



Sustainable Solutions

Reusable Pad Instruction Guide



Before you begin

Before you begin any project, it is important to assemble all the materials and tools needed to complete the assignment.

Materials needed:

- Paper Pattern
- Fabric – cotton flannel : 10 ½” x 17 ¼” (27cm x 44cm)
- Toweling for insert: 6 ½” x 7” (16.5cm x 17.8cm)
- Scissors
- Straight pins
- Sewing needles
- Sewing Thread
- Sew-on Velcro/Fastener Tape (hook & pile)

Assemble materials



Cut out the pattern



- Cut out the paper pattern.
- There should be 2 side flaps and one front piece.
- 1 rectangular piece for the insert.

Layout pad pattern as shown



Remember to put the straight edges on the outer edge of the fabric. Pin pattern in place and cut out the 3 pieces.

Cut out pattern pieces



- Cut out fabric pieces.
- Be sure to trim close to the edge of the pattern as shown in the photo.

Fold edge on side flaps



- On straight edge, fold fabric 3/8" over with good side facing out.
- Do the same for both pieces.
- Pin in place.

Stitch seam



- Stitch folded seam $\frac{1}{4}$ " from fold (either by hand or by machine).
- Do the same for both side pieces.



Assemble pieces



- Pin side flap to pad front with finished sides facing out.



- Pin other side flap into position.

Stitch outer edge



- Stitch $\frac{1}{4}$ " around the entire outer edge of the pad.

Cut small pieces of fastener



- Velcro is a type of fastener that will be used to seal the pad closed when in use.
- Cut 1" pieces of fastener tape

Sew on fastener tape

- Place velcro pieces on opposite sides of the side flap as shown.
- Be sure to use hook on one side and pile on the other to close properly
- Pin in place.



Stitch fasteners in place

- Stitch around each piece of velcro to hold them securely in place.



Next, prepare the insert piece

- Cut out the insert piece using toweling or fleece.
- The insert piece should be absorbent according to one's personal needs.
- Some girls require thicker pads to control their blood flow.



Stitch outer edge of liner

- Stitch outer edge of towel liner to prevent raveling of the fabric.
- If using fleece material for the liner, this step is not needed.



Insert liner into pad pocket

- You are almost finished.
- Roll the liner up and slip into the pad pocket.



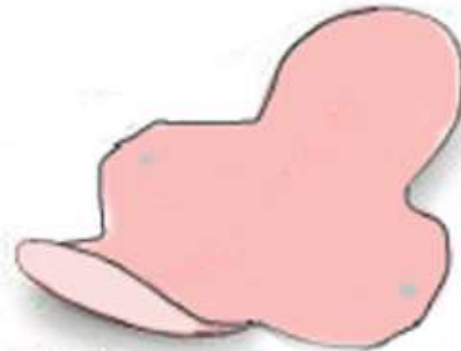
Finished pad is ready for use



- To close the pad, simply fold up each side flap and secure with the velcro fasteners.

How to use

Pads are inserted in the panty as shown and secured with the fasteners to prevent the pad from slipping.



Maintenance and Care

- Pads must be laundered every time after use.
- Be sure to use soap when washing pads.
- If pad is changed during the day when one is away from home, place the soiled pad into a plastic bag and wash after returning home.
- Make sure to thoroughly dry the pad before reuse.

Cleaning reusable sanitary pads



Sustainable solutions

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