



## How do I Sew the Elastics on Ballet Slippers?

Fold down the heel of the shoe until it is flat against the socklining. Place a mark where the fold creases closest to the binding on each side of the shoe. Stitch only one side of the elastic onto the binding right below the drawstring. Be careful not to sew the elastic over the drawstring. Put the shoe on the dancer and measure the length of the elastic by gently pulling the elastic strap over the instep so that it is snug (the elastic should not be loose over their foot). Stitch the elastic to the binding under the drawstring as described above.



## Fitting Ballet Slippers

1. Make sure the dancer is wearing the tights they use for dance while trying the shoes on.
2. Place the shoe over the toes and gently slide it over the heel.
3. Ask the dancer to stand flat in the shoe. Make sure the toes do not curl. If they do, you must go to the next size/width.
4. Criss-cross the drawstring and pull gently so the shoe conforms to the foot. It must fit like a second skin and must not allow for growing room.
5. Ask the dancer to point their foot. The heel should stay on the foot and there should not be any gaping in the width of the shoe.

6. If one shoe fits better than the other does and there is no left or right shoe, try switching the shoes.
  
7. Experiment with another size/width to be sure the shoe fits properly.

It is important that there is little or no room at the toes. If the toes do not reach the front of the shoe, the dancer cannot articulate the foot to pointe and they cannot feel the floor. Improperly fitted shoes also make it more difficult for the dancer to learn technique. A ballet shoe that is too large may cause the dancer to curl their toes in an effort to keep the shoe on while dancing.