

THINGS TO DO

Yes, Needlepointing is Back—Here's Why I'm Hooked

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After I get my two little girls to sleep at night, I usually don't have any energy left to do anything productive. I always tell myself I'm going to tackle something on my to-do list after they're in bed. But then the moment comes that they're *finally* down and all my will goes out the window.

Instead, more times than not, I end up on my couch, watching some sort of brain rotting TV to decompress and relax for a bit. Which is great, I have no qualms about watching TV that will in no way make me more informed or intelligent. But there's one thing that is a problem. My phone.

I always crave something to do with my hands. Unfortunately, this typically means I'm scrolling while I watch TV, something I know isn't great for a lot of reasons.

There is one thing that gets me off my phone at night, though. If I am working on a needlepoint project, my hands are occupied, and I can stay completely off of mindless scrolling and social media. **Read on to hear my take on why needlepoint is a great hobby for moms wanting to decompress and my recommendations for how to get started.**

Why needlepoint is a great hobby for moms

When I was looking for a hobby that would get me off my phone, I decided to try needlepointing as I already had some experience doing cross-stitch. For cross-stitch projects, you'll make a series of stitches that look like little x's (hence the cross part of the name) whereas needlepoint often use thicker threads, a stiffer canvas and use different types of stitches.

Things like embroidery and cross-stitch are often decorative stitches on top of materials while needlepoint covers an entire canvas. Like other grandma hobbies, needlepoint is creative, technology-free and is an intentional way to slow down and relax.

I've been needlepointing for over 10 years at this point, and have consistently worked on one project or another during that time.

Right now I'm working on an ornament as a reminder of a recent trip to Cancun and am trying to finish a cute needlepoint clutch (maybe one day I'll work up to the Fendi needlepoint bag!).

These are fun projects but I've also done more sentimental ones, like both of my daughter's Christmas stockings. My mom made me and my siblings stockings growing up, and I really like that I'm continuing the tradition with my girls. I've also stitched three pillows of cities I've lived in that are permanent decor in our living room, which feels really special to me.

How to get started with needlepoint

Even if you don't have any experience, needlepoint is a relatively easy hobby to get into, with plenty of beginner-friendly projects.

If just starting to needlepoint, try the basic basketweave or continental needlepoint stitches first. Both are repetitive motions and feel almost therapeutic to do. Neither of these stitches requires a super high level of concentration, so they're ideal for being able to do things like carry on a conversation or watch TV while you work.

You can watch videos on how to do these stitches or read a helpful needlepoint tutorial.

Needlepoint supplies

I recommend picking a **needlepoint kit** for your projects so that all of your thread is already picked out and ready to go. Otherwise, you'll need to shop separately for your thread.

You'll also need some sort of **tote bag** to keep all of your materials together, a **needle and scissors**. Here are a few ideas for beginner-friendly needlepoint kits to start your new tech-free hobby.

Beginner needlepoint projects

These projects only have a couple of colors in them, and there isn't any intricate detail work. You'll get lots of practice with basic stitches.

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How to Needlepoint Beginner Sampler Kit

This kit includes the tools you need to master the two basic needlepoint stitches: Tent Stitch and Basketweave Stitch. You'll be able to practice your stitches on a canvas with shapes and letters.

