.5cm of fabric around the outside of the chalk line.**

- o For the wings: **you can cut ON the shortest straight edge** because this is the only chalk line you will not sew along.
- o For the body of the bird: **DO NOT cut around the oval shape in the centre**, this will be done after the bird shapes have been hand-sewn together.



Once you have cut out the body of the bird and two wing shapes **KEEP YOUR GARMENT SCRAPS!!**



STEP 2:

SEW

NOTE: At this stage of the process, we will be stitching all of pattern lines EXCEPT those indicated with a white  below.



Cut a length (at least 80cm) of **Black Sewing Thread**. Thread the **Needle** and knot both ends together connecting the thread in a continuous loop. You may need to tie two (2) knots so the thread does not pull straight through the fabric.

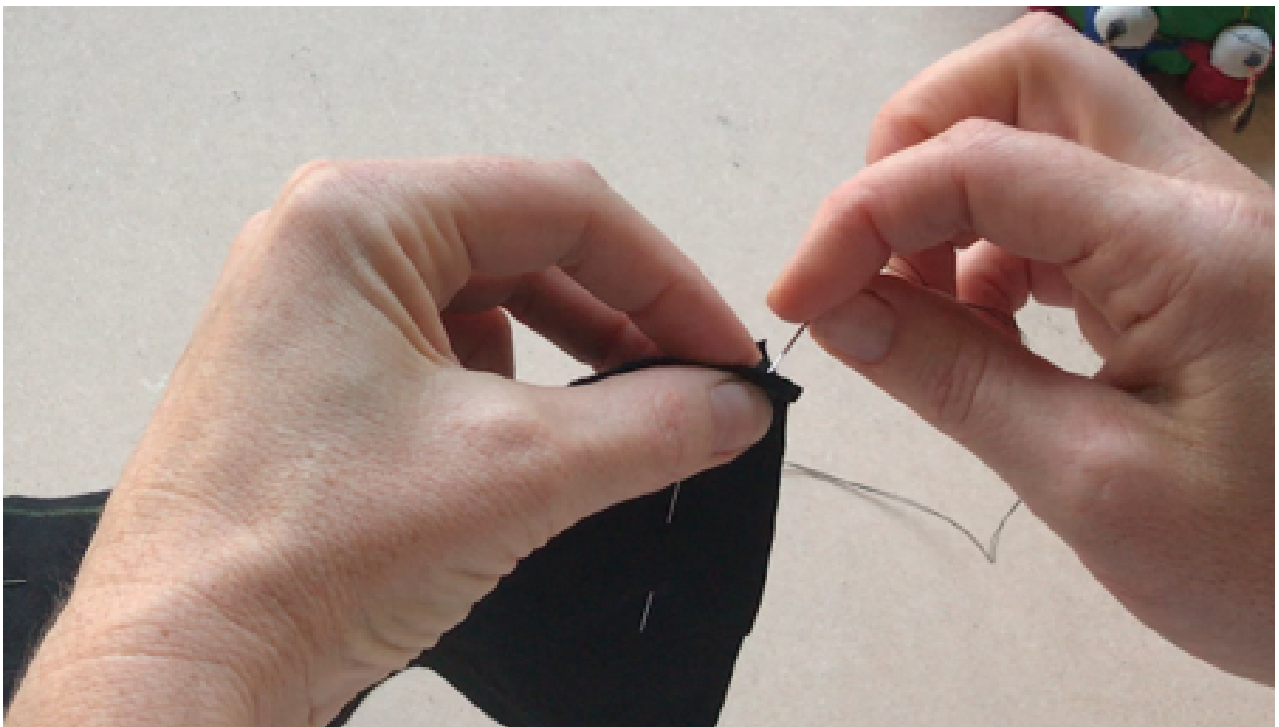


STEP 2:

SEW CONTINUED

Hold one of the wings at the junction of the straight edge and one of the curved sides.

Hide your knot by sewing **INSIDE** the two (2) pieces of fabric. Pull your thread all the way through the fabric until the knot secures it.



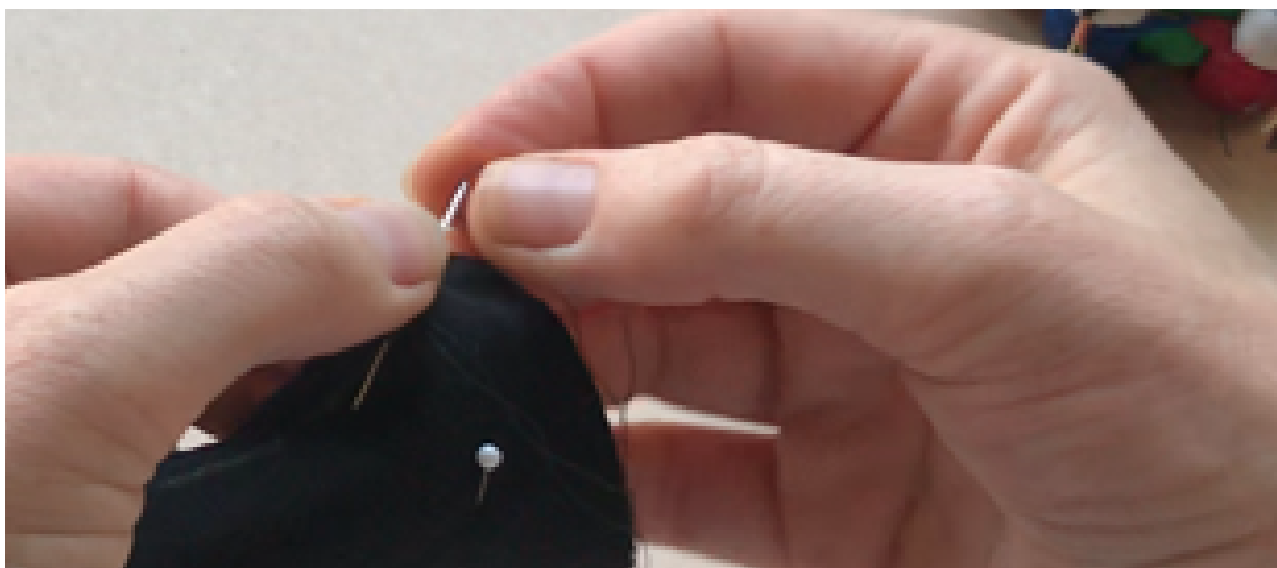
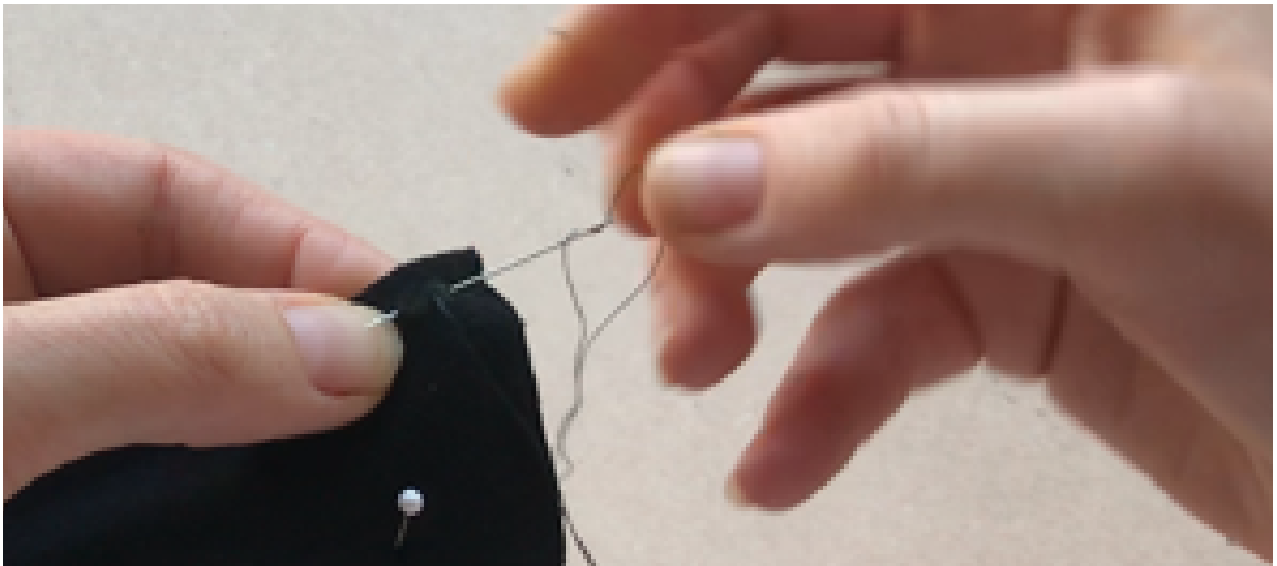
STEP 2:

SEW CONTINUED

To start the Back Stitch, take your **Needle** about **0.5cms BEHIND and DOWN sewing through** the two pieces of fabric **ON** the chalk line. **DO NOT** pull the thread through.

Direct the needle to come **0.5cms UP and INFRONT** of the first stitch **ON** the chalk line. Pull the thread all the way through.

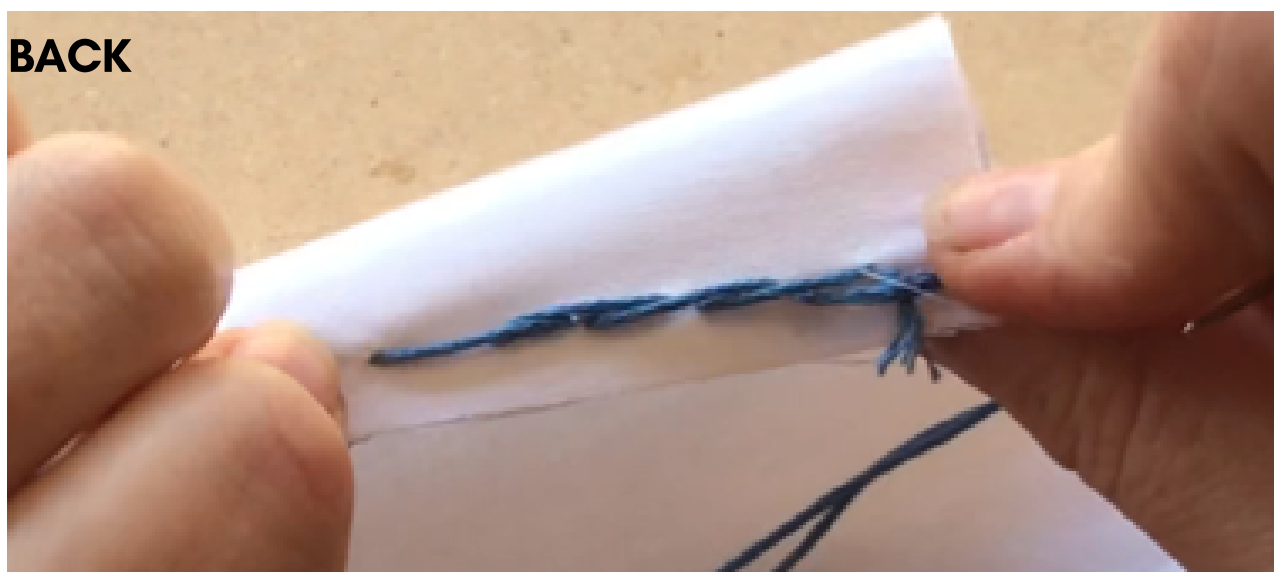
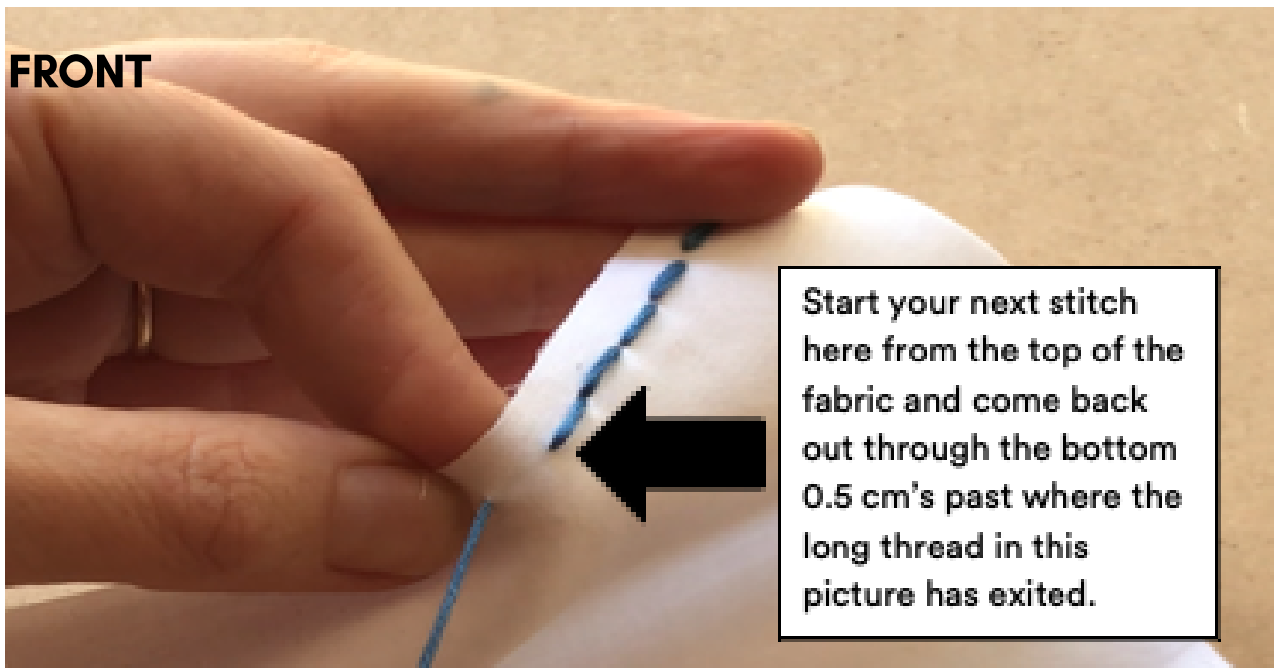
TIP: It helps to hold the fabric tight and place your thumb on the top of the needle to keep it in place as you bring the needle through.



STEP 2:

SEW CONTINUED

*NOTE: The example below shows the Back Stitch using contrasting thread and fabric. Notice that the stitch starts **0.5 cm's behind your previous stitch** and coming through with your needle again **0.5 cm's in front**.*



STEP 2:

SEW CONTINUED

NOTE: If you need extra guidance on how to sew a Back Stitch, please refer to our [How To Back Stitch Video](#).

Continue to Back Stitch along the chalk line.

When you have approximately 10cms of thread remaining, complete the stitching by securing the thread by forming a loop with your thread and stitching back through it.

Cut another length (at least 80cm) of **Black Sewing Thread**. Thread the **Needle** and knot both ends together connecting the thread in a continuous loop. You may need to tie two (2) knots so the thread does not pull straight through the fabric.

Begin to Back Stitch again, **starting 0.5cms in front of your last stitch.**

Continue Back Stitching along the chalk line and when you get to the end, complete the stitching by securing the thread by forming a loop with your thread and stitching back through it.



STEP 2:

SEW CONTINUED

Repeat this process on all Bird Shapes until you have stitched along all of the advised patterns lines.

NOTE: Stitch all of pattern lines EXCEPT those indicated with a white  below.



STEP 2:

SEW CONTINUED

Using your **Fabric Scissors** on the Bird Body **cut a straight line through the middle of the chalk line oval** inside the body of the bird.



WELL DONE! You have cut out and back stitched your bird. Time to please go back to [**The Bird Makers Project 'Instruction Guide'**](#) and start Step 4: Shape and Stuff.

