Crochet a Simple Ribbed Headband

A back-loop single-crochet rectangle, measured fit, and a tidy end seam

A narrow rectangle becomes a soft band

This beginner headband starts as a flat rectangle, not a circle worked in rounds. Short rows of US single crochet, worked into the back loop only after the foundation row, form raised horizontal ridges. The foundation chain sets the width of the finished band; adding rows builds the length around the head. Finally, the two short ends are sewn together. This is an original learning pattern rather than a guaranteed one-size accessory.

The example you can count

Begin with thirteen chain stitches, skip the chain closest to the hook, and make twelve US single crochets in Row 1. Every later row also contains twelve sc. Use one turning chain at the edge; that ch-1 is not counted as an sc. From Row 2 onward, insert the hook into only the back loop of the next actual stitch top; Row 1 is worked into the foundation chains, not into BLO stitch tops. Keep the first and last real stitch at each edge: skipped edges change the width and make the seam uneven.

Choose yarn and a comfortable hook

Select smooth, comfortable yarn that does not irritate skin; a medium-weight yarn and an approximately 4.5 to 5.5 mm hook may be a starting combination if the yarn label agrees. You also need a measuring tape, removable marker, blunt yarn needle, scissors and a record sheet. Avoid scratchy fibres, loose decorations, stiff hard trims and a hook with a split or sharp tip. An adult should choose material based on comfort and their own sensitivity.

Fit depends on the person and the yarn

Measure the wearer’s head where the finished band would rest; call this circumference C. Measure the relaxed strip length L and a small gently stretched length S over the same section; do not overstretch or claim a tested stretch percentage. A close-fitting band is normally shorter than C while relaxed, but the exact ease cannot be prescribed without a real yarn sample and individual fit check. Make the seam only after an adult wearer has confirmed a comfortable temporary loop.

Boundaries for safe use

This is a decorative garment accessory, not protective headwear. Never use it as a tie, restraining strap, neckwear, medical device or safety item; remove it for sleep and if it causes pressure, skin irritation or discomfort. Keep loose yarn and needles away from children and pets. The publisher did not crochet a sample or test stretch, wash behaviour, fit, seam strength or skin compatibility. All measurements are instructions for the maker, not verified product claims.

Plan the practice

Read these dimensions and conventions before touching yarn.

Know the two axes before you begin

In this flat construction the twelve stitch columns from the foundation chain create the band width, while completed rows create the length that will wrap around the head. PATTERN 1 is an original 13-chain to 12-sc entry-key and loop anatomy diagram. PATTERN 2 shows a symbolic four-row rib sample and the final short-end seam. No printed crochet loop is a true-size gauge; measure an actual crocheted sample, not its inked drawing.

Work a full US single crochet

For each US sc, insert the hook in the specified chain or top loop, yarn over, pull up one loop, yarn over again and draw through the two hook loops. One live loop remains; one sc has been completed. The first row uses the eligible foundation chains. For the ribbed rows, work into the BACK loop of each actual top V, leaving the front loop unworked. Do not substitute UK double crochet instructions without checking terminology.

Turn without inventing an extra stitch

At the end of a row, make one chain and turn. In this pattern the ch-1 is a turning aid, never one of the twelve sc. Identify the first real sc immediately beside the turning chain, work the back loop of that stitch, and continue through the twelfth real sc at the other edge. Place a marker in the first or final actual stitch top if the edge is hard to recognise. Consistent counts matter more than a square-looking diagram.

Measure for a comfortable join

After enough rows for a useful length, lay the strip flat without stretching and record L in millimetres. Gently stretch a small portion and check recovery; if it stays lengthened, consider a different yarn or looseness rather than assuming snug fit. Compare L with measured circumference C. Temporarily hold the short ends together with clips (not pins on the head) and make a cautious adult fitting check before sewing. There is no universal number of rows or a universally safe negative-ease formula.

Join only after deciding the length

Fold the strip so its short ends meet without twisting the rectangle. Use a blunt needle and a separate long yarn tail to whip-stitch corresponding end loops through both thicknesses, moving across the full twelve-stitch width. Keep the join flat: do not cinch it into a thick lump. The working direction and hand used may be mirrored; the seam is cosmetic rather than load-bearing. Use the original PATTERN 2 join illustration to check orientation.

Read the two printable records

RECORD 1 is a twelve-sc-per-row count checklist and an open continuation area; it is not an instruction to stop at a set number of rows. RECORD 2 captures head circumference C, relaxed strip length L, observed gentle stretch, seam choice and adult comfort notes. Print both schematic patterns at Actual Size or 100 percent; each page has two original 50 mm calibration bars. A physical ruler check by the reader is needed only for print references, not yarn gauge.

Practice - steps 1 to 8

Fourteen original steps / count only actual completed crochet stitches.

1. Gather and measure safely Choose comfortable yarn, a matching hook, closed scissors, a blunt yarn needle and a soft measuring tape. With the intended adult wearer, measure head circumference where the band would sit. Note the number as C in millimetres on RECORD 2. Avoid drawing tape tight enough to leave pressure marks; stop if the fitting situation is uncomfortable.

2. Make thirteen counted chains Form a movable slip knot and work thirteen actual chains. Do not count the starting knot or the live loop still on the hook. Turn the chain so you can identify each separate V and the first chain directly under the hook; recount before inserting into the foundation.

3. Build Row 1 with twelve single crochets Skip the chain nearest the hook and insert into the SECOND completed chain counting from the hook end toward the slip knot and complete one US sc. Work one sc into each of the remaining eleven chains, excluding only the one skipped nearest the hook, including the far end. Count twelve top Vs; if the count is eleven or thirteen, correct the foundation row rather than hiding the difference.

4. Make ch 1 and turn the work At the end of Row 1, yarn over and draw through the live loop once to make ch 1. Turn the fabric so the next row works back across the completed stitches. The turning ch-1 is NOT a counted sc and is not a place for an additional edge sc in this design.

5. Find the back loop of the first real stitch Look at the top V of the first actual stitch from the previous row. Each V has a nearer/front loop and farther/back loop relative to you. Insert only under the back loop; do not insert under both top loops as you did for an ordinary non-ribbed sc row. Keep the first edge identifiable.

6. Work twelve BLO single crochets across Row 2 Complete one sc in the back loop of each of the twelve Row-1 stitches. Keep the same operation for every stitch, including the last top V at the far edge. Count twelve sc, then note Row 2 on RECORD 1. The exposed front loops form a ridge; they are intentional, not missed loops requiring a second stitch.

7. Continue ribbed rows while maintaining width Make ch 1, turn, and work twelve BLO sc across each new row. After every few rows, count the actual stitch tops and check the edge. Mark the first and last stitch if needed. Stop and undo a row when the count becomes eleven or thirteen; gradual edge increases will undermine the later join.

8. Pause to inspect the developing texture Lay the rectangle on a dry flat surface. The front-loop ridges should follow the rows, and both long edges should remain reasonably aligned without pulling into a wedge. Work without forcing the hook through tight loops. If the yarn scratches or the hand becomes painful, stop and change material or take a break.

Practice - steps 9 to 14

Finish the original project and record the measured result.

9. Measure the relaxed length honestly Measure the length along the direction of completed rows with the strip flat and relaxed. Record L in mm. Do not infer actual circumference from the number of rows in PATTERN 2; it is only a teaching chart. Compare the real strip against the measured head circumference C and assess how gently the yarn stretches and recovers.

10. Check comfort before closing the ring Temporarily bring the two SHORT ends together without twisting the rectangle. An adult may hold the strip at the intended head position to judge comfort, and remove all clips before placing the band on the head. It must not squeeze, slide over the eyes, irritate the skin or feel like a strap; if uncertain, add or remove rows instead of assuming a standard percentage of stretch.

11. Fasten off with a useful tail When the length is suitable, finish the last completed row, cut the yarn leaving a generous tail for the seam and draw the entire cut tail through the final live hook loop. Pull gently to close that loop. Do not tie a large hard knot or trim the seam tail flush before the pieces are joined.

12. Align and sew the short-end seam Fold the rectangle so the raised rib face is outward if preferred, keeping the strip flat and untwisted. Confirm the ridges run continuously around the loop without a half-turn. Match the two short edges and pass a blunt yarn needle through corresponding end loops one pair at a time across the twelve-stitch width. Use small whip stitches and moderate tension; do not pull the seam into a cord. Keep needles away from the skin during all sewing.

13. Secure tails without a hard ridge On the reverse, thread remaining tails separately through several stitch backs with a blunt yarn needle, reverse direction after several stitch backs if enough dense fabric exists, then trim conservatively. Avoid leaving long dangling ends, especially near hair. Feel the seam for a hard spot with your fingers, not by claiming a pull-strength test; rework obvious bulk.

14. Record care and make a final comfort check Note the number of rows, L and C, the chosen seam, and whether the finished band feels comfortable on the intended adult wearer. Follow the specific yarn care label; dry before storage. Stop wearing if tight, irritated or changed after washing. Store tools safely; this pattern is not guaranteed for any head size or laundering outcome.

Fix, care and preserve

The rectangle is wider at one end. Count the real top-V stitches: every row should have twelve. An extra stitch usually comes from treating ch-1 as a sc or working twice into an edge. A missing stitch usually sits at the last edge. Undo the recent row and replace it using a marker rather than relying on visual stretching.

The seam makes a heavy lump. Align only the two short edges, loosen over-tight whip stitches, and weave each tail through nearby reverse-side stitches instead of piling them at the seam. If the seam still presses against skin or catches hair, undo it; comfort is the deciding criterion, not the appearance of the drawing.

The fit changes after cleaning. Yarns may relax, shrink or lose elasticity with washing. Follow the yarn label, dry fully and reassess comfort before wearing. This publisher has not tested stretch, skin contact, washing or seam security, so a physical personal fitting check is necessary for any wearable result.

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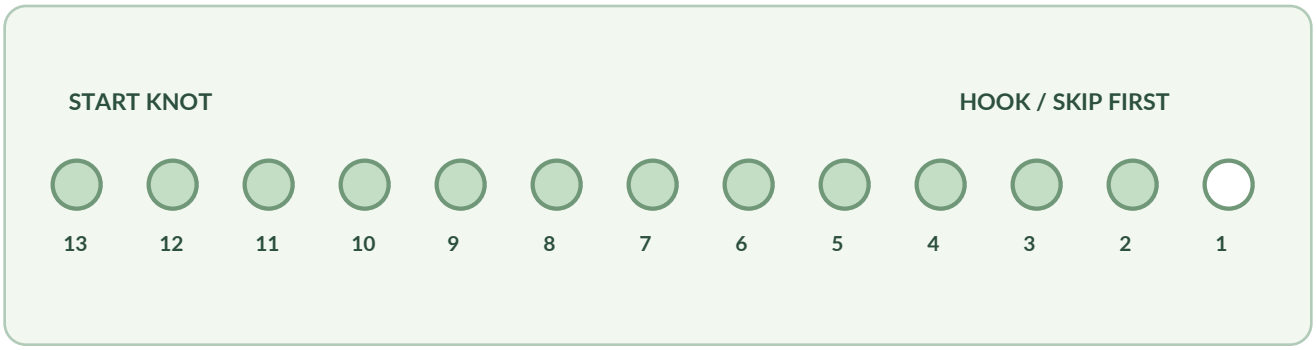
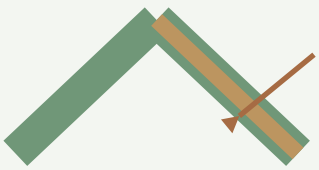
ORIGINAL VECTOR TEACHING SCHEMATIC / NOT ACTUAL YARN GAUGE

FOUNDATION / 13 CHAIN STITCHES -> 12 REAL SC



TWELVE filled positions produce Row 1 = twelve US sc.

TOP V / WHAT BACK-LOOP-ONLY MEANS



BOTH loops = ordinary Row 1 reference

FARTHER / BACK loop: work HERE

NEARER / FRONT loop stays unworked

BLO is a loop-selection rule; turn ch-1 is NOT a counted sc.



50 mm BAR A



50 mm BAR B

PRINT ACTUAL SIZE / 100%; verify both original 50 mm bars with a ruler.

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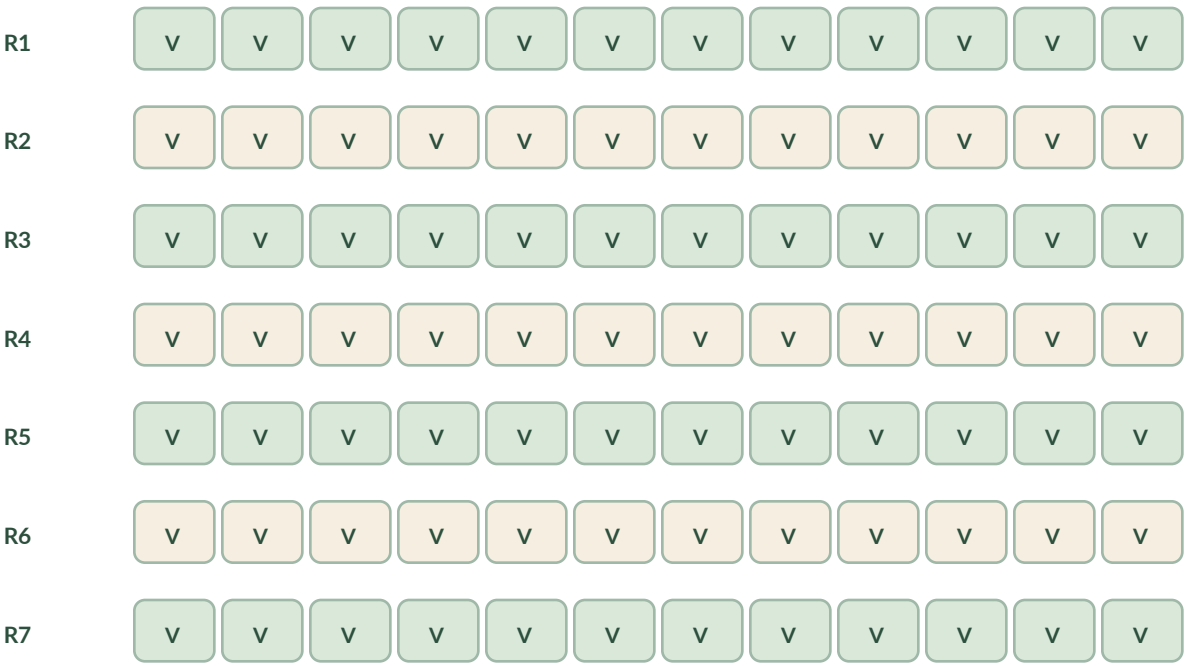
ORIGINAL VECTOR TEACHING SCHEMATIC / NOT ACTUAL YARN GAUGE

ROW COUNT / ONE TWELVE-SC RIBBED STRIP



R1 = 12 / EVERY later row = 12; more rows control LENGTH.

UNJOINED STRIP



MATCH SHORT ends

Sew across 12-sc WIDTH

Measure real C and L; briefly check adult comfort BEFORE the seam.



50 mm BAR A

50 mm BAR B

PRINT ACTUAL SIZE / 100%; verify both original 50 mm bars with a ruler.

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Maker setup / stitches and rows

Date / maker:

Yarn, fibre and care label:

Hook size and safe-use notes:

Project location / sample reference:

COUNT TARGET: 12 US sc per row; no fixed row count

- [ ] R1 / actual: _____
- [ ] R2 / actual: _____
- [ ] R3 / actual: _____
- [ ] R4 / actual: _____
- [ ] R5 / actual: _____
- [ ] R6 / actual: _____
- [ ] R7 / actual: _____
- [ ] R8 / actual: _____
- [ ] R9 / actual: _____
- [ ] R10 / actual: _____
- [ ] R11 / actual: _____
- [ ] R12 / actual: _____

Continue on reverse or a new sheet. Do not infer target length from row count.

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Measured dimensions, observation and safety record

Measured adult head circumference C (mm):

Flat relaxed strip length L (mm):

Real width across twelve stitches (mm):

Final completed row count:

Adult comfort / pressure / irritation check:

Short-end seam and tail finish notes:

Yarn label, wash and dry observations:

Digital instruction only. No publisher physical yarn, fitting or printer trials.