

# How to make a simple reusable period pad

## World Vision UK

### Materials needed:

- ✓ Soft fabric (cotton, as the top layer)
- ✓ Waterproof fabric (Polyurethane Laminate (PUL) or something like umbrella material)
- ✓ Soft towel or absorbent material (for the absorbent core)
- ✓ Buttons (or stud/snap buttons)
- ✓ Hand needle and thread or sewing machine
- ✓ Scissors
- ✓ Pins or clips
- ✓ Measuring tape or ruler

### Design and measurement

Decide on the size of the pad (standard sizes are small, medium, and large).

Measure and cut the fabric pieces accordingly:

- ✓ Absorbent core (soft towel)
- ✓ Top layer (cotton)
- ✓ Waterproof fabric

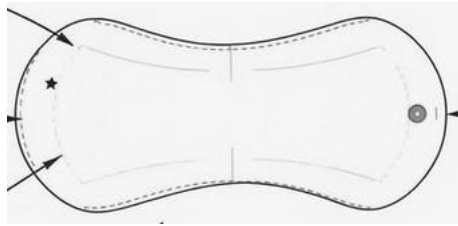
Measurement for pads				
Size	Length	Width (at widest point)	Absorbent Layer	Wings
Small	20-22 cm	6-8 cm	12-15 cm long	2-3 cm wide each side
Medium	25-28 cm	8-10 cm	15-18 cm long	3-4 cm wide each side
Large	30-32 cm	10-12 cm	18-20 cm long	4-5 cm wide each side

### Step by step

#### 1) Cutting the fabric:

- ✓ Cut the absorbent fabric to the desired pad size.
- ✓ Cut the waterproof fabric slightly larger than the absorbent core.
- ✓ Cut the top fabric to match the absorbent core size.
- ✓ Cut wing pieces if you plan to add wings for securing.

**Shape the pad (optional):** You can round the edges or give a slight hourglass shape for better fit. Use a template or draw freehand.



## 2) Layering:

- ✓ Place the top layer fabric down first (you can choose to have it as two pieces/layers for a thicker material)
- ✓ Place the waterproof fabric on top.

## 3) Sewing:

- ✓ Sew the waterproof material to the top layer along the edges, leaving a small seam allowance (about 0.5 cm). You want the waterproof layer to be facing towards the body, with the other side facing outwards.
- ✓ If you want, you can topstitch around the edge of the absorbent core (towel) for durability and a decorative touch
- ✓ If you've crafted wings, attach those to the sides, sewing along the edges.
- ✓ Sew snaps or buttons onto the wings to secure the pad in place inside underwear.



Top layer with waterproof inside



Absorbent part/Towel with wings

**Note:** You can join the top layer with the waterproof and absorbent layers to create a single piece instead of two separate parts. However, in communities like Tanzania, it is preferred to keep them as two pieces so they can dry more easily during the rainy season when there is limited sunlight.

#### 4) Finishing:

- ✓ Ensure all seams are secure.

#### 5) Final check:

- ✓ Wash and dry the pad before use to ensure cleanliness and to check for any loose threads

#### Tips:

- ✓ Use breathable fabrics for comfort.
- ✓ Ensure all stitches are tight to prevent leaks.
- ✓ Customize sizes and shapes based on personal needs.

#### 6) How to wear

- ✓ Place the top layer over the absorbent part.



- ✓ Fold the edges to shape the pad.



- ✓ It is now ready to wear.



- ✓ Use buttons to secure the pad inside the underwear.