Reusable Sanitary Pad Pattern:

Thank you for your time and effort in making these valuable resources.

Please send pads, with a donation of $1 per pound for shipment to Guatemala, to:

The GOD'S CHILD Project, PO Box 1844, Bismarck, ND 58502

Or to:

The GOD'S CHILD Project, PO Box 50668, Minneapolis, MN 55405

Visit our website godschild.org for more information on the children and mothers who are being helped through our programs and by volunteers like you.

Recommended Materials:

***Be sure to pre-wash all new (or gently used) materials to avoid shrinkage**

Pad Holder Materials:

Top and Bottom layers – flannel or soft cottons

Vinyl Liner – light, flexible fabric such as PUL or lightweight oilcloth

Holding Strips – two ½" x 3" strips of lightweight fleece or folded flannel

Closure – Velcro dots or squares (alt: snaps)

Pad Insert Materials:

Pad Inserts – six rectangles of 8" x 18" flannel, folded to give finished size 3" x 8" each (no sewing needed on inserts)

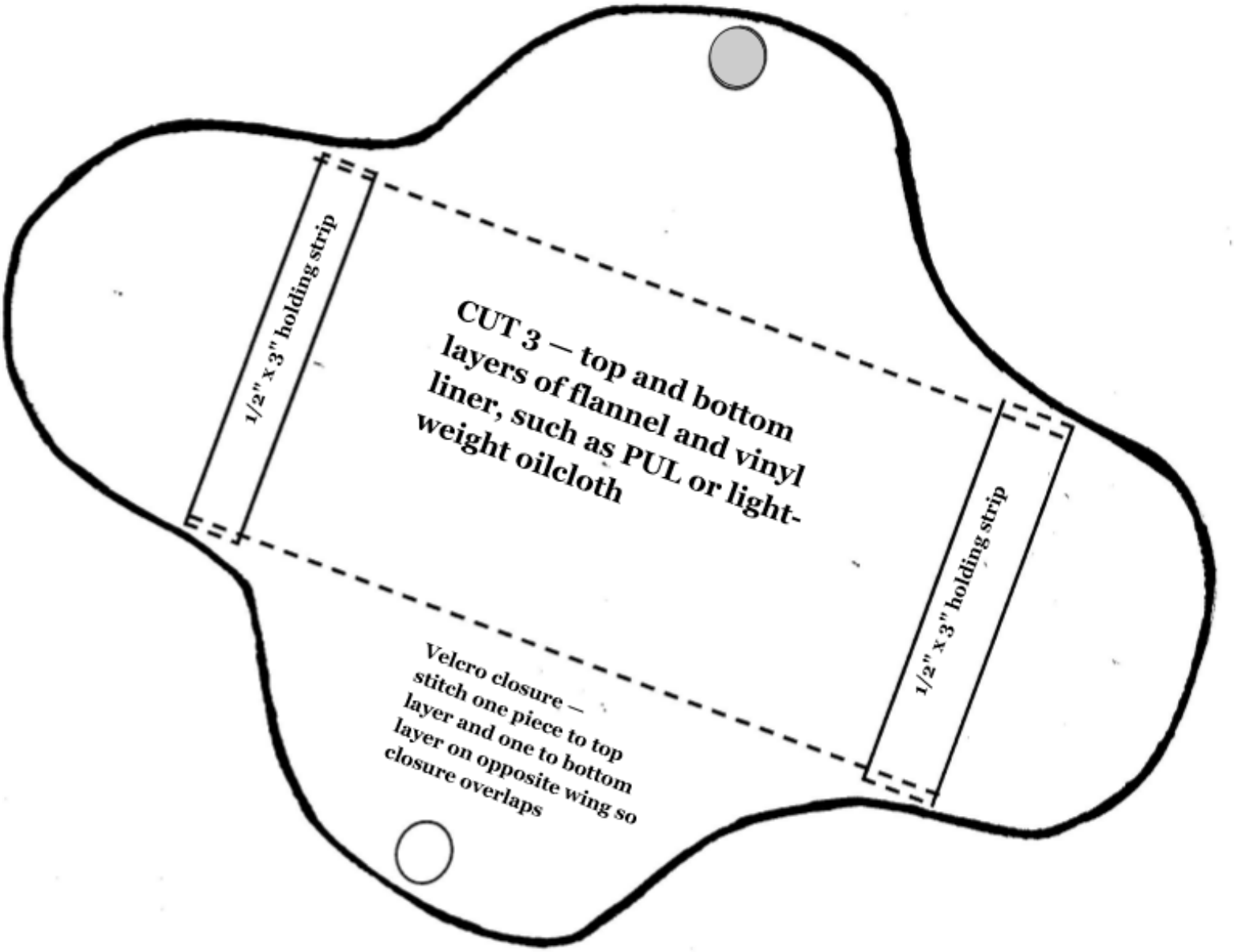
Instructions:

1. **Cut:**
    1. Pattern is finished size
    2. Cut identical top and bottom layers of flannel (and liquid proof liner layer).
    3. Cut two holding strips of ½" x 3" each.
    4. Cut six 8" x 18" rectangles to fold for pad inserts.
2. **Assemble the Pad Holder:**
    1. Stack top, liner, and bottom layers together and serge around entire edge of pad holder. (Alt: zigzag stitch and topstitch.)

- Be sure that vinyl liner is facing up for comfortable wear and reliable fluid-proofing

2. Position holding strips on top layer and stitch in place. Topstitch again across ends of front holding strip and in straight line to topstitch across back holding strip ends.
3. Position Velcro on top side of one wing and bottom side of other wing to form closure. Stitch in place.

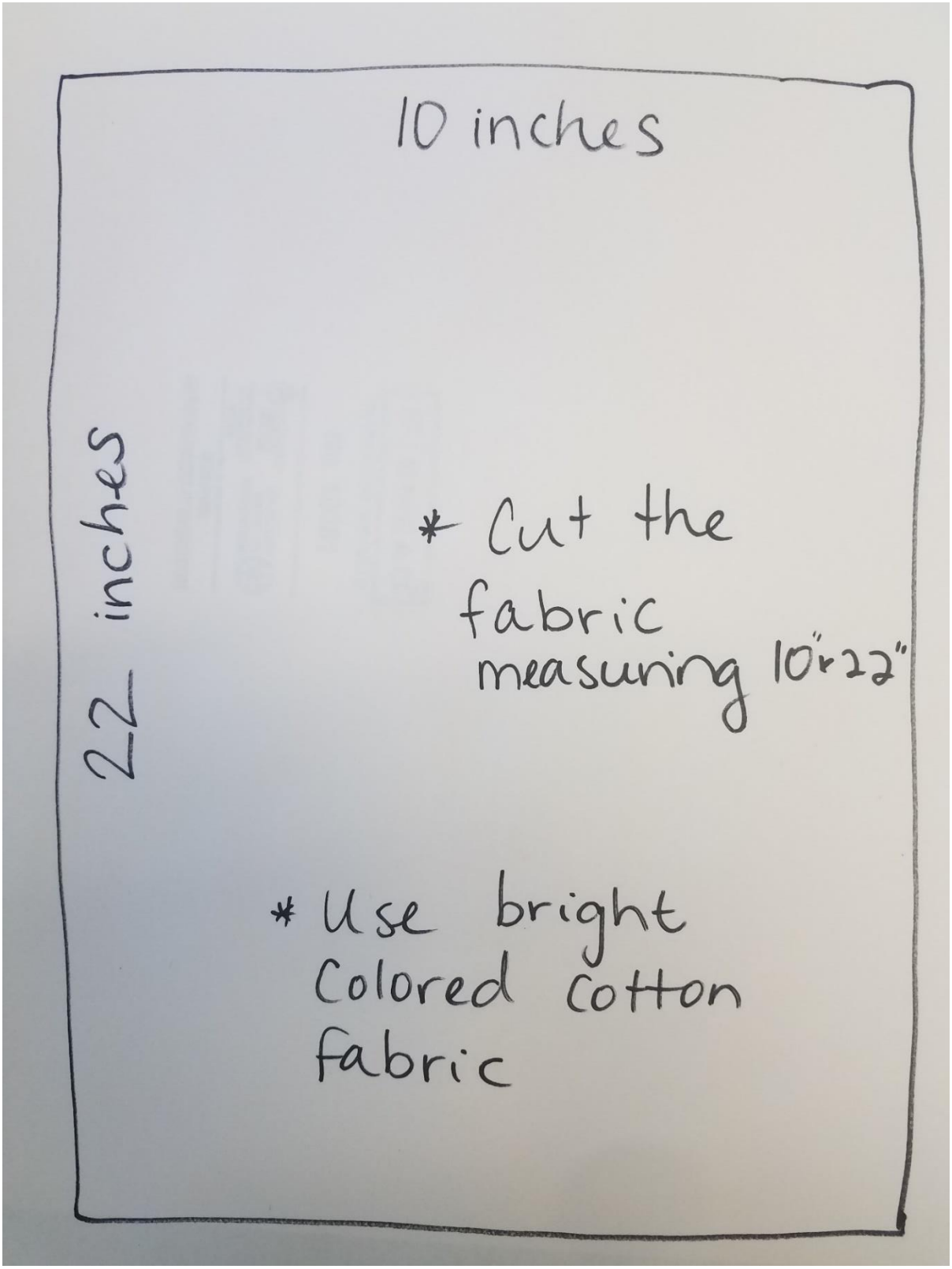
3. The Finished Pad Kit is one pad holder with six pad inserts in a quart-sized plastic ziptop bag or a drawstring holder (pattern available to sew).



Pattern by Dr. Molly Secor-Turner, NDSU (molly.secor-turner@ndsu.edu)

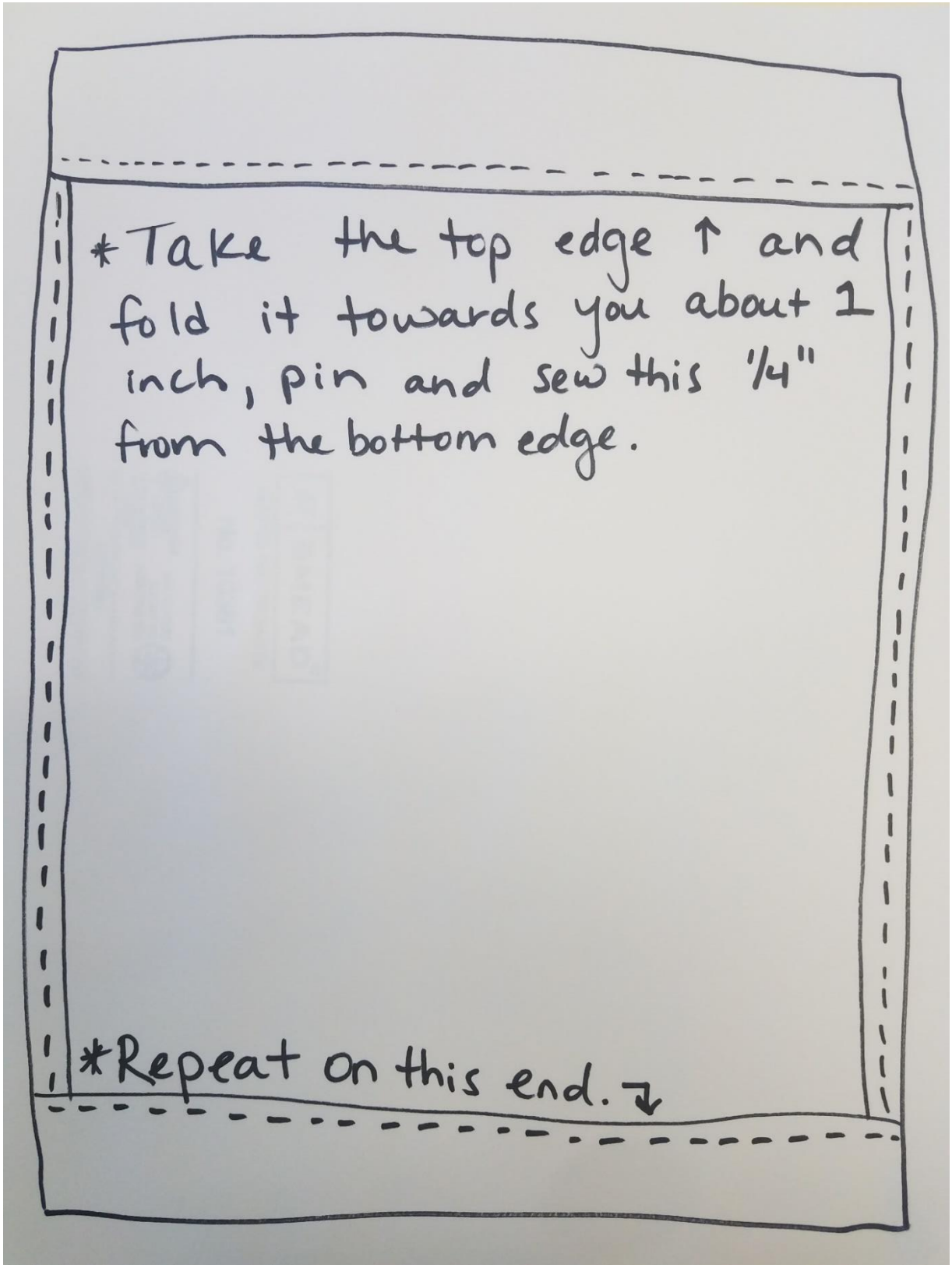
Panties and Pads Project

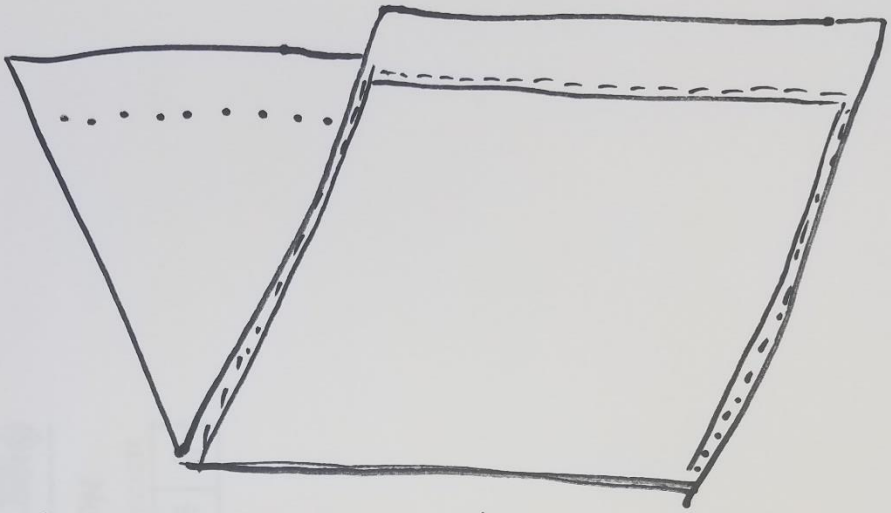
Bag Pattern Instructions:



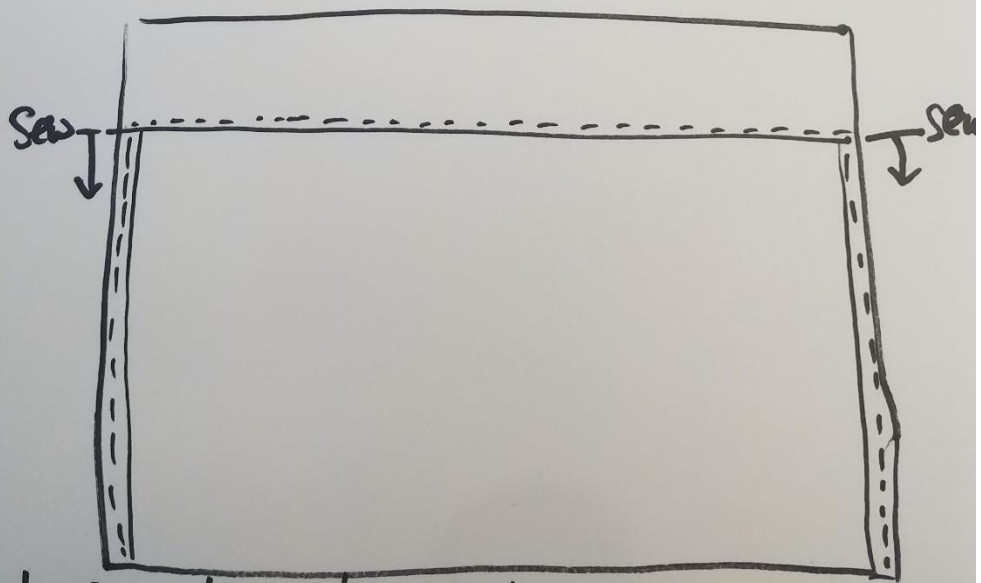
* Lay the rectangle down so the wrong side is facing you.

* Turn the fabric's 4 edges over about 1/4" and sew all around for a finished edge.


*Take the top edge ↑ and fold it towards you about 1 inch, pin and sew this 1/4" from the bottom edge.
*Repeat on this end. ↓

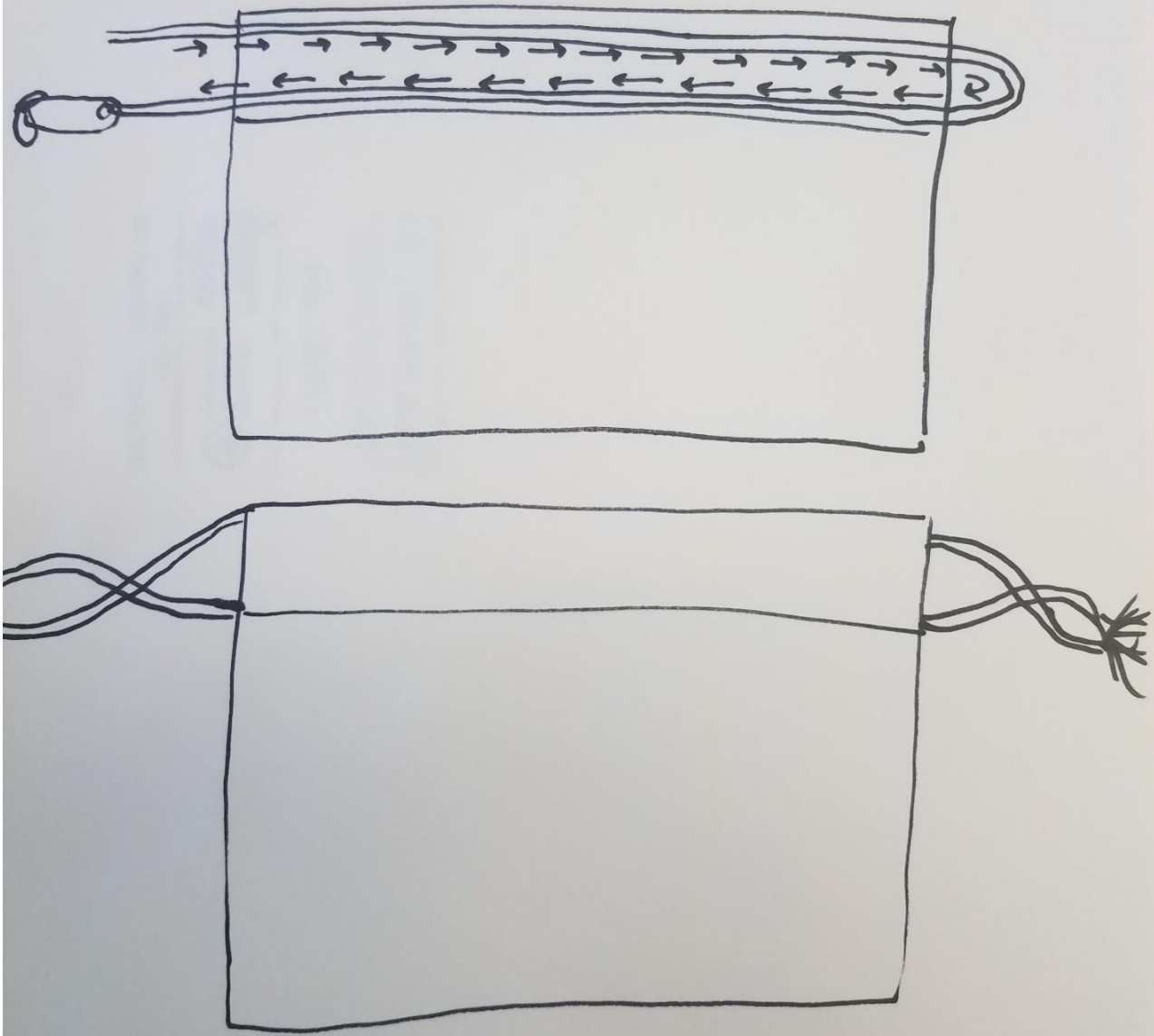


* With the right sides together, fold the rectangle in half. Pin and stitch <u>below</u> the openings for the cords.



* Turn the bag right side out.

* Cut 2 cords - each 25" long.
* Feed one cord through both channels, from left to right. With the other cord, do the same from right to left.



*Tie the ends of the cords together. Pull the cords to cinch the bag shut.