

Sizing for Success

How to Pick the Right Size for YOU

DAY 2 Introduction

Today we're going to talk about **figuring out your size!**

We'll cover:

- How to pick the right size for you
- How to take accurate measurements
- How pattern sizes are given
- What to do if you're between sizes

Don't forget to grab your Bingo Card: <https://programs.knittingwithchopsticks.com/CCBbingo>

The Replay will be available on the Replay page asap:

<https://programs.knittingwithchopsticks.com/CCBReplay>

Why Size Matters

Even a beautiful pattern and perfect yarn won't feel like a win if the garment doesn't fit. Sizing mistakes are one of the most common reasons first garments don't get worn.

I've seen plenty of crafters skip this step, guess their size, or use outdated measurements — and end up with garments that don't fit how they hoped.

Today is all about helping you avoid that from the start.

Use Your Wardrobe as a Cheat Sheet

If you want a quick and easy way to get a feel for your ideal garment size, take a look at your **three favorite sweaters or tops**.

Lay them flat and measure:

- Bust (straight across, under the armpits)
- Length (shoulder to hem)
- Width at hips or waist if that's relevant for your fit
- Sleeve length if it's long-sleeved

Look for the size that matches **those finished measurements** best, especially the bust size. This gives you a real-world reference for what sizes feel good on you.

Of course, this isn't a replacement for taking your body measurements properly — but it's a great starting point if you want to cross-check your instincts before picking a size.

Take Your Measurements

Start here — don't skip this part.

To choose the right size, you need to know your current body measurements, not guesses or numbers from years ago.

→ *Is this something you've been avoiding?*

Key tips:

- Don't stress about the numbers — they're just a tool, not a judgment

If you're nervous about measuring, try using centimeters instead of inches (or vice versa) — it often feels less emotionally loaded.

- Stand relaxed, don't suck in or hold your breath
- Measure over the layers you'll wear underneath the finished garment
- Ask someone to help if you can — it's hard to measure yourself accurately
- Bust is the most important measurement for most garments. (Measure the fullest part of your torso if that's not your bust)

Understanding Pattern Sizing

Not all patterns list sizing the same way, so here's what to look for:

Option 1: Finished garment measurements + ease

You'll see the actual garment size for each size (e.g., 100 cm bust).

Check the **ease** (extra space): if the garment has 10 cm positive ease, it's meant to fit a 90 cm bust.

This method is great if you want to adjust fit to your liking.

What is "ease"? It's how much bigger or smaller the garment is compared to the body size.

The ease can be either positive or negative, with positive ease creating a loose fit and negative ease resulting in a tight-fitting garment that stretches a bit when you wear it. The further from 0 each number is, the looser or tighter it will fit, respectively.



Negative ease



Positive ease

No ease (or zero ease) means the garment follows the body measurements exactly.

If ease isn't labeled, assume it's *positive*. The photos can give you clues.

Option 2: Body measurements + intended ease

The pattern tells you what body measurement each size is written for.

Often easier to pick a size, but less flexible if you want something looser or more fitted.

What If You're Between Sizes?

It's totally normal to fall between listed sizes.

Here's what you can do:

- Choose the *larger* size if you want a relaxed fit
- Choose the *smaller* size if you prefer something more fitted
- Look at the construction: patterns made in panels are easier to tweak as you go
- Check whether the sizing jumps are big — if one size up is 5" bigger, it might be worth adjusting manually

→ *Which option feels more like you: a looser, comfier fit or a more fitted style?*

Wrap-Up & What's Next

Sizing isn't about getting it perfect — it's about making an informed, confident choice.

If you take fresh measurements and understand how sizing is presented, you're already ahead of the game.

Homework

Take your measurements and decide which size you'll follow in your pattern. Then, head to the **Day 2 homework thread** in the [Facebook group](#) and leave a ✂️ to let us know you've made your choice.

You don't have to share your actual size, but if you're hesitating between two sizes or unsure what to do, go ahead and ask your question in the Facebook Group. We're happy to help you decide what's going to work best for you.

Q&A

Tomorrow, we'll talk about **Yarn Selection** — and how it affects the look and feel of your project.