



Sewing  
machine

# Hands and positioning

It's important that we're sitting comfortably at our sewing machine. Make sure that you can sit up straight with your feet flat on the floor. Can you reach the foot pedal easily?



Make a triangle with your hands, resting your fingertips on the fabric to lightly guide it through.

Practice controlling your fabric so that the machine sews exactly where you want it to!



Don't PUSH or PULL the fabric ... just GUIDE it!

