

Reusable Period Pad/Panty Liner

Materials/General Advice



You can reuse old material for the pads or buy new the choice is up to you.

For the outer cover a soft comfortable material is preferred, I use a flannelette /brushed cotton from old sheets and duvet covers. I have also used fleece for the outer cover. For added protection a PUL/PU backed towelling can be used as a waterproof layer.

For the pad you can use a layer called Zorb specially made for babies nappies/period pads. The advantage of this is it is thin but is capable of holding a lot of liquid. A cheaper alternative is to use towelling or layers of flannel.

The patterns at the back of the pattern can be stuck on card and cut out, cut the pad out of the middle carefully.

Draw around the templates with a pen and use this as your stitch line, whether sewing by machine or by hand.

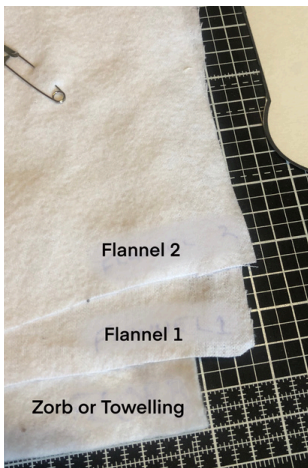
Whatever you use when washing the pads don't use fabric conditioner as it stops the material absorbing liquid.

Material for 1 Period Pad/Liner

Materials	Large Pad Cover	Large Pad	Small Pad Cover	Small Pad
Flannel/Fleece	23cm x 28cm 2 pieces	12 cm x 28cm 2 pieces	23 cm x 23 cm2 pieces	12 cm x 23 cm 2 pieces
PUL/PU Backed Towelling	23cm x 28cm 1 piece		23 cm x 23 cm1 piece	
ZORB/Towelling		12cm x 28 cm 1 piece or more		12cm x 23 cm 1 piece or more

+ Pen, matching thread, needle or sewing machine, safety pin, scissors , pins and two snaps.

Making the Pad/Panty Liner



The instructions for making the Pad and the Panty liner are the same.

Place the Zorb or toweling on the bottom followed by the two layers of flannel, right sides together. Place a safety pin in the top layer.



Trace around the pad template and sew on the line all the way around, no need for a gap. Press the stitching.

Trim close to the line being careful not to cut the stitching.

Use the safety pin to lift the layer of flannel away from the other layers and snip a small hole. Cut a hole big enough to turn the pad through.



Turn the pad through and using the blunt end of a pencil ease the seam out until it is even. Roll it between your fingers to help it along the way.

Press it well.

Making the Cover



Place the Pul/PU waterproof towelling waterproof side up, followed by the two layers of flannel right sides together. Place a safety pin in the top layer of flannel.

Draw around the cover template, sew all the way around the line, no need to Leave a gap.

Use the safety pin as before to separate the top layer and cut a small hole. Cut a hole big enough to turn the cover through.

Turn the cover through and using the blunt end of a pencil ease the seam out until it is even. Roll it between your fingers to help it along the way.

Press it well.

You can top stitch all the way around the edge if you like.

Putting it all together

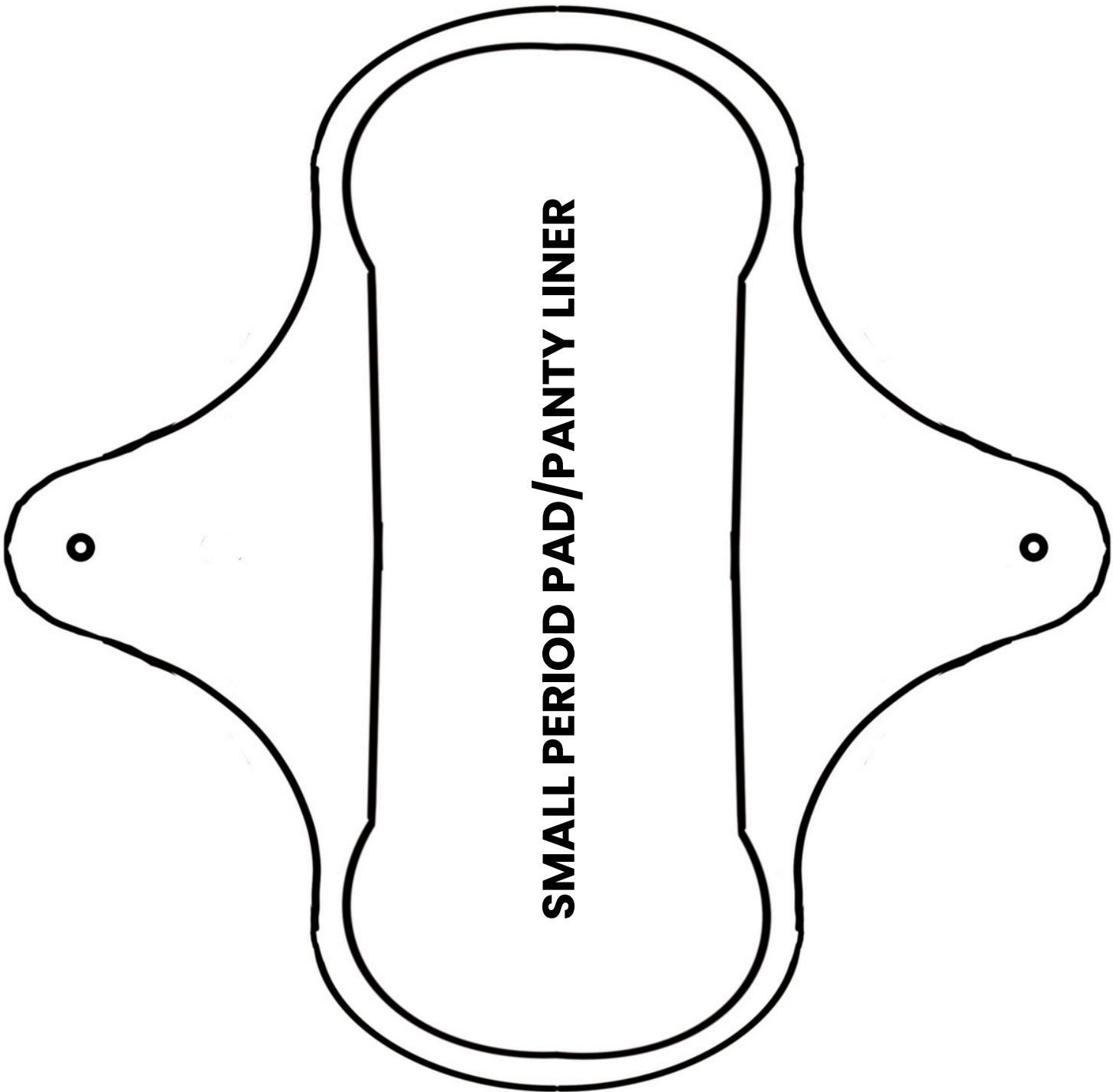


You now have a pad and a cover both with a hole/gap on one side. Put the two parts together with the gaps on the inside.

Sew the pad to the cover.

Attach the snaps to the marked points on the cover. You can use Kam snaps or press studs.

SMALL PERIOD PAD/PANTY LINER



LARGE PERIOD PAD/PANTY LINER

