

# How to make a simple cloth pad

## YOU WILL NEED:

Fabric scissors  
Needle and thread if hand sewing  
Pattern, pen  
Sewing Machine  
Overlocker  
Snaps or Velcro (for wings)

### *Fabrics:*

**TOP LAYER\*** - cotton, flannelette, bamboo velour

**CORE\*** - Bamboo fleece, towelling (tea or bath towel), flannelette

**BACKING** - PUL (best as this is waterproof), polar fleece

\* prewash top and core layers 3-4x before using to ensure maximum absorbency and help with any shrinkage or warping, or you can buy pre-shrunk bamboo fleece from cloth nappy making suppliers



## STEP 1

Print or trace the Pad Pattern Template onto paper and cut out on the dotted line so you have section 1 (pad) and section 2 (wings). Then trace the pattern onto the fabric using tailors chalk or felt pen that will wash off. Mark with the pen the 'sew line', which is about 5mm inside the outside dotted line (seam allowance).

You will need the following amounts of each type of fabric:

*Top Layer* = one of section 1 (pad)

*Core Layer* = cut using the pad template again. For a light flow pad cut one layer of core fabric, for medium flow cut two layers, heavy flow cut three layers.

*Backing layer* = use the waterproof material, cut one of the pad template

*Wings* = using the waterproof material, cut four using the section 2 (wings) template.

## STEP 2

### SEWING MACHINE AND OVERLOCKER

First, place the wings together in pairs with the waterproof/shiny sides together, then, using the overlocker, sew the round edges only on the sewing line, leave the straight side unsewn and open for now.

Secondly, if you are using two or three layers of core fabric, it is good to sew them together now. Lie them on top of each other. Draw a pen line down the centre of the fabric from the top to the bottom. Now sew this line using a zig zag stitch. This keeps the core layers together but also makes a "well" to encourage fluids to the centre of the pad rather than the edges.

Next, lay the fabrics on top of each other ready for sewing – top fabric (right side up), core with zigzag stitching, backing (waterproof/shiny side facing the core and with pen marks on the outside/non-shiny side), wings (see marker on template of where to position the wings). Lay the wings with the flat edge on the outside and round edge facing the middle of the pad. Pin or do a tacking stitch around the edge to hold it all in place

Lie your pad face down with the wings and backing facing you. Following the stitch line, use the overlocker around the edge and over the wings until you come back to where you started. Tie the stitching off.

Finally, use some snaps or Velcro on the wings to hold them in place in your underwear.

### HAND SEWING

If you don't have a sewing machine or overlocker – no problem! Hand sewing will take a little longer but you will still end up with a great cloth pad!

First, sew the wings in a double layer on the stitch line. Layer them with the shiny/ waterproof sides facing out. Sew around the edge on the sewing line until you only have 1cm to go. Turn the wings inside-out using the hole so the shiny/waterproof side is now on the inside. Neatly sew the hole closed and iron flat with a cool iron.

Secondly, if you are using two or three layers of core fabric, sew them together. Lie them on top of each other. Draw a pen line down the centre of the fabric from the top to the bottom. Then sew along this line using a zig zag stitch. Trim the core around the edges to the stitch line.

Next, iron the top layer edges inwards on the wrong side of the fabric, so the 5mm edge fabric is folded to the stitch line. Do the same with the Backing layer

Lay the fabrics on top of each other ready for sewing – top fabric, core, backing, then wings. See marker on template of where to position the wings. Tuck the core inside the lip of the top fabric. Then layer the backing so the folded edges of the top and backing layer now meet (as the core is tucked inside the top layer). Position the wings so the round edges face the middle. Spend some time making all the fabric layers line up nicely and then pin it all (use a lot of pins!).

Using a blanket stitch, start at the top of the pad and work your way around the entire edge. Tie off and trim the thread.

Finally, use some snaps or Velcro on the wings (see picture) to hold them in place in your underwear.

PAD PATTERN TEMPLATE (PRINT ONTO A4 PAPER FOR ACTUAL SIZE)

