

Bleeding! It's annoying! It's expensive! But perhaps it doesn't have to be.

Cloth pads are easy and relatively inexpensive to make. They can be used again and again, making them environmentally friendly!

Use them in tandem with a menstrual cup, or make them more absorbent and use them on their own. By sewing your own pads, you can tailor them to your specific wants and needs.

SUPPLIES

- ★ Fabric pieces, ~10" x 14"
- ★ Standard sewing supplies (pins, needles, thread, sewing machine*, marking pens/pencils)
- ★ Sew on snaps, or safety pins

*This project can be sewn by hand, just make sure to use a very strong stitch (such as a backstitch), and to double thread your needle. These will need to be washed very often, so you'll want to use a stitch that will hold up for a long time.

FABRICS

OUTER: Choose any cotton fabric (t-shirt scraps, quilting cottons, sheets, etc). Keep in mind that this layer will be in contact with your skin, so don't pick anything too abrasive.

LINING: These are the absorbent layers. Flannel, terry cloth, and cotton fleece are all naturally absorbent (you could also use old pajamas or towels). You will need 2-5 layers of these fabrics, depending on how absorbent you want the pad to be. There are also fabrics made specifically for pads or diapers, such as Zorb. These are a bit pricier, but work extremely well.

ASSEMBLY

Cut out your desired number of lining pieces. Pin all of these pieces together, and sew 1/4" from the edge to combine.

Cut out two of your outer layers. Lay your lining piece on the *wrong side* of one of your outer layers, making sure that it is centered. Pin in place, then sew together following the stitch line from the previous step.

*'Wrong side' means the side that you don't want to be visible in the end. The right side will be visible.

WORD SOUP

If you have any excess period products that you won't be using anymore, donate them! Local shelters are always in need of unused tampons and pads.

Or if you've enjoyed sewing these reusable pads, consider donating your sewn pads to organizations like *Cloth Connection Outreach!* CCO collects and distributes reusable pads and other period products to those who need them. ♡

HOW TO:

SEW REUSABLE CLOTH PADS

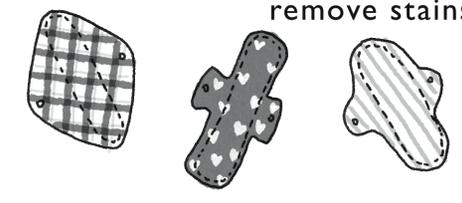
WORD SOUP



CLEANING

After the pad is used, rinse in cold water until the water runs clear (try to do this while the pad is still wet if you want to avoid stains. If immediate rinsing isn't an option, store in a wet bag until it can be rinsed). Then wash as usual along with the rest of your laundry! It also helps to dry them in the sun every so often if you are able.

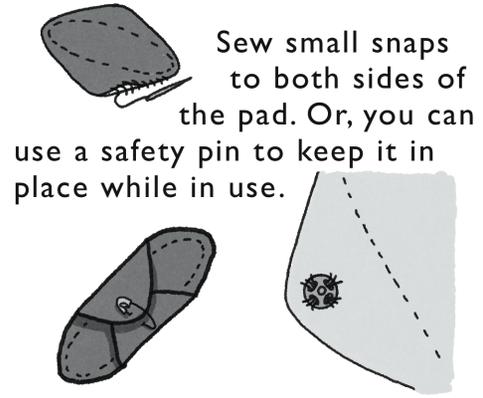
You can soak the pads in diluted vinegar or hydrogen peroxide to remove stains.



Place your two outer layers so that they are *right sides* together. Pin together, then sew 1/4" around the shape. Leave a 2" gap, as marked on the pattern.

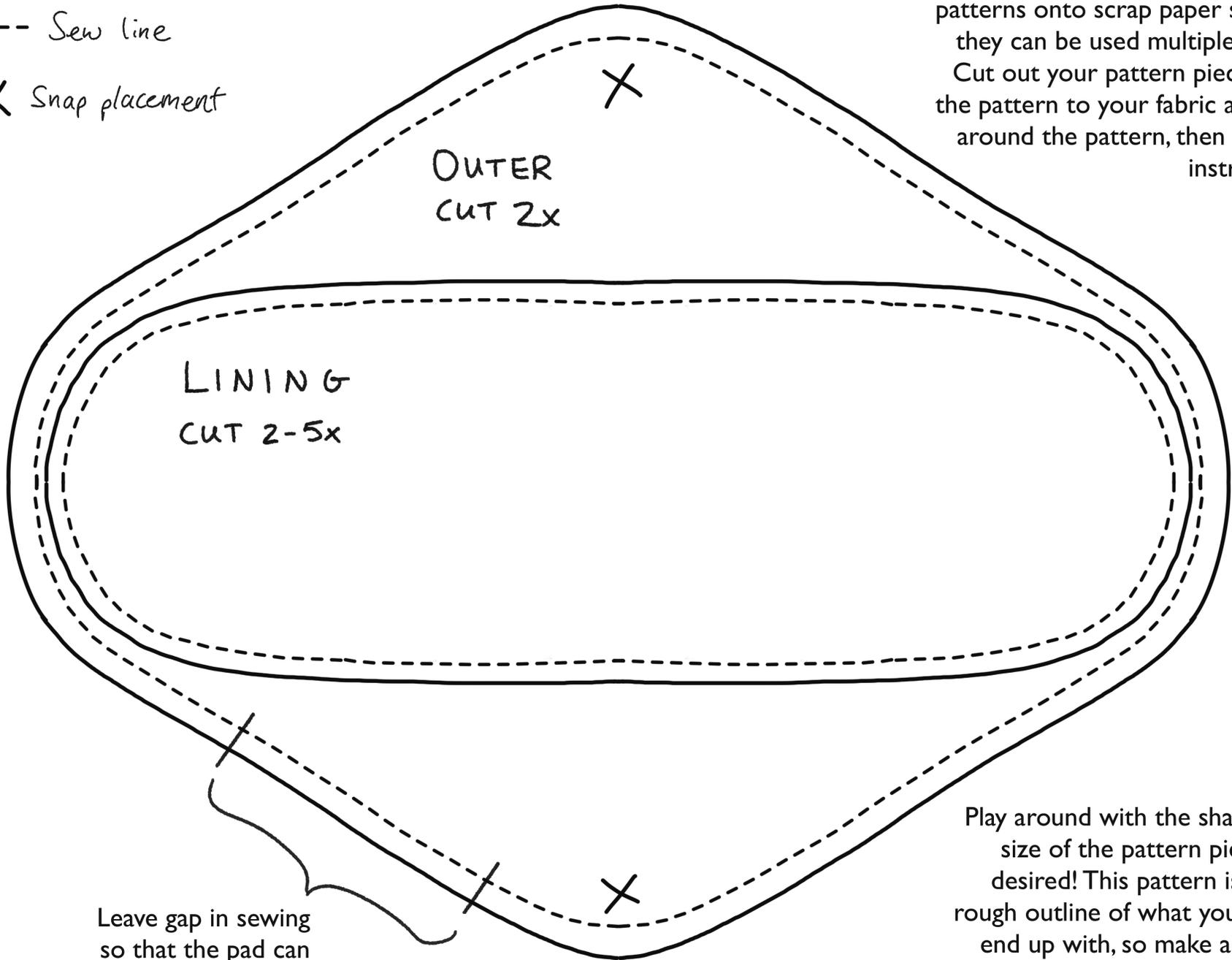
Flip the pad inside out, then sew the gap shut with a machine or hand stitch.

Sew small snaps to both sides of the pad. Or, you can use a safety pin to keep it in place while in use.



- Cut line
- - - Sew line
- X Snap placement

Trace the outer and lining patterns onto scrap paper so that they can be used multiple times. Cut out your pattern pieces. Pin the pattern to your fabric and cut around the pattern, then sew as instructed.



Leave gap in sewing so that the pad can be turned inside out.

Play around with the shape and size of the pattern pieces as desired! This pattern is just a rough outline of what you could end up with, so make as many changes as you'd like.