Collect materials & fabrics

**Tools & Materials**
- pencil and paper
- scissors
- pins & pin cushion
- tape measure
- hand sewing needles and thread
- fabric pliers to push the snaps together
- awl

**Covers: Soft Fabric**
- Cotton prints

**Soakers: Absorbent Fabric**
- Bamboo, hemp, cotton flannel, cotton terry cloth – even old towels

Pattern up

**Covers: Exterior Piece**
1. Stick your favorite pad onto a piece of paper.
2. Trace the outline of the pad onto the paper.
3. Dot 1 cm around the entire perimeter of the pad outline. Connect the dots.
4. Cut out your exterior pattern piece with connected dots as a guide.

**Soakers: Interior Piece**
1. Measure the length and width of your pad.
2. Draw a rectangle of those measurements.
3. Cut out your interior pattern piece and trim the corners to shape the soaker.

Cut out

**1 Topper, 1 Bottom, 4 Soakers**
1. Stick your pattern to the fabric.
2. Trace the outline of the pattern.
3. Cut out.

Stitch it

1. 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.
2. Stitch the soaker and topper in place by sewing around the soaker edges. Double sew the soaker.
3. 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.
4. Sew all the way around the cover with about ¼ of an inch from the edge. Stitch around the outside of the pad leaving a 2-inch opening.
5. Make tiny snips in the corners and curves to make it easier for the curve to fold in.
6. 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.
7. Stitch the pad to the opening where you turned the pad.

Put snaps

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

Final product

www.deped.gov.ph