

**As a BEGINNER,
It is very important for your pointe shoes to be sewn properly,
to avoid injuries!**

1. Take your ribbon and cut it into 4 long pieces.
2. Burn edges of the ribbons to avoid fraying
3. Fold heel of pointe shoe against the shank. Mark folded corners.
4. Fold end of ribbon over twice, to make a one inch square at end of ribbon.
5. Sew the one inch square of ribbon down into pointe shoes, at the corners marked, angled towards the box of pointe shoe. Be sure to sew around the edge of ribbon. Whip stitches are best-but make sure the ribbon is secure.
5. Measure and cut elastic around ankle.

