

CHOOSING YOUR YARN

An Anti-Craft Tip Sheet

There are endless varieties of yarn, but they can be categorised into five main types

Including
Mohair,
alpaca



Wool/acrylic
blend



Cotton/acrylic
blend



My
personal
favourite

Negatives of wool

- Can be itchy
- Tends to be expensive

Negatives of acrylic

- Can be scratchy
- Not good with water or heat

Negatives of cotton

- Can stretch over time
- Dark colours may run

YARN SHOPPING TIPS

As an autistic knitter I think that the most important thing is how the yarn FEELS:

- how does it feel while you are knitting it? (you are going to be touching it constantly the whole time you are knitting)
- how will it feel when you wear/use the finished item?

Then, think about the other things that are important to YOU:

Do you want your knitted item to be easy-care, something you can throw in the washing machine? Or are you going to gently hand wash it every time? Check the label for washing instructions and make sure they are manageable.

Are you making something you are going to use a lot and want to be durable? (Like a sweater you wear every day). Then perhaps consider acrylic yarn or a blended yarn. Or are you making something luxurious for special occasions? Then look at 100% cotton or wool options.

Is neatness/even stitches very important for what you are making? Cotton yarns don't have much elasticity and it can be difficult to maintain an even tension.

Note: It is a good idea to decide what you are going to make before you go shopping so you know exactly how much you need and don't run out part-way through what you are making (unless you are like me and you buy yarn every time you see something you like and have cupboards full)

Best for softness

- Cotton
- Cotton blend
- Some acrylics

Best for machine washing

- Acrylic
- Cotton/acrylic blend
- Some wool/acrylic blends

Best for affordability

- Acrylic
- Cotton/acrylic blend
- Wool/acrylic blend

Best for warmth

- Wool
- Acrylic

Best for breathability

- Cotton
- Wool

Best for allergies

- Cotton
- Acrylic

#1 Tip:

Before you put any yarn in your shopping cart, hold it against your lower arm for 20 seconds and move it around. If it feels itchy, smells weird, or doesn't feel comfy, put it back! If it feels good on your face, it will feel good to knit with.

