



## Sewing School: Knot Headband Tutorial

### General Guidelines

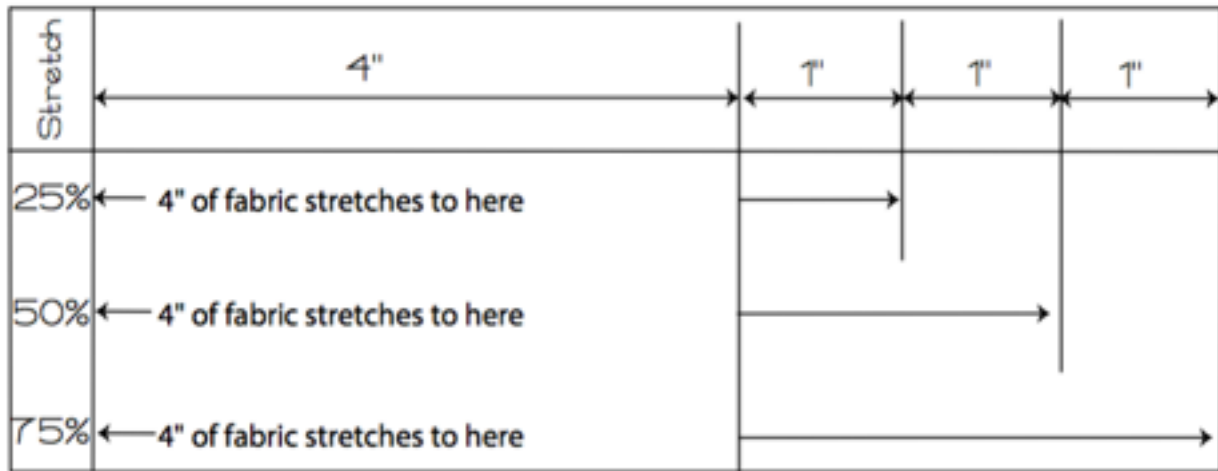
This pattern is a headband that is tied around the head. The smaller ends of the size ranges will have longer “tails”. If shorter “tails are deserted either size down or shorten from the center. As always, we strongly advise the making of muslin before using the final fabric. This ensures that the proper adjustments are made prior to finalization.

### Fabric Requirements

This pattern requires knit fabric with at least 25% stretch. Lycra blends such as cotton/lycra and brushed polyester will work best for any headband. Lycra helps the fabric keep its shape. A fabric without lycra will become baggier throughout the day. Extra fabric may be required to match patterns or stripes.

### Supplies Needed

- Thread to match
- Ball-point or stretch needles
- Sewing machine (serger is optional)
- Scissors/rotary cutter
- Needle and Thread

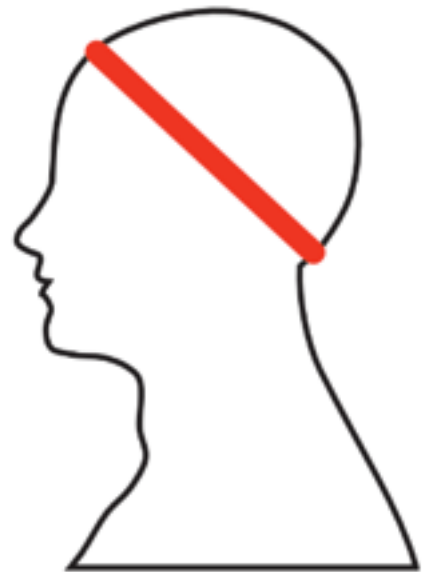




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### Size Chart

Knot Headband Sizing Chart	
	Head Size
Size	in.
Newborn-3	14-19
4-12	19-22
13-Adult	22-24



### Seam Allowance

All seam allowances are 3/8" unless otherwise noted.



## Sewing School: Knot Headband Tutorial



wrong side



stitch line

1. Download, print, assemble, and cut out pattern pieces and fabric. Be sure to pay attention to the direction of stretch.



2. Fold fabric(long edge) right sides together. Pin or clip to secure. Using a serger, stretch stitch or zig-zag, stitch along long raw edge leaving a one inch





# 5 OUT OF 4 PATTERNS

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3. Trim seam allowance to 1/4" and turn headband right side out.



4. Close opening using a Ladder Stitch and tie headband..

[Take me to the Ladder Stitch Tutorial](#)

