Washable/Reusable Sanitary Pads

Pattern modified from http://girls2women.org/

Each Postpartum Care Kit will contain:
- 10 pad inserts (9x9 inch double layered pad trifolded to make a 9x3 inch pad insert)
- 4-6 Winged back pads

Supplies
- Material:
  - Flannel, cotton, fleece in various colors (flannel sheets and shirts work great).
  - Be sure to prewash them before sewing
  - Patterns attached below (the inner rectangle pads can be either: 10x2.8 inches, 9x3 inches, or 9x9 inches – preferable)
  - Larger sizes of material to make winged back pads for night time use
- Sewing thread
- Needles
- Straight pins
- Measuring tape
- Small snaps/buttons or large safety pins

Pad Pattern Design
- The Inner Pad design is a 9 inches x 9 inches square.
- Material of preference-toweling and cotton, one layer of each sewn together.
- The pad is folded in three, providing 6 layers of protection excluding the two layers of the pad holder.
- The pad holder is a winged design of two layers of cotton material sewn together.
- At each end a strip of material is sewn through which the folded pads fit securely.
- Colors of materials may vary. Darker colors are more practical since they will not show stains so readily.

NOTE: Sketches are NOT drawn to scale
INNER PAD PATTERN:

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Step 1. Cut a pad 9 x 9 double layer of fabric that will be used for the inner pad insert.

Step 2. Sew Fig.1 along the edges as shown in Fig.2.

Step 3. Optional: sew down red dotted line (in thirds) to help material avoid shifting.

Step 4. Fold pad along the dashed RED lines (see in Fig.3) to form the pad in Fig.4.
DIRECTIONS FOR SEWING WINGED PAD HOLDER

**Step 1:** Using printable winged pad pattern cut pad holder out of a double layer of flannel. Mark fabric where securing straps will go. Then, using the pattern cut two securing straps.

**Step 2:** Fold one of the securing strap pieces in half the long way as marked on the pattern. Stitch down the long side, opposite the fold. Then, turn strap right side out. Repeat for second securing strap.

**Step 3:** Pin the two securing straps between the two layers of fabric for the pad holder at locations shown on either end of the pad holder pattern.

**Step 4:** Sew pad holder around three sides, leaving one of the small ends open for turning right side out.
WINGED PAD HOLDER - CONTINUED

Step 5: Turn pad holder right side out, tuck in the unsewn end, and sew closed.

Step 6: Sew hooks or snaps on the wings for securing pad holder on the bottom side of the underwear. A large safety pin could also be used.

FINISHED PRODUCT
WINGED PAD PATTERN

PRINT (2) COPIES OF PATTERN FULL SIZE ON 8.5X11 PAPER. CUT OUT AND TAPE THE TWO HALVES TOGETHER ON THIS LINE (NOTE FULL PATTERN FORMATTED FOR 11X17 IS ALSO AVAILABLE)

SEWING LINE

PAD HOLDER

SECURING STRAP ALIGNMENT LINES
WINGED PAD: SECURING STRAP

PRINT FULL SIZE ON 8.5X11 PAPER

SECURING STRAP

FOLD LINE

SEWING LINE
PRINTING INSTRUCTIONS:
PRINT ON 11X17 PAPER, FULL SCALE (DO NOT SELECT PRINT OPTION TO "FIT TO PAPER" OR "FIT TO PRINTABLE AREA"
IF PRINTER DOESN'T SUPPORT 11X17 PAPER USE 8.5 X11 VERSION.

SECURING STRAP

FOLD LINE

SEWING LINE

PAD HOLDER

SECURING STRAP
ALIGNMENT LINES

SEWING LINE

SECURING STRAP
ALIGNMENT LINES