

# Stitching Solidarity

## A beginners guide to cross-stitch

### Step 1: assemble the kit

Aida 14 Count cross-stitch fabric

Six-strand embroidery thread (floss) in the colours of your choice

Tapestry hand Needles, Size 24

Scissors (ideally small and sharp)

A pattern (see [Stitching Solidarity downloadable resources](#))

Tacking thread in a contrasting colour to your fabric (optional)

An unpicking tool (optional)

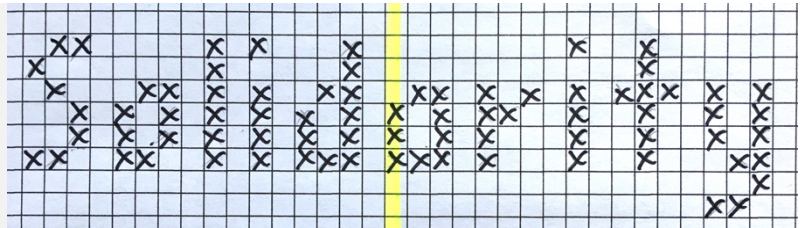
Masking tape (optional)

Embroidery hoop (optional)

Needle threader (optional)



## Step 2: choose your pattern.



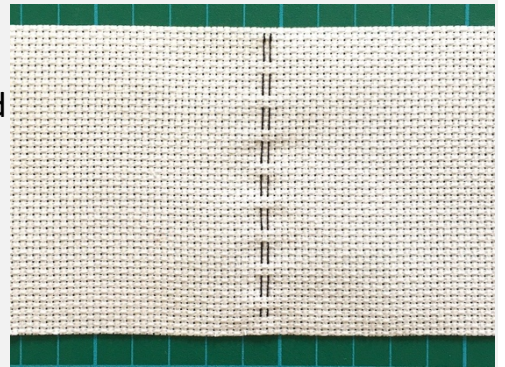
## Step 3: estimate the size of fabric you'll need.

Aida 14 Count cross-stitch fabric equals 14 squares/cross-stiches per inch.  
The 'Solidarity' pattern above has a stitched width of 6cm.

## Step 4: prepare your fabric (optional).

I find it easier to mark the centre line on both the pattern and the fabric (using tacking thread).

Alternatively, fold the fabric into quarters and find the centre that way.



**Step 5: split the 6-stranded thread into two units of three strands of floss. Cut into 30cm lengths.**

**Step 6: pick the centre point on your pattern, tally the location on the fabric and make a diagonal / stitch.**



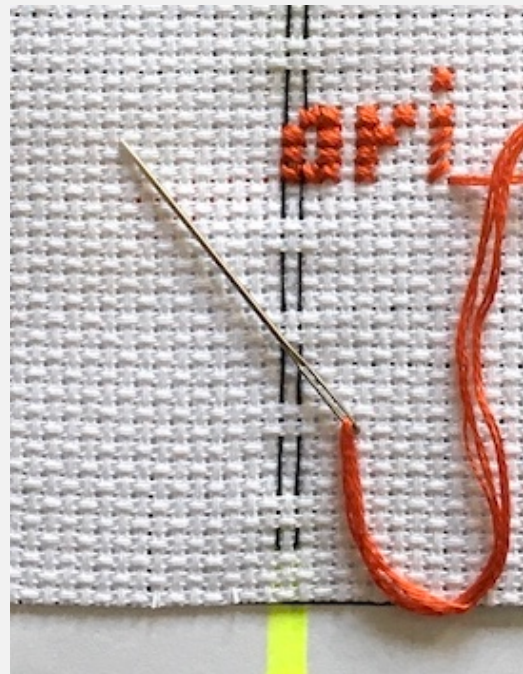
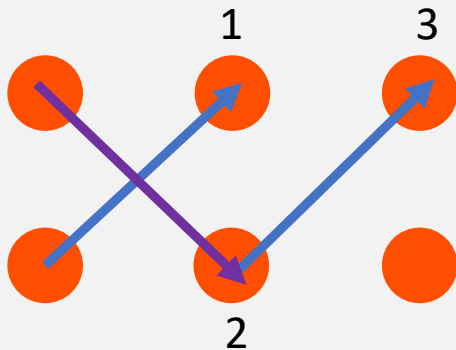
**Step 7: secure the approx. 3cm tail of the thread with masking tape.** (This loose end can be woven in later. Don't make a knot as this will be visible if you mount the finished work.)





**Step 8: continue stitching, working outwards from the centre.**

Follow the holes in the fabric to guide you.

Decide in advance which direction your top stitch will go and maintain this consistently. In the example below, the top stitch (2) is purple.



**Step 9: when you feel confident, use half stitches  then double back  to complete the stitch.**

**Step 10: continue! Finish your embroidery by unpicking the tacking thread centre line and pressing the fabric.**

