

Washable Sanitary Pads for Girls

Our Washable Sanitary Pads are made in two pieces: a cover and a liner. By making the sanitary pad in two pieces, one simply can change the liner during the day if the flow is heavier than usual. These are easy to make. The sample shown was made with soft flannel, toweling and 2 snaps.

Step 1: Print out the attached pattern. Glue the paper onto cardboard. Cut out the pieces. You should have 3 patterns: the 1 piece cover, 2 cover flaps and the liner.

Step 2: Take a piece of toweling. This can be a torn towel or a washcloth. Lay the liner pattern on the toweling. Trace around the pattern piece with a washable pen. Make 2-3 pieces to cut out.

Step 3: Cut out the toweling pieces and set aside. Now take the flannel material and do the same as step 2 and cut out 2 flannel pieces.



Step 4: Stack the liner pieces together with the flannel pieces facing out. Pin in place.

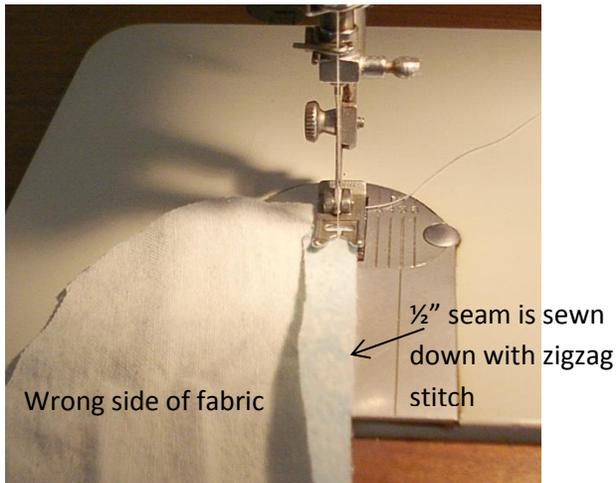
Step 5: Sew around the edge with a wide zig zag being careful to catch the front and the back edges. Repeat sewing around the liner piece to make sure it is completely sealed. The liner is complete. Put it aside.



Step 6: Take the 2 cover pad pattern pieces and lay them on the flannel. Trace around the flannel and cut out the pieces.



Step 7: Take the two cover flaps and fold a 1/2 "seam on the straight edge. This will be the edge of the pocket on the cover. Be sure to fold the fabric over to the wrong side. Sew with a zigzag stitch down the side 2 times. Do this for both pieces.



Step 8: Take the pattern piece for the 1 piece cover and place on the fold of fabric so that when it is opened it looks like a rounded cross. See image above. Trace around the curved edge and cut out the piece.

Step 9: Take the two cover flaps and place overlapping, over the 1 piece cover all with the wrong side facing in. The flaps should be overlapping. This makes a pocket when finished to hold the liner. Pin pieces together.

Step 10: Zig Zag stitch around the outer edges twice to make sure it is securely bound.

Step 11: Attach snaps to each flap so that when the flaps are folded in, they will be secured together under the panties. If snaps are not available, you can use a large safety pin to fasten the cover.



Step 12: Insert the liner into the pocket of the cover.

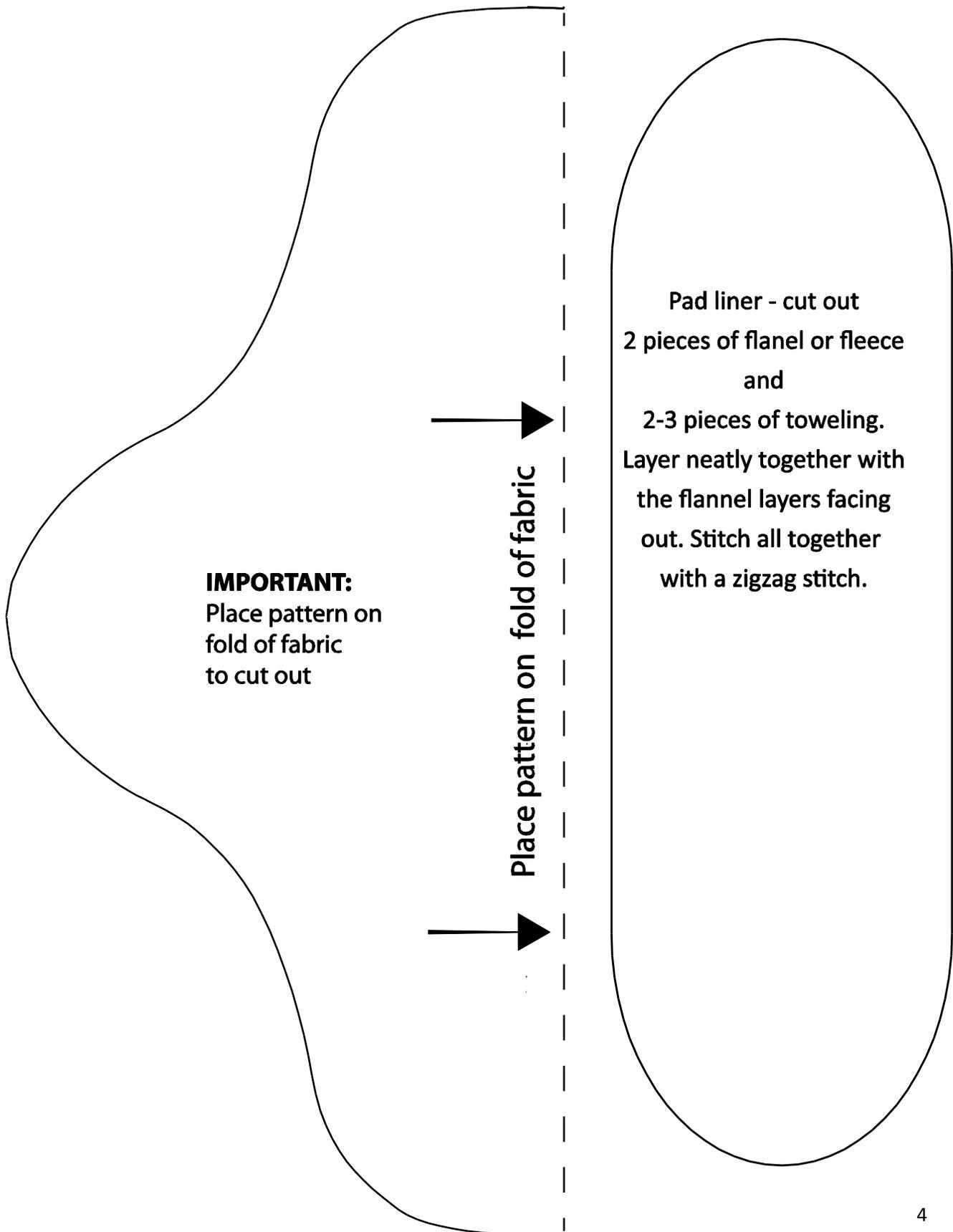


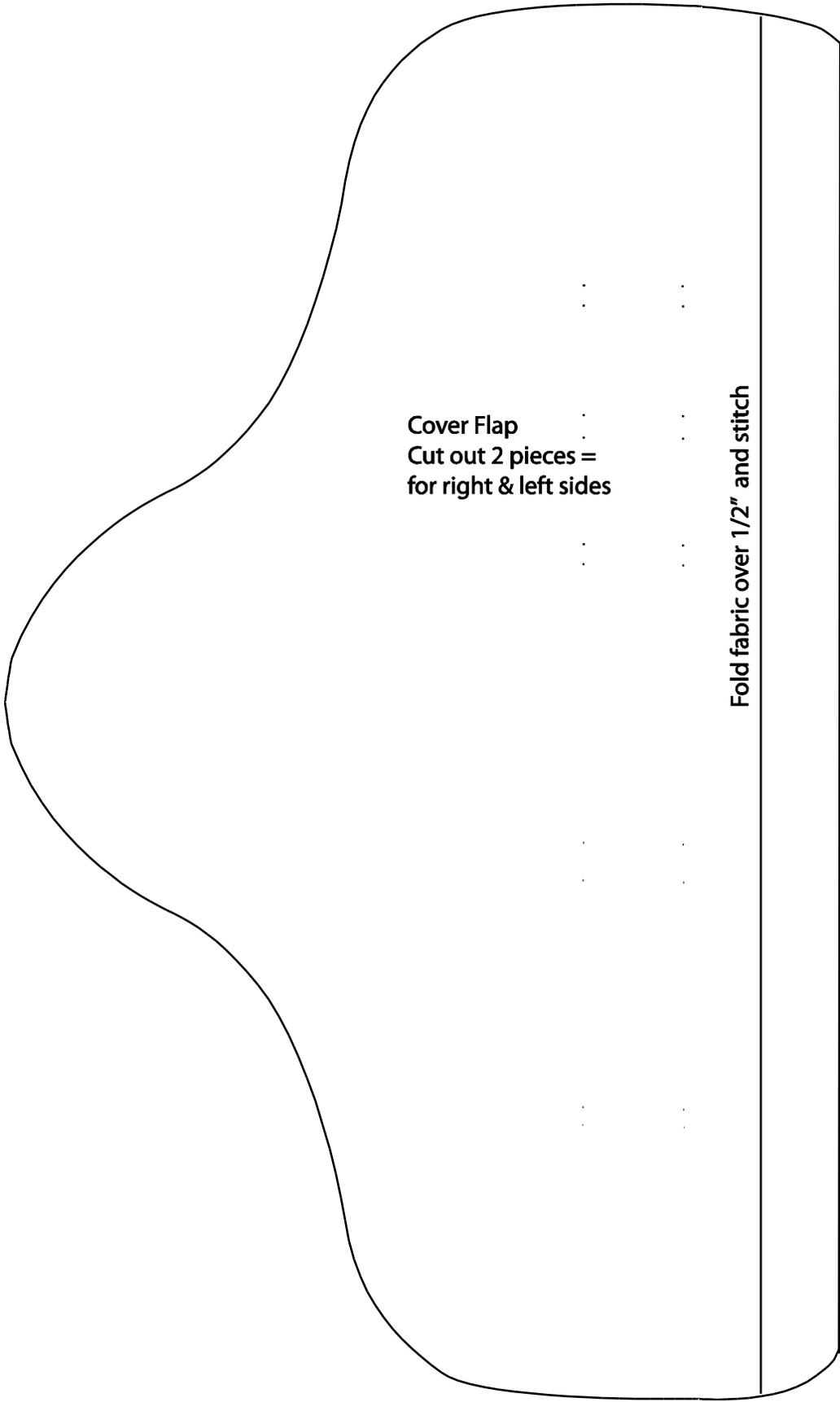
Step 13: Washable Sanitary Pad is ready for use.

To launder: Remove soiled liner from the cover pocket. Rinse both items then place in a bucket with cold water and a bit of vinegar. Place a lid over the bucket to keep children and pets away from the soiled pads. Soak the liner and cover until ready to launder.



Washable Sanitary Pad- Cover and Liner





Cover Flap
Cut out 2 pieces =
for right & left sides

Fold fabric over 1/2" and stitch