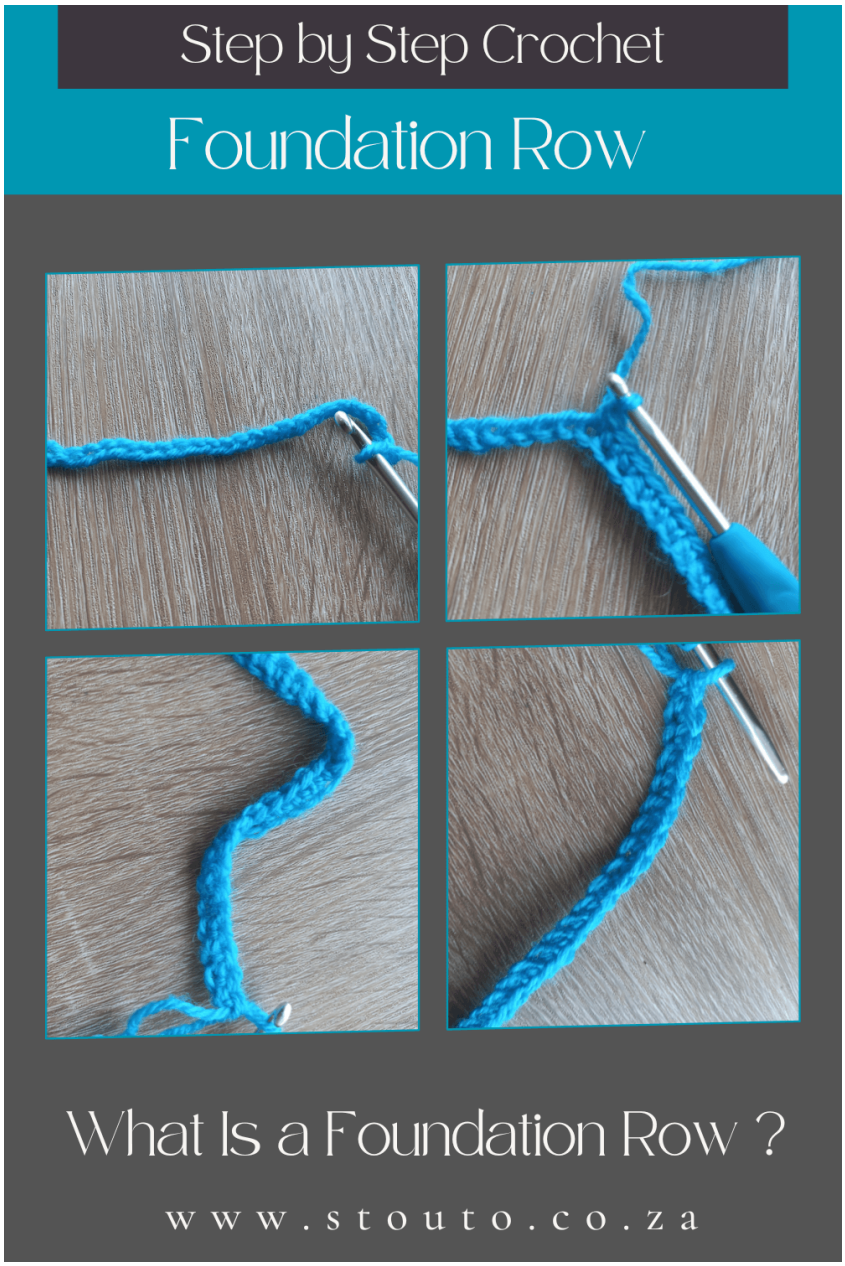
Foundation Row



Foundation Row

Every crochet project begins with one essential step, the foundation row. This is where your stitches first take shape and where your project truly begins. Whether you're making a blanket, scarf, or small coaster, understanding how to create a strong and even foundation row will make the rest of your crochet journey much smoother.

Crochet Foundation Row: Your First Step to Every Project

In this guide, we'll walk through what a foundation row is, how to make it correctly, and share beginner-friendly tips to help you get consistent results every time.

What Is a Foundation Row ?

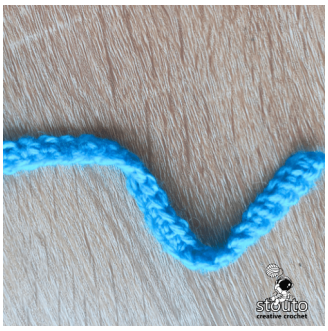
The foundation row is the first row of stitches you crochet into your foundation chain (the starting chain of loops you make at the very beginning).

Think of it as the bridge between your chain and your main fabric, it sets the width, strength, and structure for your entire project.

A good foundation row should be even, flexible, and not too tight. If your starting row feels stiff or curls up, your tension may need adjusting.

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Abbreviation



Step by Step

How to Crochet the Foundation Row (Step-by-Step)

Let’s go through a simple example using the single crochet (US) or double crochet (UK) stitch.

You will need

- Medium-weight yarn (Worsted or Aran)
- 5 mm crochet hook (H/8)
- Scissors and a yarn needle

Instructions

1. Make a **slipknot** and place it on your hook.
2. Chain your base - for practice, make about 20 chains.
3. Skip the first chain from the hook.
4. Insert your hook into the next chain.
5. Yarn over and pull up a loop (2 loops on hook).
6. Yarn over again and pull through both loops, that’s your first stitch!

Continue working one stitch into each chain across the row.

When you reach the end, chain 1 and turn your work to start Row 2.

Crochet Stitch Practice Example

Practice Project Ideas

Once you’ve mastered your foundation row, try a few beginner projects to put your skills to use:

- Simple Dishcloth: 20 **chains** + 20 rows of single crochet.
- Mini Scarf Sampler: Alternate rows of **hdc** and **dc**.
- Foundation Practice Swatch: 10 rows of **sc** for even tension practice.

The foundation row is the starting line of every crochet project. Taking time to get it right will make your work neater, easier, and more enjoyable as you progress.

With a little practice, your foundation rows will become smooth, consistent, and ready to support any stitch pattern you want to try next.

Every crochet masterpiece begins with one perfect foundation row.

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