

### How to Sew and Care for your Pointe Shoes!-According to Miss Sam

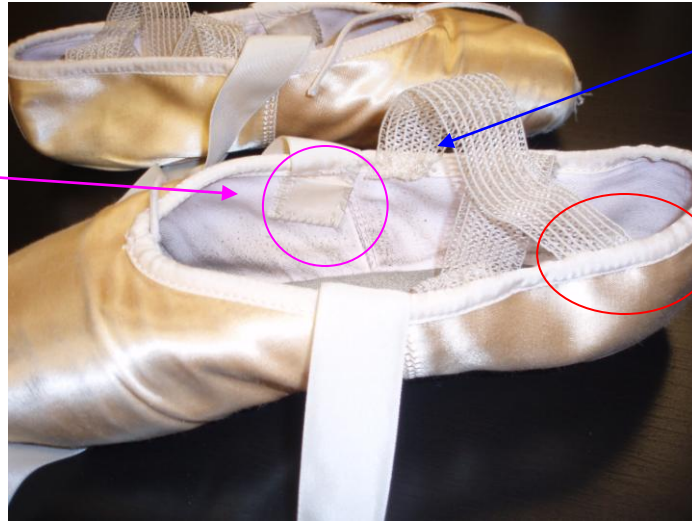
1. Get properly fitted for your first pair of pointe shoes. Each ballerina is different so each shoe is different, size, fit, shape and strength will vary by each brand and style number.
2. If your shoes do NOT come with ribbon or elastic make sure to purchase and match to shoe color (each vary slightly). Use white dental floss or pink/white thread for ribbons and elastic. (Dental floss holds the best!)
3. Sewing your elastic:
  - a. First, put the shoe on your foot, pull the drawstrings so it is tight around the foot with no gaps, tie the drawstring. I suggest starting with your elastic, for most beginners I recommend the criss-cross method, make sure your elastic is at least a ½ inch thick for support. For each dancer **WHERE** to place the elastic will vary by comfort, height of the instep, heel slippage of the shoe, etc. Measure your elastic by holding one end over the arch of your foot from the **BACK** of your arch and pull the opposite end diagonally across the top of your foot to the **FRONT** of your arch. The elastic should stretch and feel secure, cut the elastic in half into **TWO** pieces, these will cross diagonally on the shoe.
  - b. To sew on the elastic, first, place your thumb on the heel seam that runs up the back of the heel of the shoe, this will provide a natural crease on **EACH** side of the seam for the each elastic to be sewn to.



Sew Elastic here

- c. Sew one end of the cut elastic in the crease you have made with the fold of your thumb, **OR**, if your shoe slips easily off your heel allow for more support by sewing closer to the seam and **LOWER** in the shoe. Sew your elastic on a **FORWARD ANGLE** to match the line of your foot without buckling or gapping. Once elastic sewn on to shoe, stretch across in step to determine length and sew on opposite angle, right at the center seam of the shoe. Repeat with second elastic.

Ribbon should be folded over, about 2 times, sewn at angle back towards heel, sew in a “box” pattern to hold the strongest, sew at or just in front of the middle seam



Elastic closest to the vamp should be angled back toward the heel

Elastic closest to the heel should be angled forward

4. Sewing your ribbons: I recommend also sewing with dental floss since the ribbon is prone to pulling, the dental floss will hold better.
  - a. Sew ribbons, shiny side **OUT** and matte side **IN**. This will help grip the tights.
  - b. Cut your ribbons into fours, they come as one long piece generally. Don't worry about shortening the length until you learn how to tie them.
  - c. Fold one end of the ribbon a few times in small folds to make it easier to sew to.
  - d. Sew the ribbons on an angle **BACK** towards your heel and about the middle of your shoe, right in front of your elastic.
  - e. After you have measured your ribbons, you may cut to your liking and singe the edges to keep from fraying. Using a lighter to run **LIGHTLY** over the end of the ribbon is an easy trick. **MAKE SURE AN ADULT IS WITH YOU FOR SAFETY!**

Perfect! You are done! Try on your shoes and make sure your sewing fit is right **BEFORE** class! Sometimes it takes a few tries to get it right!

### Pointe Shoe Tips

- 1- Always keep extra thread and needles in your dance bag to be ready for a tear or quick repair, remember, you can't take class in shoes that aren't sewn properly.
- 2- Make sure you keep your toenails comfortably short and filed. Ignoring your overall foot and toe health can keep you out of class ☹ Band Aids, sport tape, nail clippers/file, cotton balls, corn cushions...all great accessories to have on hand! Stock up at the Dollar Store!
- 3- Make sure to let your shoes air dry after class, the moisture from your feet sweating breaks down the glue that keeps your box strong. Keep them in a mesh bag outside your dance bag.
- 4- As your shoes start to weaken, use Pointe Shoe Glue ([www.discountdancesupply.com](http://www.discountdancesupply.com)) to harden the box and shank. This will buy you at least 3-4 weeks more in those shoes! Order new shoes in the meanwhile!
- 5- A smart dancer is always prepared and ready for class! Make sure to take care of your ankles, feet and toes for a great class!