

HOW TO MAKE A REUSABLE SANITARY PAD

Making your own reusable sanitary pad is quite simple and you only need a couple of materials, which you probably have in your own home already!

It will be cheaper than buying them and you can make the pads as fancy as you like with the material you choose.

Why not make some for friends and family too or photocopy these instructions for them?



3 STEPS TO MAKE A PAD

1 Make the wrap

The larger, outer layer which sits in your knickers and buttons together on the underside.

2 Make the insert

The absorbent layer that will sit inside the wrap and next to your skin.

3 Sew the insert into the wrap

The size provided in this pattern is medium, but you can adjust the width and length of the template to fit your size. If your period is heavier, you might wish to add extra layers to the insert for greater protection.

YOU WILL NEED

- Needle & thread (or sewing machine)
- Pins
- Scissors
- Pencil
- Card or paper (for the template)

For the wrap

- 2 layers of fabric e.g. cotton, t-shirt, pyjamas, sheets
- Button or press stud

For the insert

- Towel material
- Fleece material (Not essential, but does feel softer next to skin)

Before cutting any material, we recommend you read all instructions first and become familiar with the template.

TO MAKE THE WRAP

1. Using the template provided, trace the wrap pattern (blue dashed line) onto card or paper and cut out.
2. Pin this template onto both layers of your fabric, with the patterned sides facing inwards.
3. Leaving a seam allowance (see outside dark blue solid line for example), cut around the template.
4. Sew around edge, leaving the bottom end open. If using a sewing machine with an overlock function, use this on the edges.
5. Turn so the patterned side is on the outside now and then sew up open end.
6. Add either a press-stud or button to the wing, where shown. Fold the wing over and ensure the other stud or hole for the button is placed in the correct position.

TO MAKE THE INSERT

1. Trace the insert pattern (dashed orange line) onto card or paper and cut out.
2. Pin this template to your towel material and cut out. If you are just using towel - cut out two layers. If you are using fleece too - use the template to cut out a layer.
3. Pin these layers together and sew around all edges (with the fleece layer on top).

FINALLY SEW THE INSERT INTO THE WRAP!

REUSABLE PAD SEWING TEMPLATE

