Preparing Your Pointe Shoes

You will need: ribbons, elastics, thread, needle, scissors, pen/pencil for marking shoes

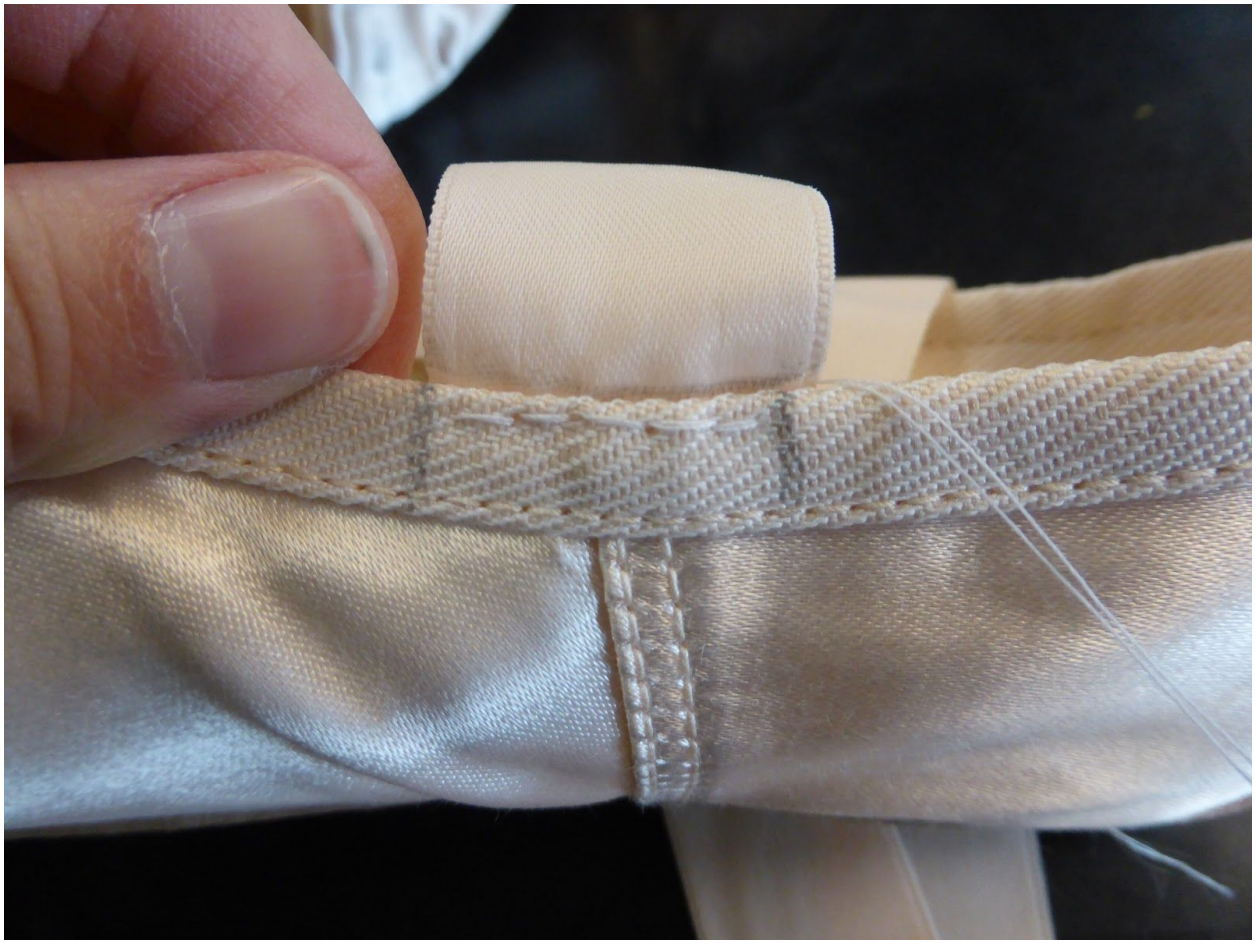
Before starting, I'd recommend marking one shoe as left and one shoe as right so you don't mix them up in the middle of the sewing process.

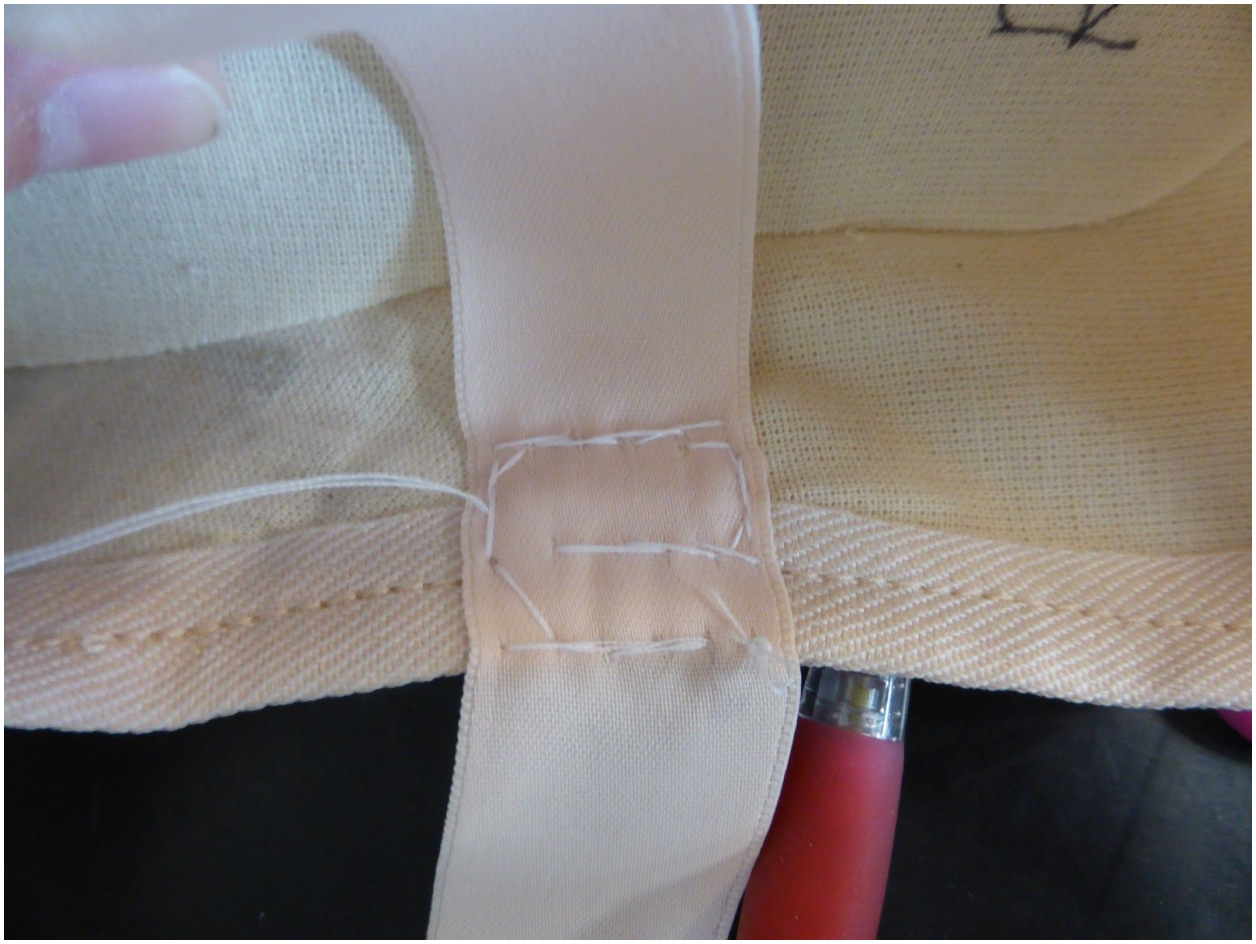
Sewing on ribbons

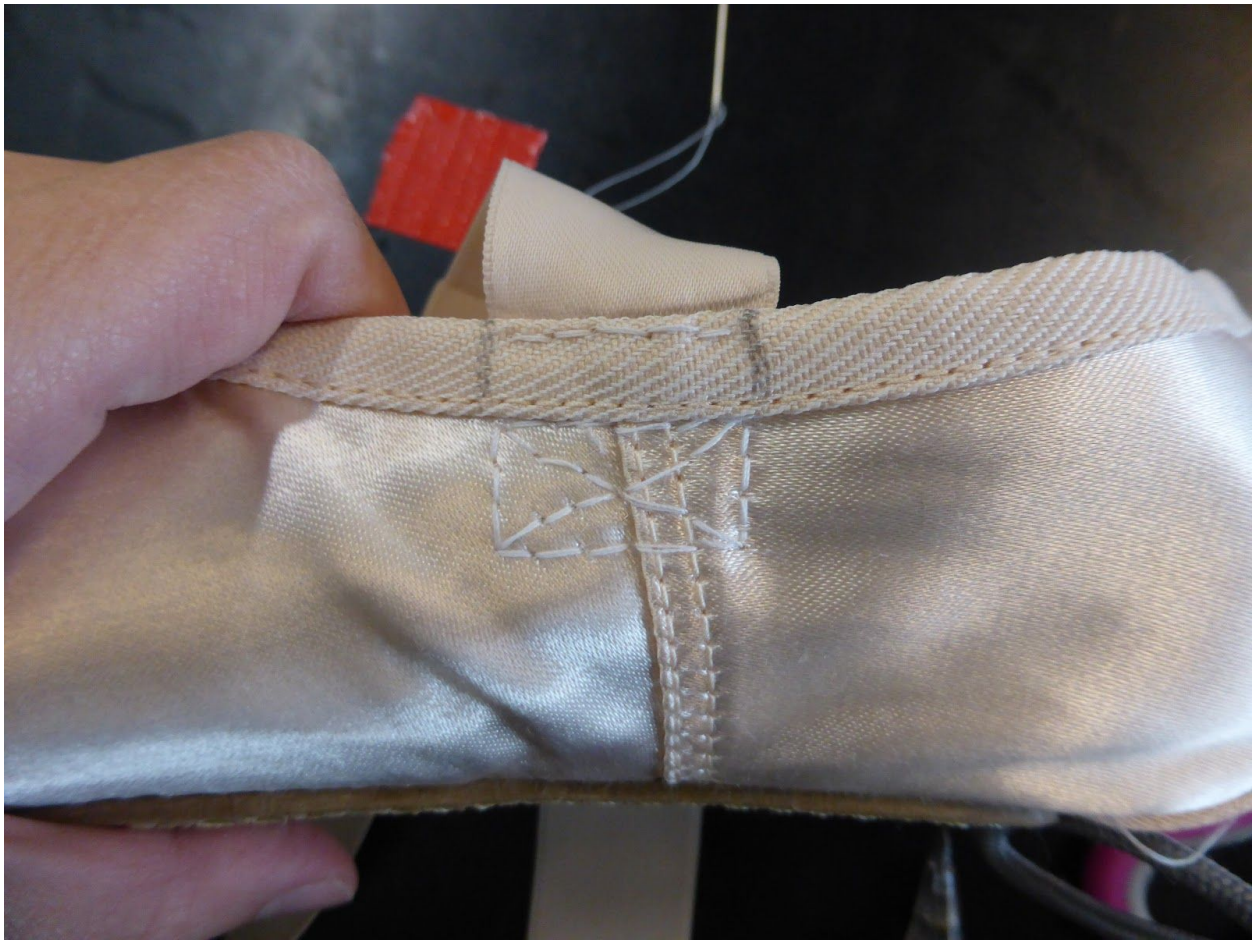
1. Tie one ribbon around your foot the way you would to put on pointe shoes.
    - Make sure the ribbon goes directly under the arch of your foot.
    - Make sure the ribbon ends are even AFTER tying.
2. Slip your foot into the pointe shoe.

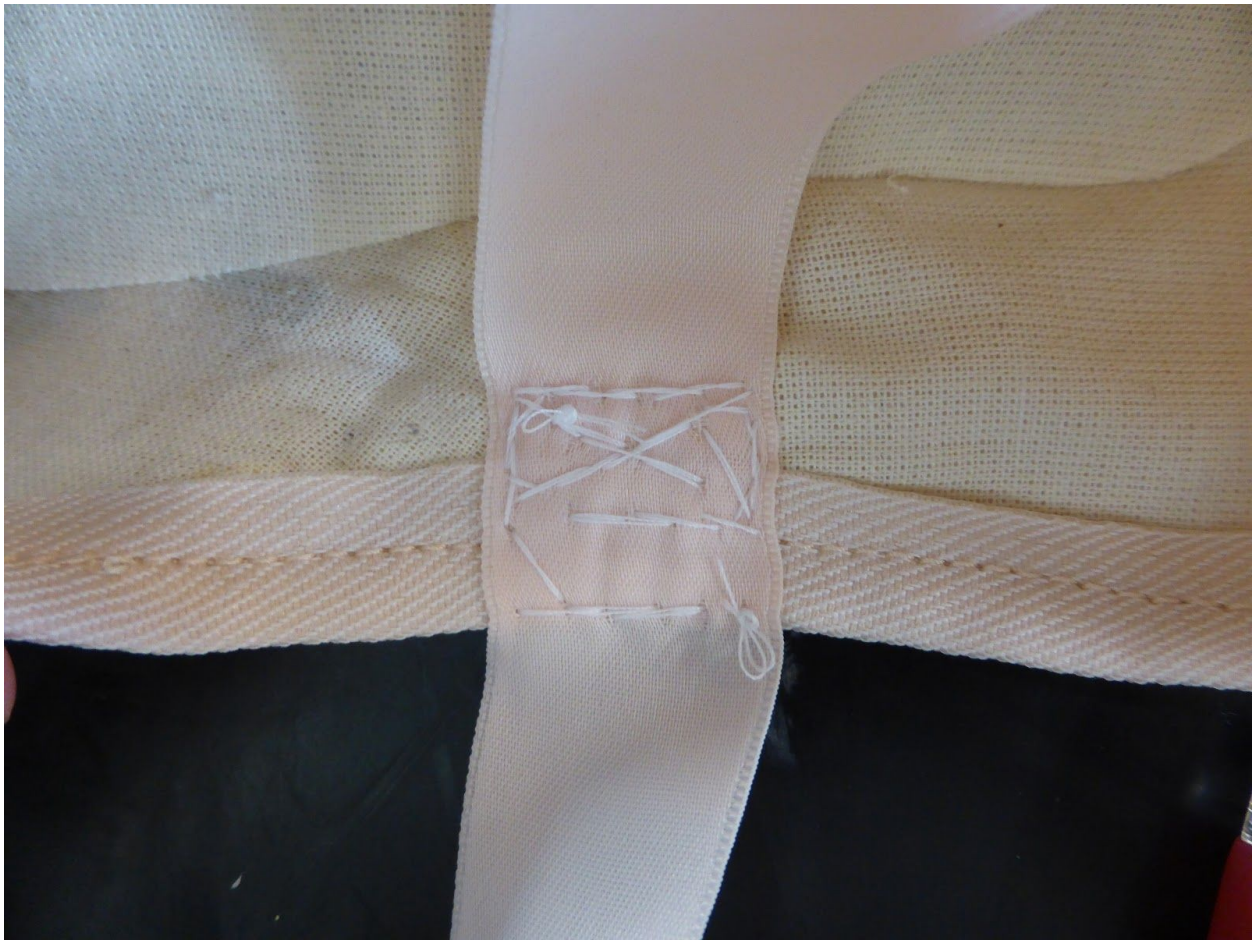
3. Mark the SHOE for where the ribbon crosses the edge of the shoe.
    - So you should have a ribbon-width marked on both the inner and outer side of your shoe.
4. Mark the RIBBON by tracing the edge of the shoe exactly as it crosses the ribbon.
    - This tells you the length but also the angle of the ribbon.
    - You should have a mark on both the inner and outer side of your foot.

5. Slip the shoes off and undo the ribbons making sure to keep them in the correct orientation as they were when you did all the marking.
6. Cut the ribbon halfway between the 2 marks on the ribbon.
7. Sew each half of the ribbon to the inside of the shoe on the corresponding side by following the marks on the ribbon and the shoes.
   - Stitch one row across the very top edge of the shoe, making sure to avoid sewing through the drawstring if your shoe has one.
   - Stitch in the shape of a square going along the bottom of the border of the shoe, down each side of the ribbon, and across the ribbon about ¾ of an inch down from the top edge of the shoe.
   - Add an X inside the square for extra reinforcement if desired.





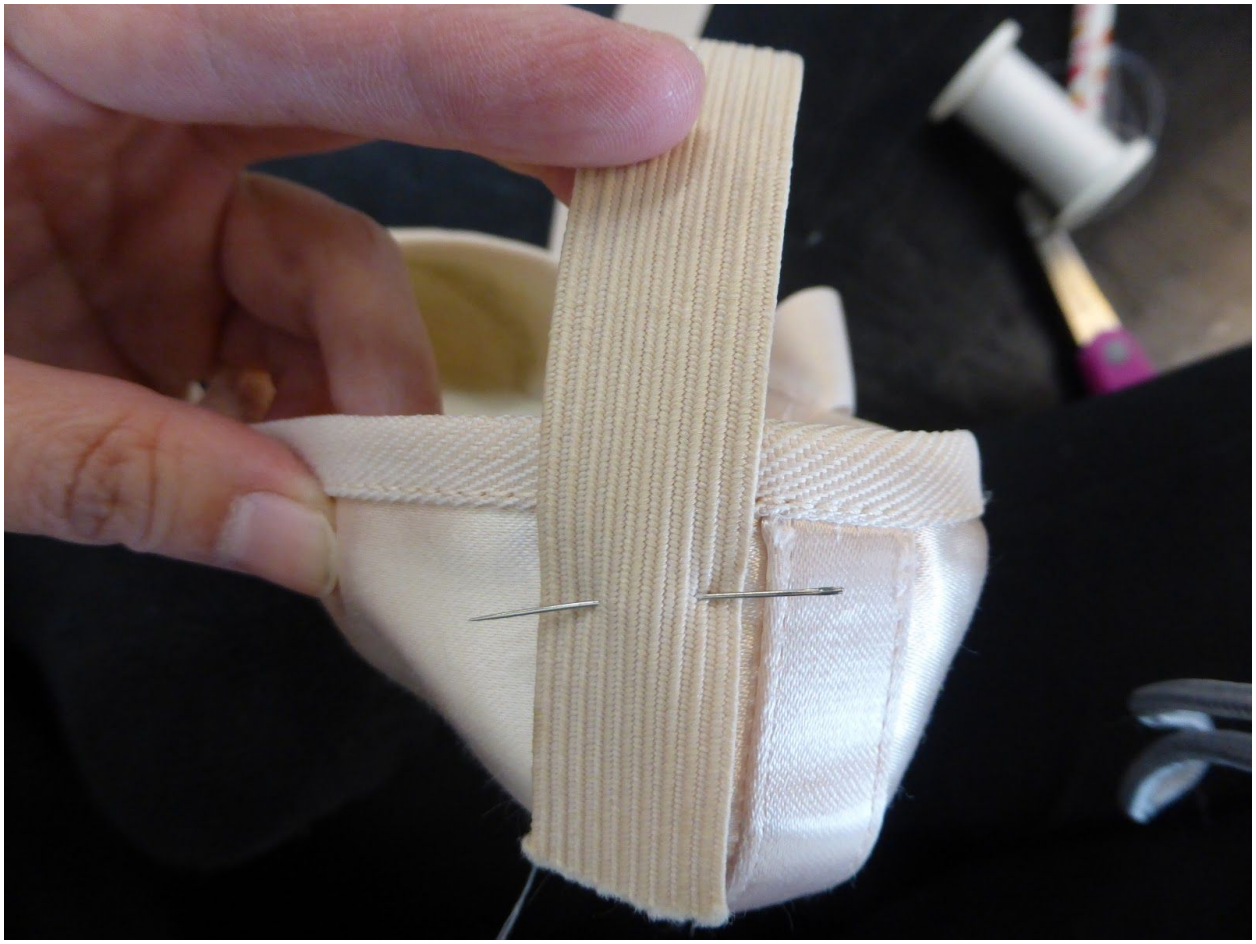




8. Trim excess ribbon inside the shoe as necessary and seal by singeing or clear nail polish.

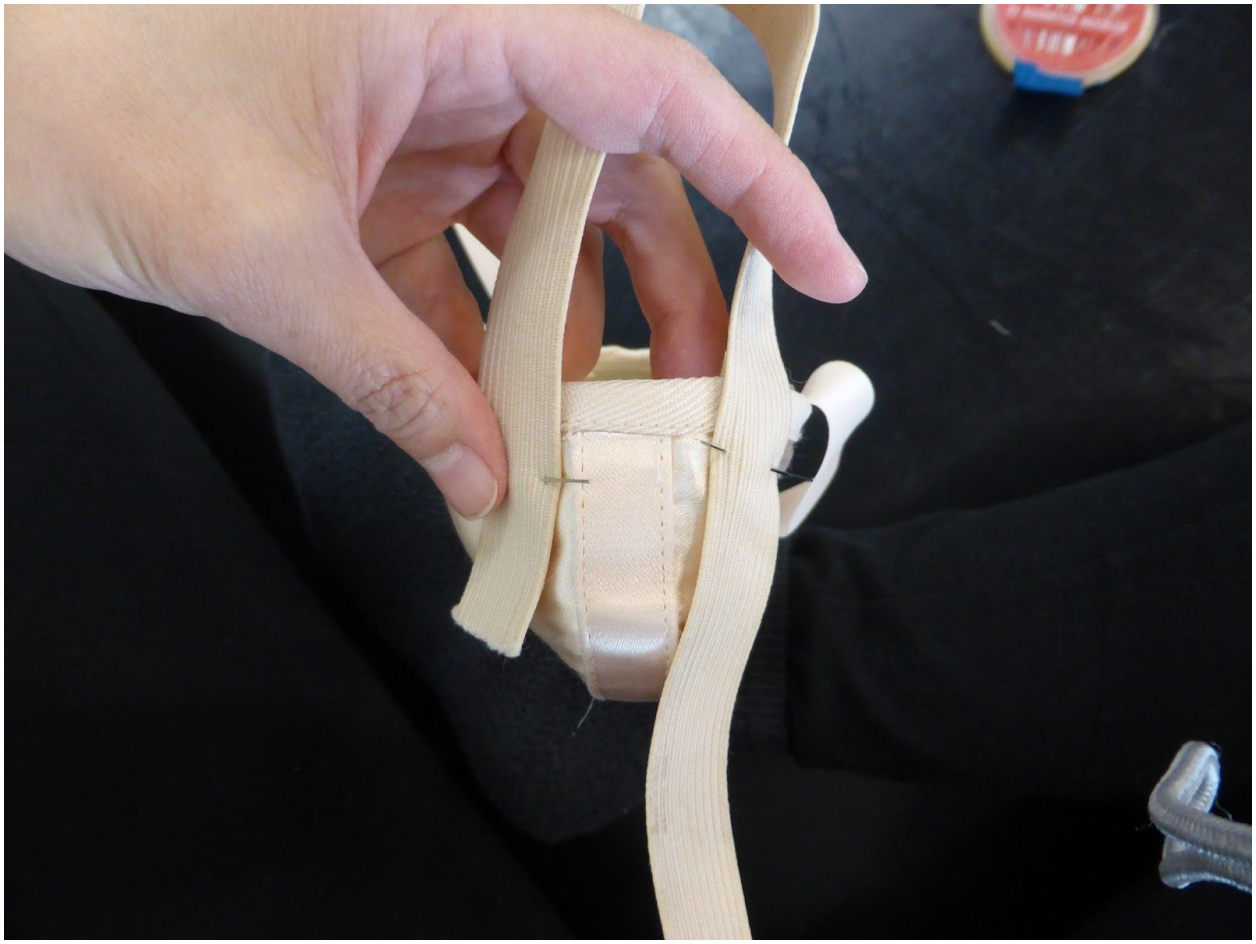
Sewing on elastics

1. Sew one end of the elastic to the inside (ie. towards the inside of your foot) of the middle back seam of the pointe shoe.



2. Slip on the shoe and pull the other elastic around the front of the ankle and then towards the back of the shoe again.

3. Mark where it crosses the shoe when it is pulled to be fairly snug against the ankle (but not cutting off circulation).
4. Sew the second end of the elastic to the outside of the middle back seam of the pointe shoe, following the mark you just made.



5. The elastics can be sewn either inside the shoe (like ribbons, or like in the following photo) or outside the shoes (the way I showed them pinned above) if you find the elastics rub on your feet too much. I suggest sewing using one line of stitches across the very top of the shoe, another right under the bottom of the edging/border, and another about ¼ of an inch below that previous line.

6. Trim as necessary and seal by singeing or with clear nail polish.