LEARN TO
CROCHET
Quick Start Guide

Introduction

If you've seen cute, cozy hats and scarves that make you want to crochet your own, welcome to the club! Crocheting is a rewarding hobby that many enjoy and love. But we all have to start somewhere.

You can quickly and easily learn how to crochet with this quick start guide. Crochet has so many proven health benefits, plus it's fun. However, sometimes learning a new craft comes with even more questions when there's so much to learn.

This guide includes the short list of essentials to learn how to crochet. These tutorials will help you get started with the most basic things, like holding the yarn, and work you up to actually making a simple dishcloth.

What do you need to learn crochet?

First you'll need yarn. There are many types and weights of yarn. Choose a light colored, #4 medium worsted weight yarn. There are plenty of affordable acrylic yarns that won't break the bank when you're just starting out.

Yarn Label

The yarn label or ball band has lots of important info. Look for the yarn weight #4 as indicated by the red arrow and circle below.
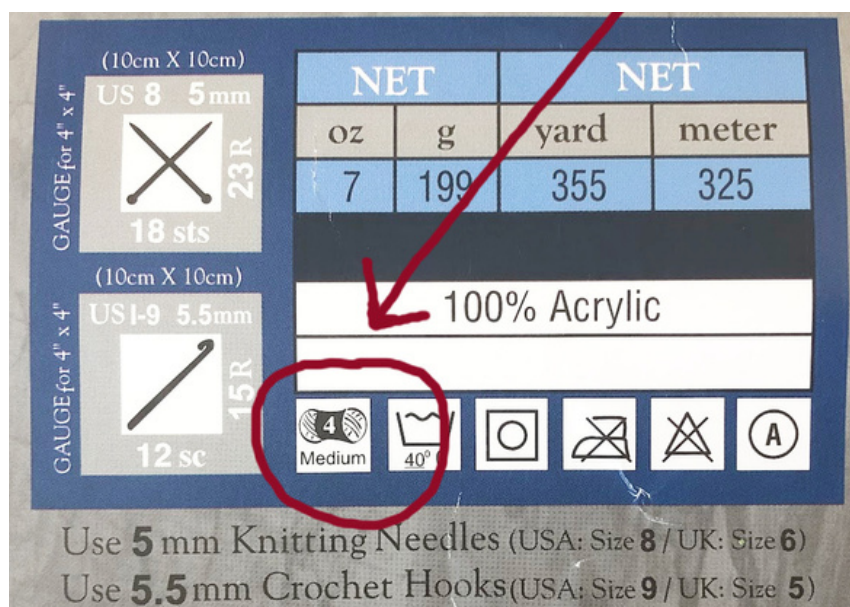
You can read more in detail about your yarn label in this blog post.

Some of my favorite acrylic yarns are:

Shop these yarns with my affilate links below.

- Joann's Big Twist
- Hobby Lobby's I Love This Yarn
- Lion Brand's Heartland
- WeCrochet's Brava

Crochet Hooks

You need a [crochet hook](#) that is sized for your yarn. 4mm-6mm crochet hooks work well with #4 yarn. I recommend a 5mm US Size H-8 which is the most common size to start with.

You can chose to purchase a single hook size, or multi-pack, if budget allows. As your crochet skills grow, you will want to crochet more projects which will require a variety of both yarn and hook sizes. I have an included a reference guide on Crochet Hook Sizes on the next page.

Hook Brands / Styles

Just like yarn there are many styles and brands of crochet hooks. Choose one that fits your budget. You can invest in a high quality ergonomic hook or complete set later.

My Favorite Hooks

Shop these hooks with my affilate links below.

Beginners - Boye or Bates
Ergonomic - [Furls](#)
Sets - Clover Armour

Read more about choosing a [hook for beginners here](#).

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CROCHET HOOK SIZES

| CONVERSION CHART	MILLIMETERS	US LETTER SIZE	YARN WEIGHT
	2.25	B-1	0-1
	2.75	C-2	0-1
	3.25	D-3	2-3
	3.5	E-4	2-3
	3.75	F-5	3-4
	4	G-4	3-4
	4.25	G	G
	4.5	7	3-4
	5	H-8	3-4
	5.5	I-9	3-4
	6	J-10	4
	6.5	K-10.5	4-5
	7	-	4-6
	8	L-11	6
	9	M/N-13	6
	10	N/P-15	6
	15	P/Q	7

Lighting

You need good lighting. Don't take this one lightly. Haha, see what I did there? Really though, when I first learned to crochet I had no idea what I was looking at, and you won't at first either. So don't let dim lighting get in your way. Learning to see the stitches is an important skill.

You need a well lit area and possibly an additional lamp. Choose lighter yarn colors until you're at least an advanced beginner. Dark blues, purples and black are not your friend when you're learning.
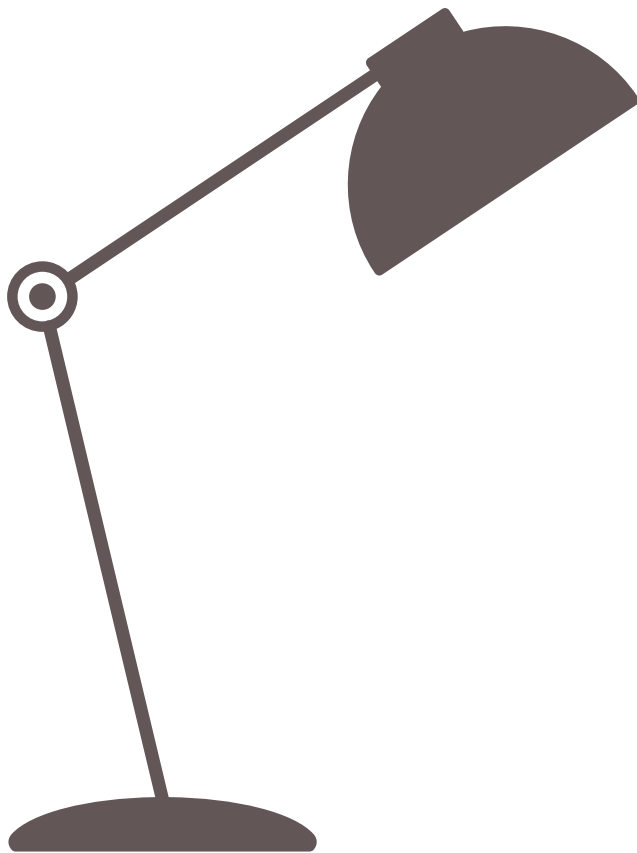
Good Posture

At first everything will feel awkward. This is totally normal. But as you settle in to crocheting, be sure to take a few minutes and set yourself up in the most ergonomic position for your body.

Looking down at your work, making the same motions over and over again with your hands can wreak havoc on your body if you're not sitting up with your back straight.

You can relax, but remember to keep your head, shoulders and hips lined up. This means you're not putting unnecessary stress on your spine.
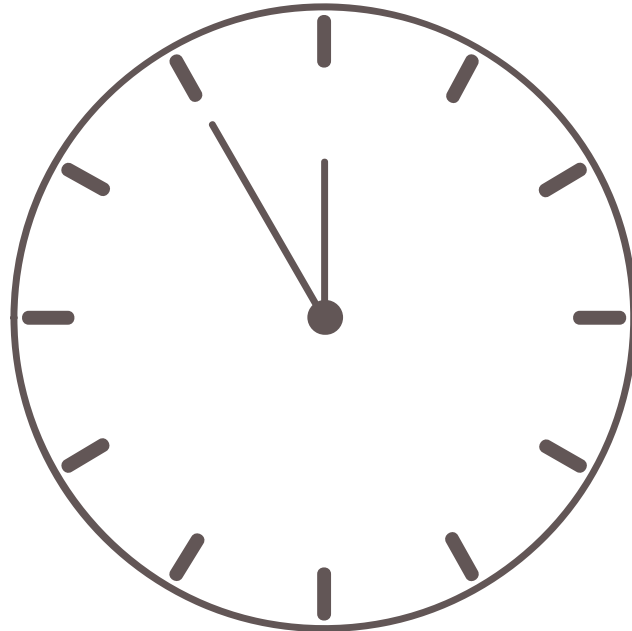
Take Breaks

Take regular breaks. Don't push yourself too far. Remember to breathe. This does get fun (and easier!), but learning is a bit of work.

Take stock when you're tensing up. Then lower your shoulders and take a few belly breaths.

Every 30 minutes to an hour get up and drink water, use the restroom. Take a moment to stretch your neck, shoulders, arms and hands before you begin again.

Getting Started:

How To Make A Slip Knot, Hold The Yarn & Crochet A Chain

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Materials

Any hook and matching yarn. I recommend a 5mm (US H-8) hook & #4 medium yarn for beginners.

Videos

Watch in the video tutorials on my YouTube Channel & please subscribe!

How to make a slip knot video tutorial.

How to Hold the Yarn video tutorial.

How to Crochet a Chain video tutorial.

How to Single Crochet video tutorial.

Weave in Ends video tutorial.

Single Crochet Dishcloth video tutorial.

Tutorial

1. To get started locate a yarn strand from your yarn ball. Pull out a length of yarn, this will be the tail end of the yarn. There are two ends of the yarn, the working yarn is attached to the ball and the tail is the free end of the yarn.
2. Wrap yarn around your middle finger.
3. The next step is to slip the yarn loop off your finger, pinching it together with your thumb and index finger.

4. Insert hook into the loop, and yarn over. Use the hook to grab the yarn. You can also use two fingers from your right hand to grab the yarn here instead.

5. Pull yarn through the loop. If you use your fingers, then place this first loop on the hook now.

6. Continue to pull the hook to close the loop, creating your slip knot.
7. Be sure to leave enough of a yarn tail, 6" is usually a good length. The tail of the yarn will get weaved in when you're completely finished with your crochet project.
8. Now you're ready to make your first stitch!

How to hold your yarn

This can feel awkward when you're just starting out. Keep practicing! There are also alternate ways to hold yarn (& your hook) if it still feels odd after a while.

My left thumb and middle finger are holding the slip knot here. The working strand is around my index finger.
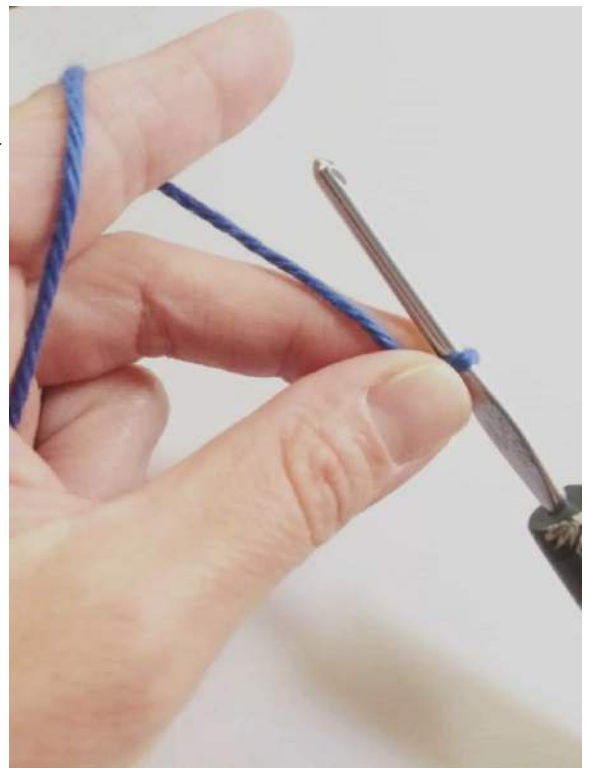
The short end of the yarn is the tail of the yarn. It's on the right side. The yarn connected to the ball is the working yarn. It's on the left in this picture. You will thread this yarn through your fingers to control your tension.

1. You may practice just threading the yarn through your fingers first. Once you're comfortable with the motion, add your yarn to your hook.
2. You'll pull the yarn through your hand from the pinky finger side to the top of your index finger side.

With your non dominant hand, loop the yarn over the top of your little finger, and all the way around it.
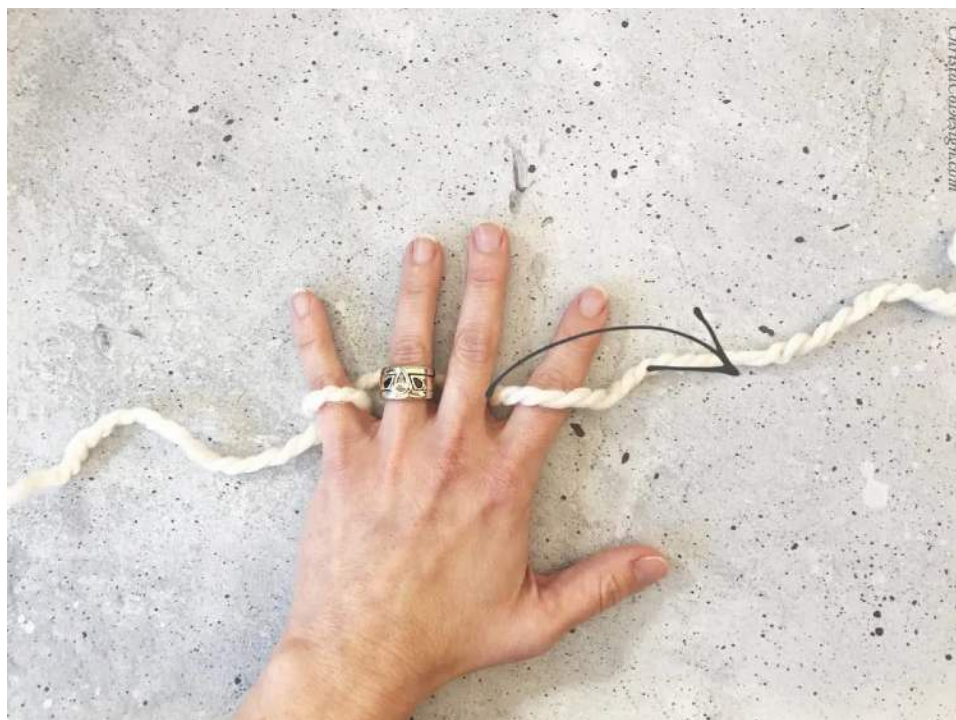

Lead the yarn under your two middle fingers.

And up, over the top of your first finger.

Now you're ready to work with the yarn. Your other hand and hook will be using the yarn as you crochet.

Hold the yarn at the slip knot on your hook. The length of yarn between the hook and your first finger is where the hook will grab the yarn to crochet.

How to Chain

Use the hook to grab the yarn. This is a yarn over. The yarn wraps around the back and around to the front where it is caught by the hook.To do this I twist my hook so the hook is facing the yarn, catch the yarn and then twist the hook back towards me.

Now you can pull the yarn through the loop on your hook. This will be the first chain.

Then return your hook to the length of yarn between your first finger and thumb.

As you continue your crochet work will grow. Move your thumb and middle finger holding the stitch up closer to the hook as your work lengthens. As needed, you will open and close your fingers

holding the yarn, allowing the yarn to pass through them, feeding it into your project. This is how you control the tension of the yarn.

Single Crochet

1. Chain to any number, plus one more for the turning chain. Here I chain 12, so I will end with 11 single crochet stitches.

2. (Row 1) Skip the first chain stitch and insert hook into the second chain from your hook. The blue yarn needle marks the chain in the photo.
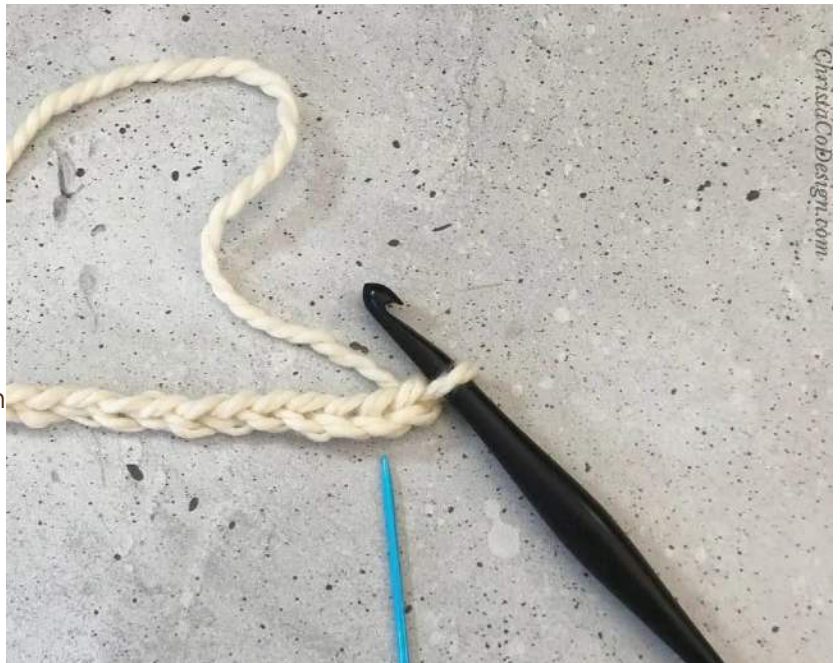
There are different ways to work into chain stitches. Here I work in the back loop of the chain, which is easier, and neater.

Wrap the yarn around the hook, known as "yarn over" and abbreviated "yo."

Next pull up a loop. This is common terminology which means to pull the yarn through and leave it on the hook for now. You have 2 loops on your hook. Yarn over
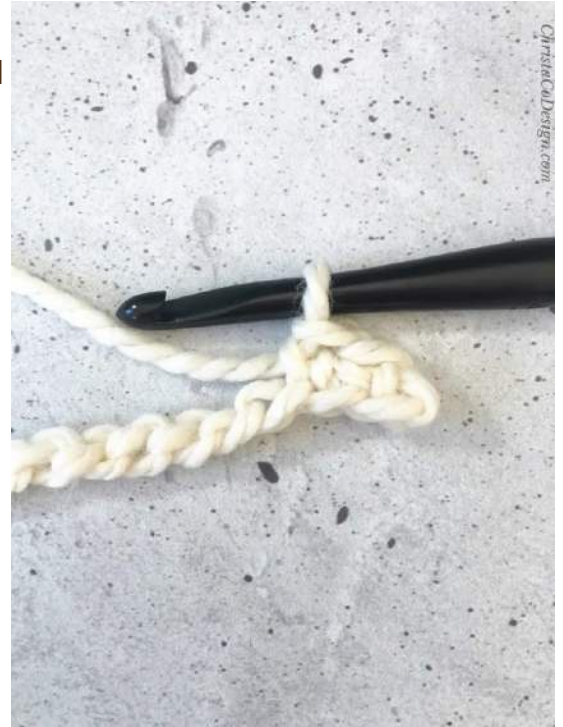

Pull this through the 2 loops on your hook. First single crochet made. I

f you have stitch markers they can be very helpful as a beginner. You can mark this first stitch and then it's easy to find your starting point on the next row.

Insert hook in next chain, yo and pull up a loop, yo and pull through both loops.

Repeat the last step in each chain across the row. Here is your first row of single crochet.

When you get to the end of the row, turn your work. Now you're ready to start the second row.

(Row 2) Chain 1, insert hook under both loops of the stitch. The blue yarn needle marks where you will insert your hook. Make a single crochet repeat steps 3-6.

Insert your hook in the next stitch, and single crochet. The picture shows the top view where you can see how the hook goes under the two top loops of the single crochet stitch from the previous row. The working yarn is coming from the loop on your hook and held in your left hand.

Continue to single crochet in each stitch across the row. The blue yarn needle marks the last stitch you will work into of the row.

Keep repeating Row 2 until your length is reached. When you get to the last stitch on the last row, use your hook to pull up a long loop. Cut the yarn leaving 6" - 8".

Weave in Ends

Now you'll just need two more things to be able to finish your crochet project.

Materials

- A large eye, blunt tip yarn needle (tapestry needle). You can use plastic needles or a metal one. Just like crochet hooks metal will glide smoother and easier with the yarn.
- A pair of scissors. I like a small, sharp pair of embroidery scissors for trimming ends. When I have a few small pair, I can keep them in my various zipper pouches.

How does the yarn not unravel?

1. Leave a long tail.
2. Thread your yarn needle.
3. Sew the loose end through the stitches.
4. Then be sure to go in opposite direction.

Terminology (US Terms)

break the yarn – cut yarn from ball or skein, leaving a long enough tail to weave in.

ends – the yarn tail after it is cut from the ball (or you use almost all of it). See "tail."

tail – the end of the yarn, after you cut it from the ball of yarn. Sometimes called "ends."

working yarn – this is the yarn that you are working with (crocheting) and is still attaching to the ball or yarn.

1. Thread your yarn needle.

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2. Insert needle down into the side of your work, slide it between yarn loops.

3. Slide needle between stitches along a row. Go up and back the other way, continuing to slide the needle between the row of stitches.

4. Keep weaving away the end, back and forth, up and down to lock it in place. Tip: when the tail gets too short, send the needle in ahead (without the yarn) get it into position, and then thread the yarn into the eye of the needle again, and use the needle to pull that little bit through. That's how I get as much of the tail weaved around as possible.
5. Trim the end.
6. Rep for other tail(s).

Notes

Ends like to poke out, even after trimming. Just poke them back in. Or, if you're sure you've securely weaved them, trim it again.
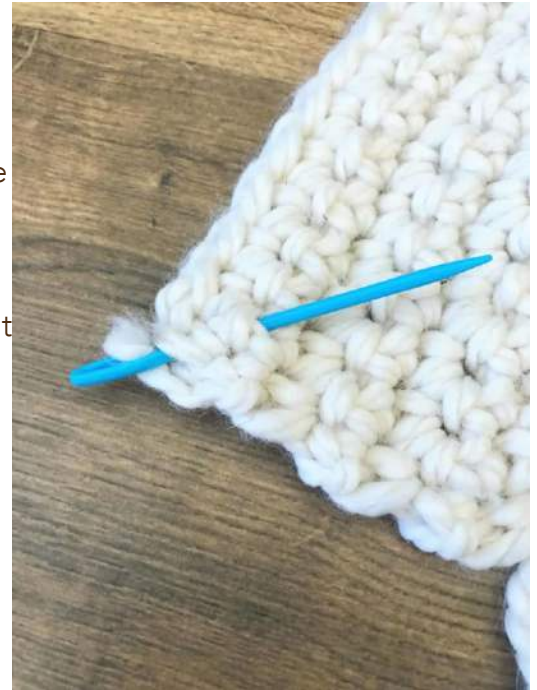
Simple Single Crochet Dishcloth Pattern

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Simply made beautiful.

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Skill Level

Beginner

Materials

- 70 - 90 yds of Dishie yarn,* a #4 medium worsted weight yarn (100% cotton, 190 yd / 100 g)
- 5mm US size H-8 hook,* or hook needed to meet gauge.
- yarn needle, measuring tape, scissors

Yarn By Size

8" = 70 yd
10" = 80 yd
12" = 90 yd

Notes

1. Please read through all notes and pattern before you begin.
2. Work up a gauge swatch using the provided gauge information. If your gauge matches great, continue on. If not, change your hook size and swatch again. If your stitches are smaller, go up a hook size, if they're larger, go down a hook size.
3. Stitch multiple is an odd number, plus 1 for the starting chain.
4. Ch 1 does not count as a st.

Stitches/Abbreviations

ch (s) - chain (s)
sc - single crochet
sl st - slip stitch
st (s) - stitch (es)
rep - repeat

Gauge

4" / 10 cm x 4" / 10 cm = 14 sts x 16 rows in sc

Construction

This dishcloth pattern is worked flat in rows.

Finished Dimensions

8", 10", or 12" square.

Fit/Adjustments

To adjust the width of your dishcloth start with any number of chains plus 1 more for the starting chain.

To change the length, adjust the number of rows.

Video Tutorial

Watch the full video tutorial on my YouTube channel.

Pattern

Start with a slip knot on your hook.

8" = ch 28
10" = ch 35
12" = ch 42

Row 1. Sc in the second chain from your hook and in each ch across, turn. (27, 34, 41 sts)
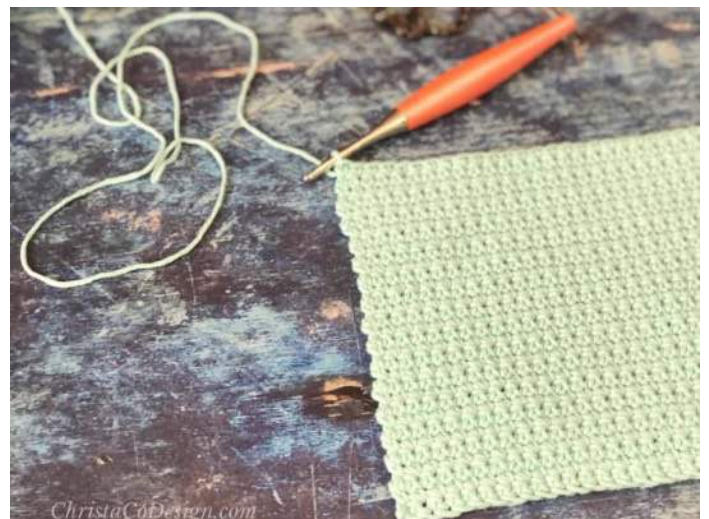
Row 2. Ch 1, sc in same st, sc in next sc and in each st across, turn.

Row 3. Rep Row 2 until work measures 8" (10, 12) or to desired height.

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Border

Ch 1, sc in each st across. At the corner st place (sc, ch 1 , sc). Continue to sc evenly around each side, placing (sc, ch 1 , sc) in each corner.

To add a loop for hanging, continue from last corner (or join yarn with a sl st to any corner). Ch 15, sl st back to corner st. This is about an 1.5"/3.8cm loop for hanging, you can adjust this to your needs.

Finishing

Cut yarn and weave in ends.