



MAKING REUSABLE PADS

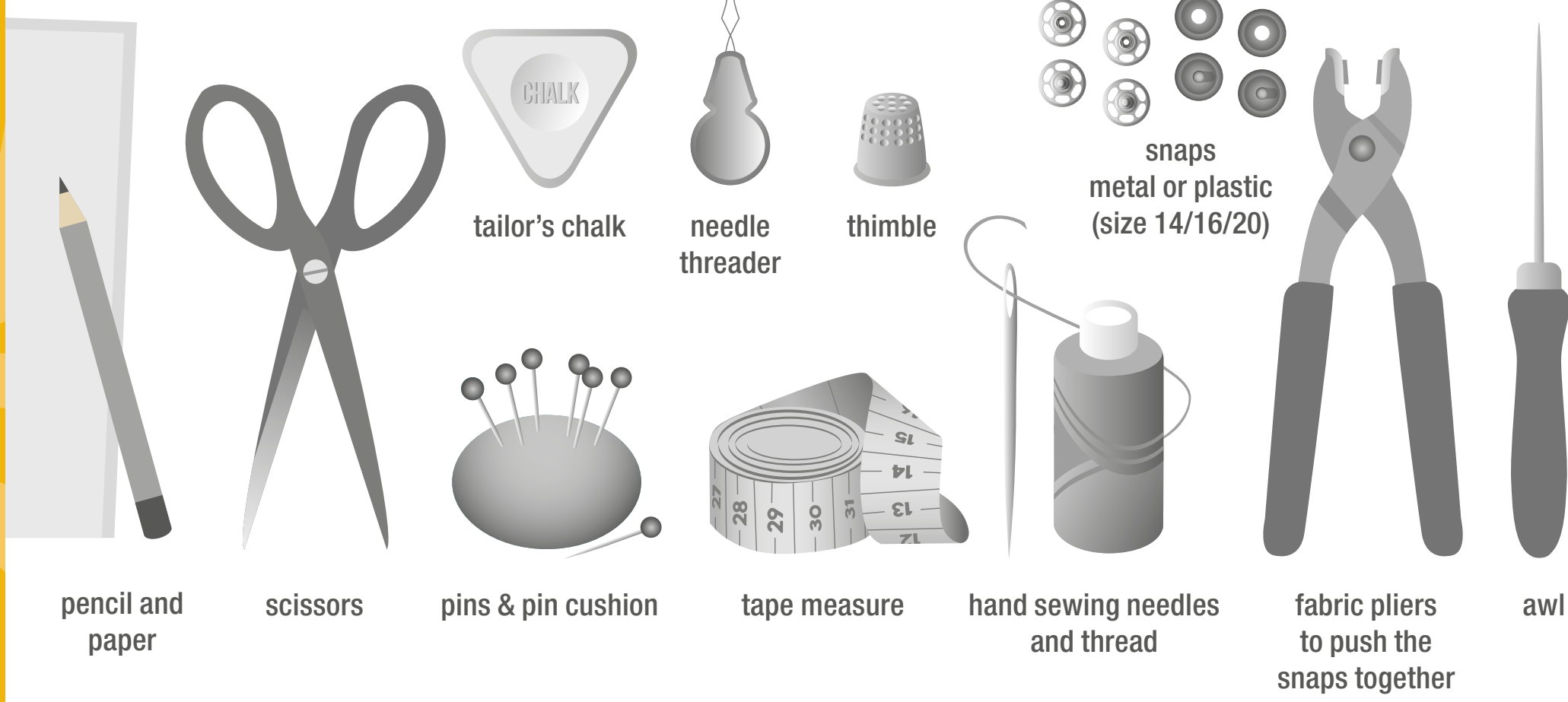
LEARNING GUIDE



2 TO 2.5 HOURS:
ESTIMATED TIME
TO FINISH 1 PAD

1 COLLECT MATERIALS & FABRICS

TOOLS & MATERIALS

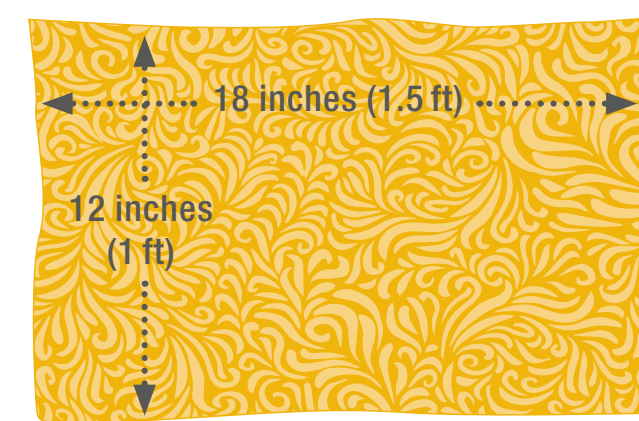


COVERS: SOFT FABRIC



Cotton prints

Cover for one reusable pad
– 1 topper and 1 bottom:
18 inches x 12 inches or 1.5 ft x 1 ft

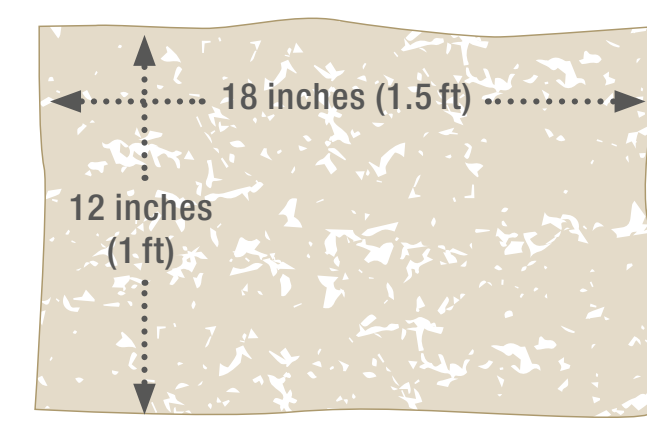


SOAKERS: ABSORBENT FABRIC

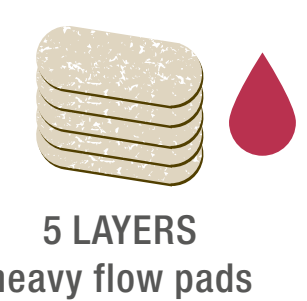
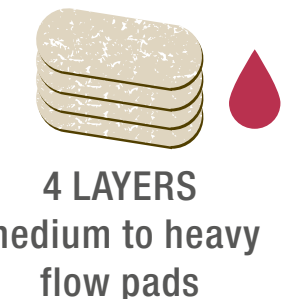


Bamboo, hemp, cotton flannel,
cotton terrycloth – even old towels

4 soakers for one reusable pad
– medium to heavy flow pad:
18 inches x 12 inches or 1.5 ft x 1 ft



GUIDELINE: NUMBER OF SOAKERS



2 PATTERN UP

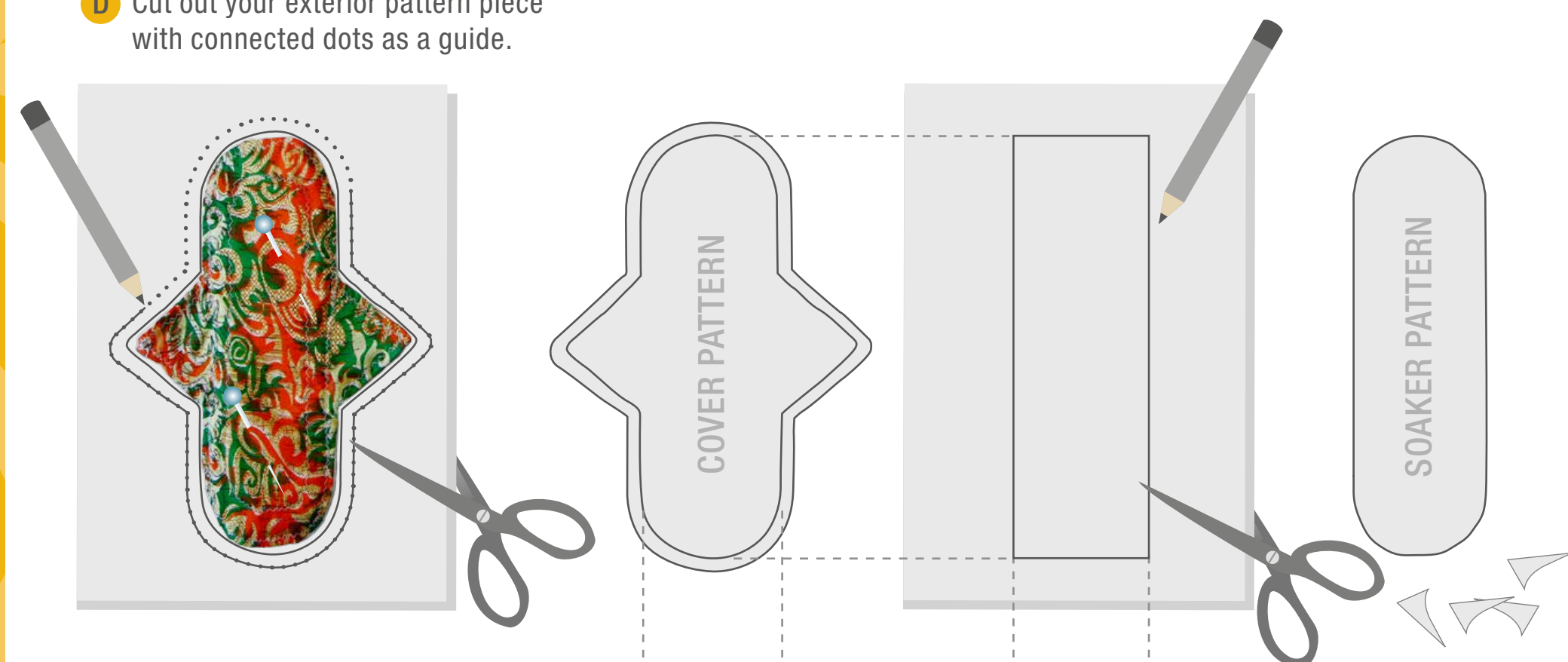
You can skip STEP 2 by looking online
for free cloth pad pattern pieces.

COVERS: EXTERIOR PIECE

- Stick your favorite pad onto a piece of paper.
- Trace the outline of the pad onto the paper.
- Dot 1 cm around the entire perimeter of the pad outline. Connect the dots.
- Cut out your exterior pattern piece with connected dots as a guide.

SOAKERS: INTERIOR PIECE

- Measure the length and width of your pad.
- Draw a rectangle of those measurements.
- Cut out your interior pattern piece and trim the corners to shape the soaker.



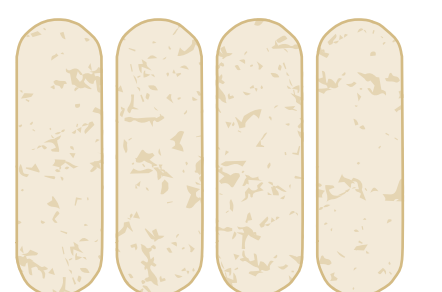
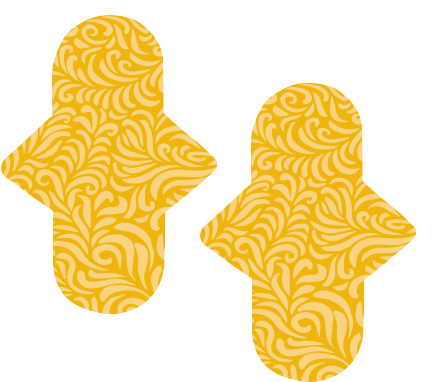
3 CUT OUT

1 TOPPER, 1 BOTTOM, 4 SOAKERS

- Stick your pattern to the fabric.
- Trace the outline of the pattern.
- Cut out.



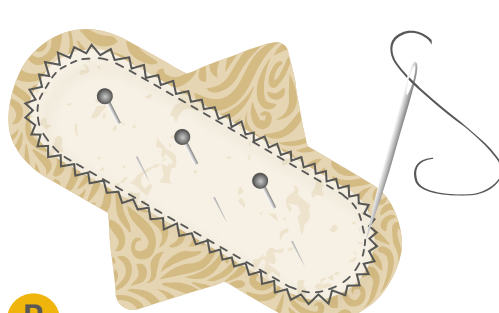
YOU WILL NEED FOR ONE PAD:



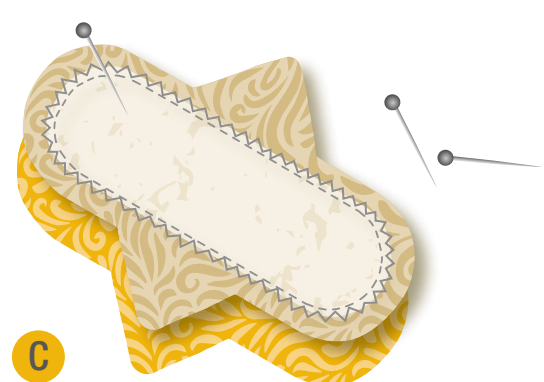
4 STITCH IT



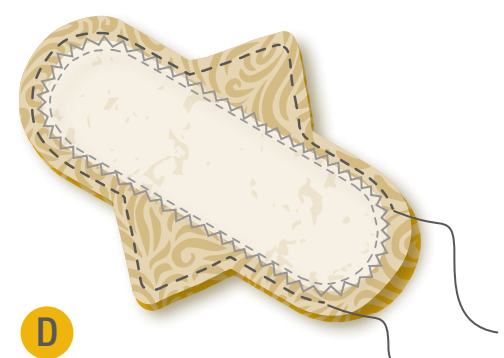
- Take one piece of the cover and lay it face down; the wrong side of the fabric should be facing you. Tack the soaker and cover together using pins.



- Stitch the soaker and topper in place by sewing around the soaker edges. Double sew the soaker.



- Take the other piece of the cover and place it face up and place the cover with soaker on top of it. Pin the layers together.



- Sew all the way around the cover with about 1/4 of an inch from the edge. Stitch around the outside of the pad leaving a 2-inch opening.



- Make tiny snips in the corners and curves to make it easier for the curve to fold in.



- Turn the pad inside out through the unstitched part, push out the wings and the corners. You may use a tool or a pen to poke the corners.

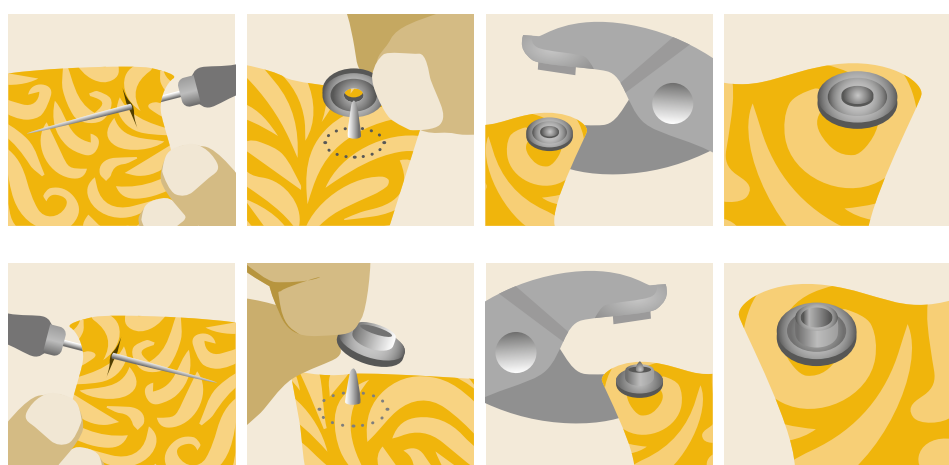


- Stitch the pad to the opening where you turned the pad.

5 PUT SNAPS

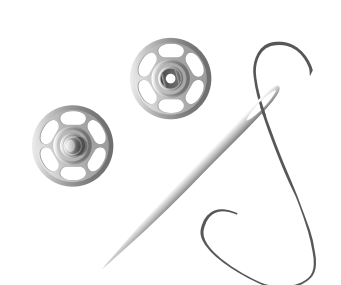


- Fold the wing. Poke using the "Awl" where the snaps should be placed.



- Attach the snaps to both wings. Press the snaps using fabric plier.

NOTE: If you are using a metal snap, hand sew these on the fabric.



6 FINAL PRODUCT

