

# The Pad Project Sewing Instructions



## Materials:

PUL fabric (polyurethane lined fabric)

Flannel

Terrycloth (\*tip: Use old towels!)

Velcro ( $\frac{1}{2}$  to  $\frac{3}{4}$  inch)

Elastic ( $\frac{1}{4}$  or  $\frac{1}{2}$  inch)

Thread

Scissors

**\*\* color or design of fabric does not matter\*\***

## INSTRUCTIONS

Step 1: Cut out patterns



To make one complete pad kit, cut out Pattern A in both the flannel and the PUL fabric.

Cut out 2 of Pattern B (light liner) and Pattern C (heavy liner) in the terrycloth.

### Pad Kit:

1 base unit

2 light liners

2 heavy liners

**\*\* Tip – Use a permanent marker to trace the pattern on the fabric and PUL**

## Step 2: Sew the base unit

- A. Put the flannel piece and the PUL piece together with the plastic side of the PUL fabric facing out.
- B. Cut 2 pieces of elastic approximately 4 ½ inches, and lay them in *between* the flannel and PUL fabric, **about 2 inches from each end**. (\*More toward the center of the pad than the edge!) Look at the photo as your guide if you are unsure. Pin elastic in place.
- C. Sew around the edges, leaving one end open.



### **\*\* TIP \*\***

When pinning the pieces together before sewing, put the pin on the very edge of the PUL fabric so it will fall on the outside of the seam. Pins will poke holes in the fabric and will make a leaky pad.

- D. Turn inside out. **Use a closed scissors or a chopstick to poke all the corners out.**



The elastic should go over the flannel side of the pad. Make sure all the corners are completely poked out.



E. Turn edges of the open end of the pad under and pin on the edge. Sew once more

around the edges of the entire pad again.



The double seam makes the pad stronger and longer lasting, and makes it lay flat.

Step 3: Sew on the Velcro.



Sew one piece of Velcro on *each side* of the pad unit. (one on the PUL side, one on the flannel side.)

The base unit is now finished!

Step 4: Sew the Liners

The liners are simply one layer of terrycloth, with stitching around the edges to help prevent fraying. Pattern B is for the light liners, and Pattern C is for the heavy flow liners. To use the heavy flow liners, fold in fourths.

Sew once around the liners if you have a sewing machine that can do a zig-zag stitch or if you are using a surger machine. Surging the edges is the fastest and neatest method, if you have access to a surger.

Sew twice around the liners if you have a machine that only does forward/backward stitching.



Congratulations, you have now completed your first pad kit!  
Keep up the good work!

**\*\*Common Mistakes\*\***

1. Putting the elastic too close to the outside edge of the pad. (When the elastic is this far back, the liners slip out of place and the pads leak!) In the photo below, #1 shows ideal elastic placement.





2. When the pad is flipped inside out, the corners are not completely poked out. This makes the pad too small and misshapen, which means less leakage protection and coverage. The base unit has the waterproof layer, so if it's too small then the liner will overlap and the pad will leak through clothing. See image below. Pad #1 is ideal.



We are somewhat picky about the quality of pads that we take over, and here's why; after we've done a Pad Distribution at a middle school or high school, we don't go back to the school again for 2-3 *years*, when the next group of girls at that school has hit puberty. For the most of the girls receiving our pad kits, they are the *only* kits they will receive for the next several years. So it's very important that the pads they receive are well-made and only the best quality!

Thank you so much for your understanding and support!

If you have any questions, you can contact the Pad Project Director at:  
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