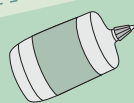


# How To Stitch a French Knot?



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## Supplies

Thread

Fabric

## Tools

Needle

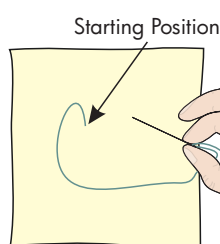
A French knot is a useful stitch for decorating hand stitched items. French knots can be small eyes for stitched people, animals or other creatures; small flowers; and small spots or dots. They are a little tricky, but with a little practice, you can have lovely looking French knots. We recommend that you practise doing French knots on scrap fabric first, as they are difficult to undo if you make a mistake.

## Before You Start

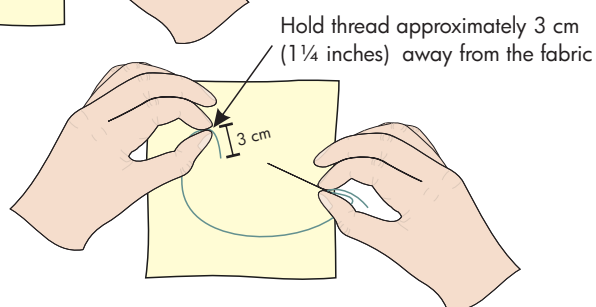
- Have a threaded needle in the starting position on the fabric. Instructions for starting a thread can be found at [imaginemakebelieve.com](http://imaginemakebelieve.com). If you are using a new thread, start with a knot.
- If you are using more than one thread, use them all at the same time using the instructions below.
- Have the needle in the hand that you normally write or draw with.

## Instructions

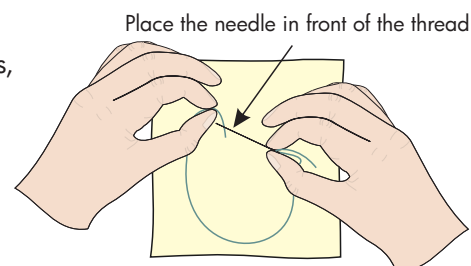
1. Place the fabric right side up on your lap or on a flat surface. Bring the needle up through the fabric at the starting position, which is the place where you want a French knot.



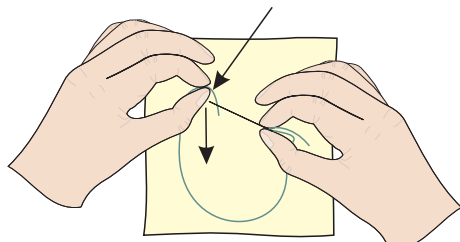
2. In your fingers, hold the thread where it comes up through the fabric, and slide them along until there is approximately (about) 3 cm (1 ¼ inches) of thread between your fingers and the fabric, and pull gently on the thread.



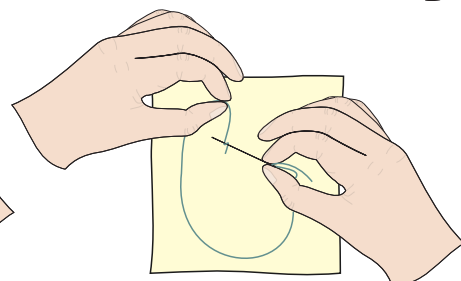
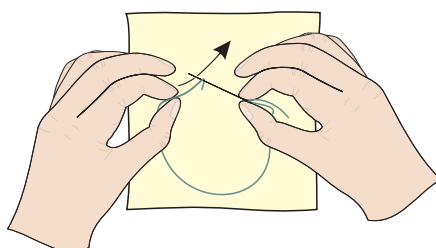
3. Place the needle in front of the 3 cm (1 ¼ inches) of thread, and with your fingers, wind the thread over the top of the needle towards the front, and around behind the back of the needle, and up again, pulling gently on the thread as you go.



Wind the thread over the top of the needle and around the front



Wind the thread underneath and behind the needle, and back up the top

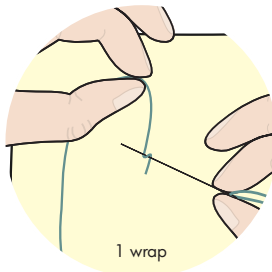


# How To Stitch a French Knot? page 2

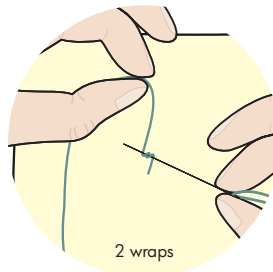
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This is one wind or wrap around the needle. You can wind the thread around the needle one, two or three times, depending on the size of the knot you want. Wind the thread around again if you want a larger knot.

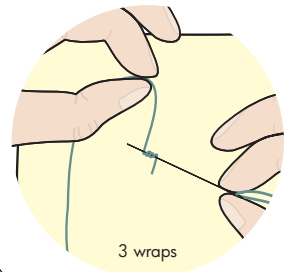
1 wrap = small knot



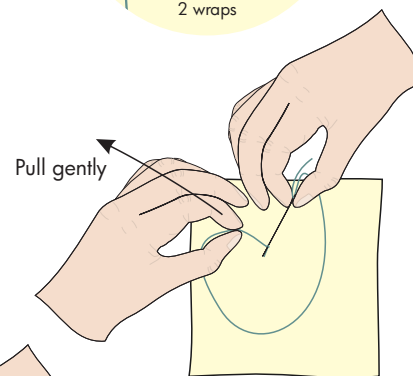
2 wraps = medium knot



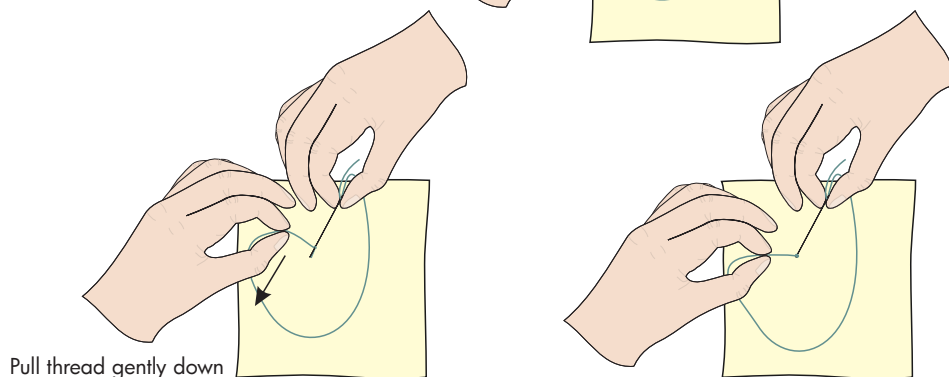
3 wraps = large knot



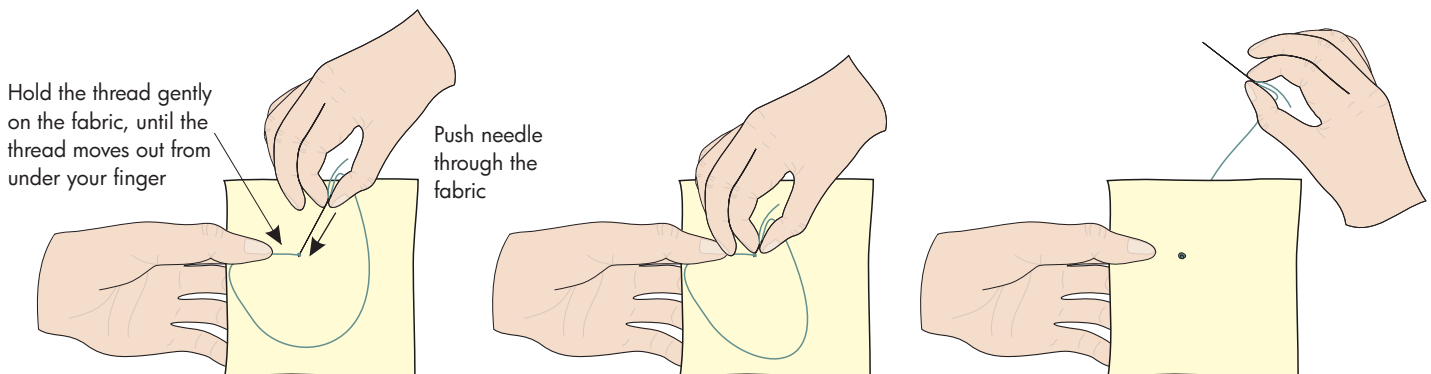
4. Poke the needle into the fabric, next to where the thread came up in the starting position (do not go down the same hole as you came up), pulling gently upwards on the thread with your fingers.



5. Once the needle is in position, pull gently downwards on the thread so that the loop/s around the needle move down the needle and sit next to the fabric.



6. Hold the thread in place on the fabric, and carefully push the needle through to the back of the fabric.



If you have a small knot sitting nicely against the fabric, you have made a French knot! Congratulations! If not, make another one, and check each step as you go. Keep practising, you'll get there!