



MAKING REUSABLE PADS

LEARNING GUIDE

2 TO 2.5 HOURS:
ESTIMATED TIME
TO FINISH 1 PAD

ACKNOWLEDGEMENTS:

We thank the
DepEd Regional Office VI
and the Division of Cadiz City
for their support.

WITH SUPPORT FROM:



Implemented by:

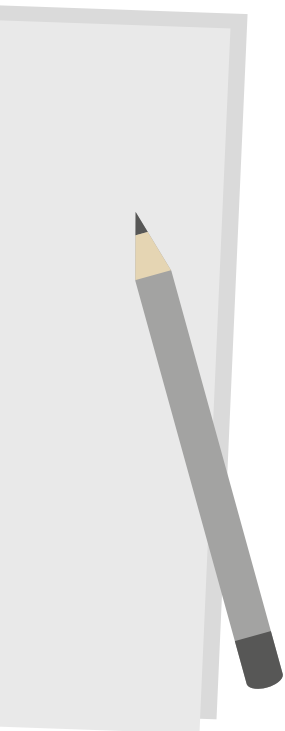


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1a

COLLECT MATERIALS

TOOLS & MATERIALS



pencil and paper



scissors



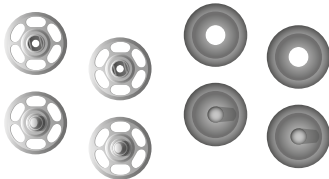
tailor's chalk



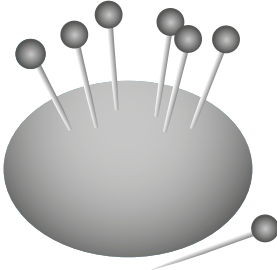
needle threader



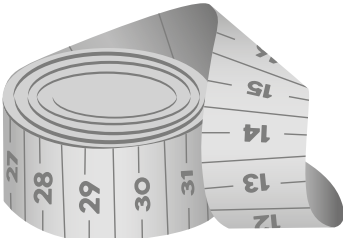
thimble



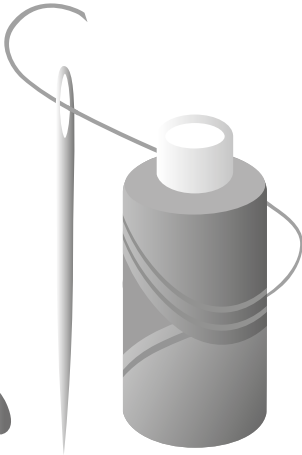
snaps
metal or plastic
(size 14/16/20)



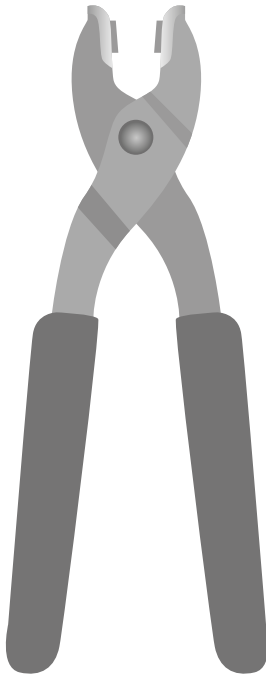
pins & pin cushion



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

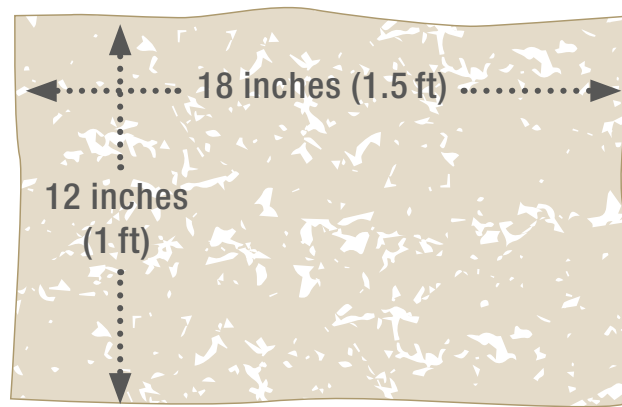


Bamboo, hemp, cotton flannel,
cotton terrycloth – even old towels

4 soakers for one reusable pad

– medium to heavy flow pad:

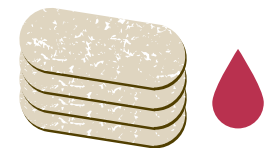
18 inches x 12 inches or 1.5 ft x 1 ft



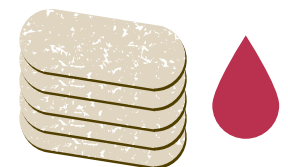
GUIDELINE: NUMBER OF SOAKERS



3 LAYERS
light to medium
flow pads



4 LAYERS
medium to heavy
flow pads



5 LAYERS
heavy flow pads

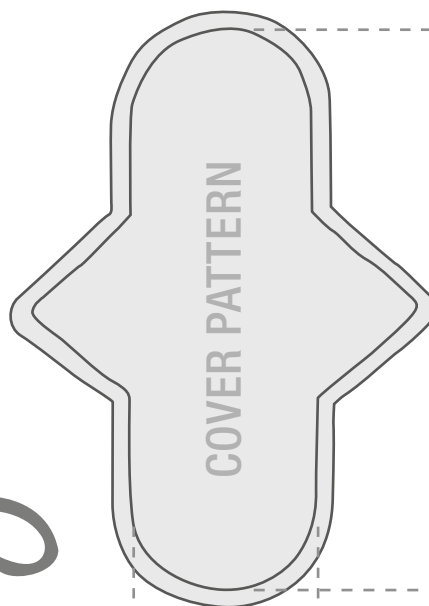
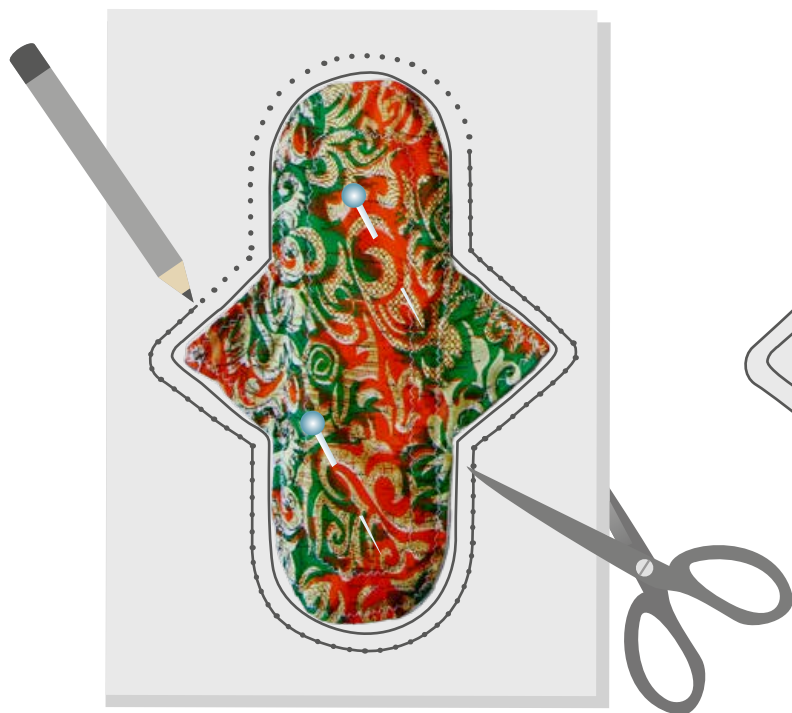
2

PATTERN UP

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

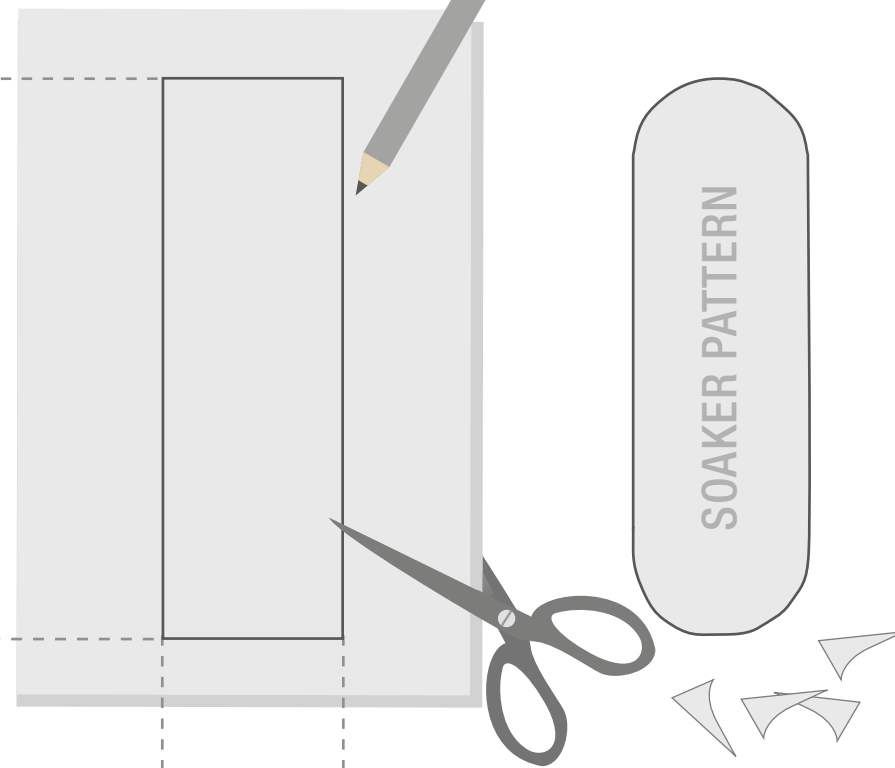
COVERS: EXTERIOR PIECE

- 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

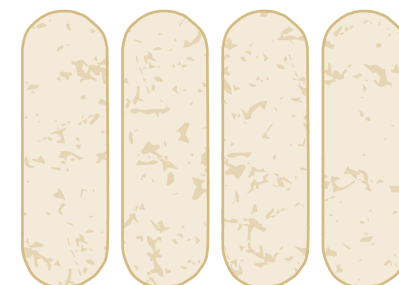
- A** Stick your pattern to the fabric.
- B** Trace the outline of the pattern.
- C** Cut out.



**YOU WILL NEED
FOR ONE PAD:**



2 COVER PIECES:
1 topper, 1 bottom



ABOUT 4 SOAKERS
See Guidelines above

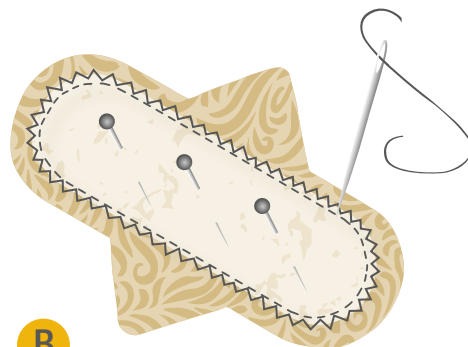
4

STITCH IT



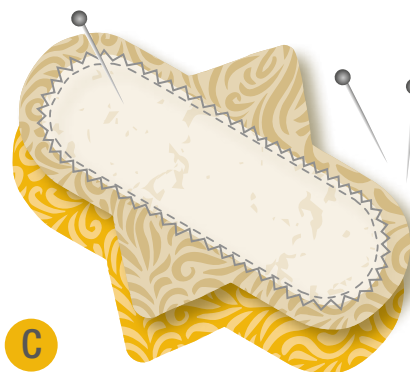
A

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.



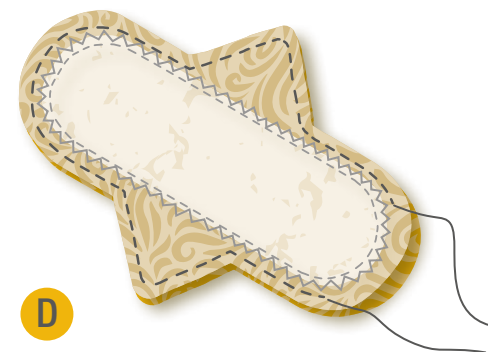
B

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



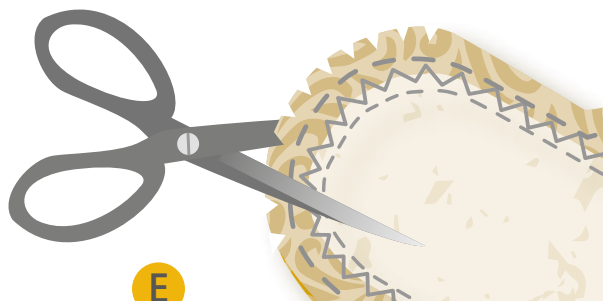
C

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 $\frac{1}{4}$ of an inch from the edge. Stitch around the outside of the pad leaving a 2-inch opening.



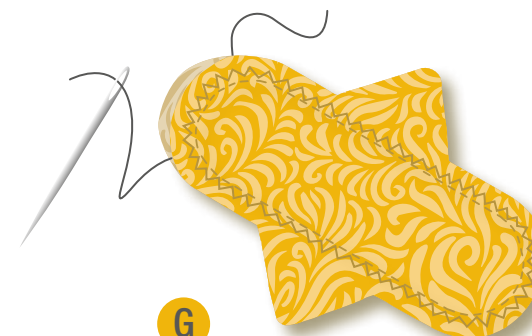
E

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.

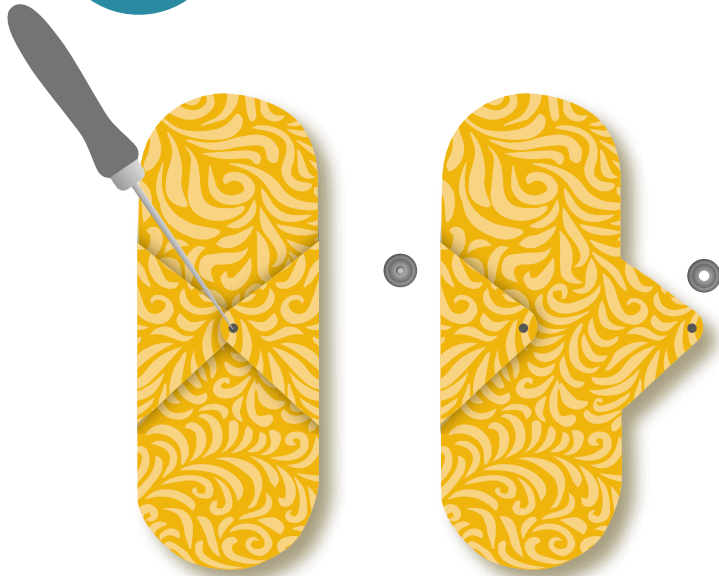


G

Stitch the pad to the opening where you turned the pad.

5

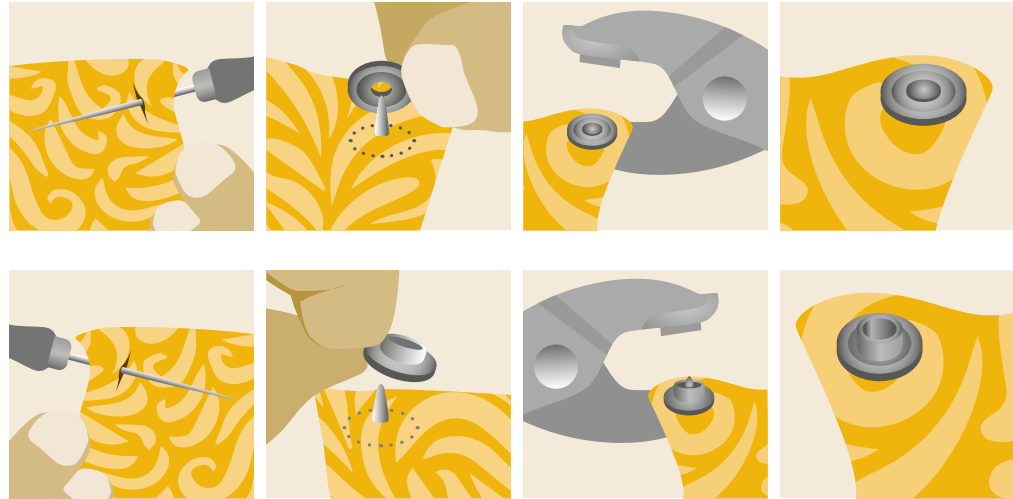
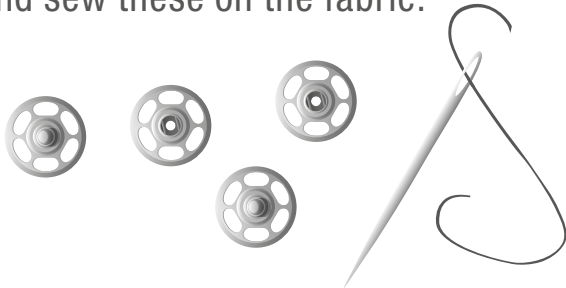
PUT SNAPS



A

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

NOTE: If you are using a metal snap, hand sew these on the fabric.



B

Attach the snaps to both wings. Press the snaps using fabric plier.

6
FINAL
PRODUCT

