

Creative Arts - Early Development (PMLD) - Clothes and fashion

Lesson 1 : Art - Clothes and fashion

***Information for parents / carers /
learning partners about using natural
dyes safely and effectively***

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What can be used as natural dyes?

The best thing about natural dyeing is that the ingredients you need are fairly easy to come by. The below table shows just a few materials you can use and the colours you'll get with each.

Natural material:	Colour dye:
Brown onion skins	Yellow / orange
Red onion skins	Yellow / orange
Coffee grounds / tea	Brown
Strawberries / cherries	Pink
Lavender	Pink
Red cabbage	Blue / purple
Beetroot	Deep red
Turmeric	Yellow
Mulberries / blueberries / blackberries	Light purple



How to get started

Step 1: Prepare the dye

Chop your plant or berries into small pieces and put them in a medium-to-large pot.

Add twice as much water as ingredients (if you put in two cups of plant material, add four cups of water).

Bring to a boil, and then simmer for one hour.*

Strain off the hard materials and keep the “dye”.

**Keep in mind that the longer you let the materials sit in the water, the stronger your dye is going to be. If you have the time, you can even let it soak overnight (without heat) to get a really concentrated solution.*



How to get started

Step 2: Prepare the fixative

Important: If you would like the dye to stay on your item of clothing, please include this step.

If you're **using berries to dye your fabric**, you should use a **salt fixative**:

- Put 1/2 cup salt in 8 cups of water.
- Put your fabric into the salt water solution and boil for one hour.
- When your fabric is done, rinse it out under cold water.

If you're using **plants to dye your fabric**, you have to use a **vinegar fixative**:

- Combine one part vinegar to four parts water,
- Put your fabric into the vinegar water solution and boil for one hour.
- When your fabric is done, rinse it out under cold water.



How to get started

Step 3: Dye the fabric

All you do now is place your wet fabric into the dye bath and simmer until the fabric has reached the colour and shade you want.*

Then, wash the fabric separately under cold running water until the water runs clear.

Hang the fabric up to dry.

**The colour is going to be a bit lighter once the fabric dries out.*

