



KIDSWEAR OUT OF THE BOX

Mending Guide



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Introduction

When it comes to making our clothes last longer, the act of mending is one of the best tools to achieve this goal.

A small tear or stain (which won't coming out), especially noticed early, can be mended in style, allowing the garment to last longer and giving it a unique detail.

This guide can be used with the help of the **R3pair Kit** from **R3ADY TO PLAY**, but you can also use it to mend garments, drawing inspiration from the art of visible mending.



R3pair Kit

Mending is one of the best ways to reduce the environmental footprint of our children's clothes. That's why I want you, at home to be able to mend your clothes, regardless of your skill.

This kit includes everything you need to get started:

- Fabric patches (surpluses from our clothing cuts)
- 2 embroidery needles
- 6 headless pins
- 4 safety pins
- Thread in black and white
- Thread guide

Hand sewing

It's a calm, meditative act of creativity that can be done anywhere. Hand sewing is an excellent technique to create visible patches, and make our clothing something special and unique.

In this guide, I'll leave you some stitches that you can use to mend or decorate your clothes. Don't worry about perfection, enjoy the moment and have fun!

Quick tip

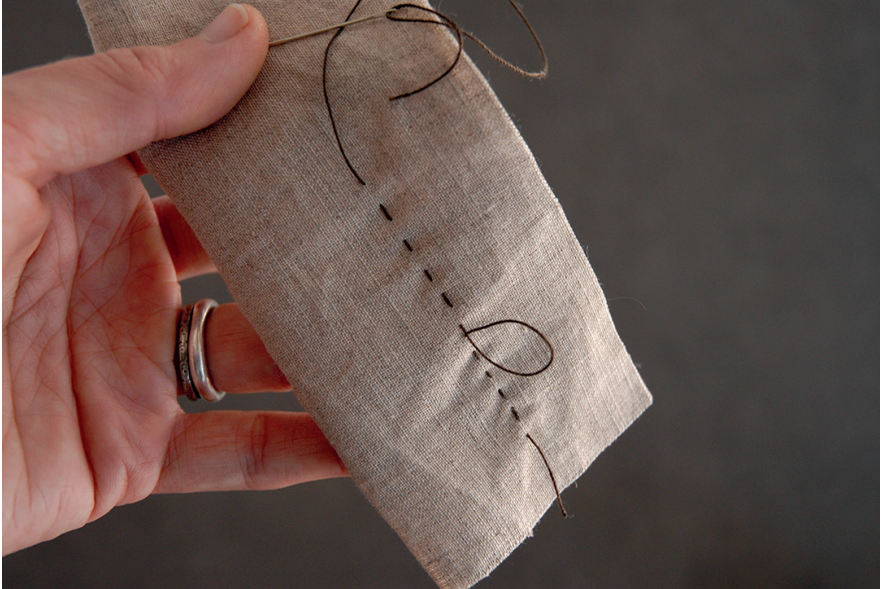
Do not use thread lengths longer than the outstretched arm. The longer the thread, the more likely it is to tangle and knot, making it harder to pass through the fabric.

Running stitch

This simplest hand stitch is also one of the most versatile. Before the invention of the sewing machine, most clothing and home textiles in the world were sewn with running stitches! Long stitches are perfect for basting. This stitch is also used in embroidery and decorative patching techniques such as boro and sashiko.



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Run stitches, running the needle and thread in and out of the fabric layers repeatedly.

Back stitch

This is probably the most useful and strongest stitch. It is perfect for mending as it has the look and feel of machine sewing.



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The back stitch is as the name implies: instead of moving the needle forward as in the running stitch, you will insert the needle into the fabric behind the stitch where the thread is coming out. Each time you turn it back, the yarn wraps around itself, making a twist, almost like a knot, which is flexible but very difficult to pull.

Buttonhole stitch

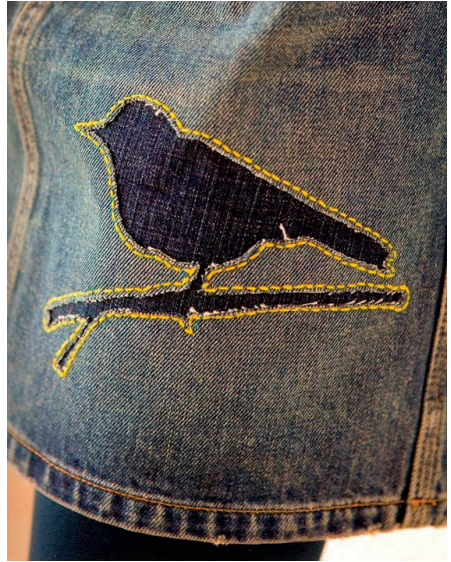
Use this stitch whenever you want to apply something to the fabric surface. The angled version can be used on hems, but the idea is the same. You can change the appearance by varying the depth and angle of the points.



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For each stitch, pass the needle through the fabric, under the appliqué, catching the edge of the stitch. The needle passes through both layers (fabric and appliqué), coming out, on top, further from the edge.



Share your visible mending on social media!

Tag [@r3ady_to_play](#), so we can follow along, or send it to the
e-mail: hello@r3adytoplay.com

