Making Reusable Pads

LEARNING GUIDE

2 TO 2.5 HOURS: ESTIMATED TIME TO FINISH 1 PAD

ACKNOWLEDGEMENTS:
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WITH SUPPORT FROM:

Implemented by:

www.deped.gov.ph
Collect materials

Tools & Materials

- pencil and paper
- scissors
- pins & pin cushion
- tailor’s chalk
- needle threader
- thimble
- snaps metal or plastic (size 14/16/20)
- tape measure
- hand sewing needles and thread
- fabric pliers to push the snaps together
- awl
1b COLLECT FABRICS

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

3 LAYERS
light to medium flow pads

4 LAYERS
medium to heavy flow pads

5 LAYERS
heavy flow pads
2 Pattern Up

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

COVERS: EXTERIOR PIECE

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

SOAKERS: INTERIOR PIECE

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

1 TOPPER, 1 BOTTOM, 4 SOAKERS

A Stick your pattern to the fabric.
B Trace the outline of the pattern.
C Cut out.

YOU WILL NEED FOR ONE PAD:

2 COVER PIECES:
1 topper, 1 bottom

ABOUT 4 SOAKERS
See Guidelines above
**Stitch it**

A. 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.

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

C. 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.

D. 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.

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

F. 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.

G. Stitch the pad to the opening where you turned the pad.
5 Put snaps

A Fold the wing. Poke using the “Awl” where the snaps should be placed.

B 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.