



© Blessings in a Shoebox

Reusable Menstrual Pads Tutorial for Operation Christmas Child 10-14 Year Old Girls

And let us consider how we may spur one another on toward love and good deeds -Hebrews 10:24

The step-by-step directions are designed for you to make reusable fabric menstrual pads that with proper care can last five years. You will notice by my photos that my sewing is far from perfect however these pads are comfortable and effective.

Materials:

- Pad patterns (this includes a standard size pad template and inner core)
[Reusable Menstrual Pad Pattern Download](#)
I suggest printed on cardstock because it will last longer for multiple uses.
- Topping fabric (I use soft 100% flannel)
Other suggested fabrics include cotton jersey, bamboo fleece, hemp fleece, and cotton fleece).
- Core fabric (the absorbent layer)
I use [Zorb Fabric](#) because it is ultra absorbent and I cover it with a layer of 100% flannel. One layer sufficiently absorbs 10 times its weight and soaks up 20 times faster than other material including bamboo, cotton, and hemp knits. It also controls bacteria eliminating unpleasant odors. I use Zorb 3D because the pads are thin rather than bulky and uncomfortable. Please note you may use other fabrics including terry, flannel, or cotton fleece. Do not use synthetic materials and do not use quilters batting. If you choose an alternative fabric make sure you have multiple layers to absorb fluids and avoid leakage.
- Backing fabric (the fabric that lies against the user's underwear). I use 100% cotton.
- Closures (I use size 20 [KAM snaps](#). They are quick, easy, and durable.)
- Scissors, thread, sewing machine, straight pins, a fabric marker pen (or a thin Sharpie)
- Before you begin wash your fabrics (one set of reusable menstrual pads fabric that you need to prewash is the topping and backing fabrics. Do not wash the Zorb 3D; it is prewashed and will not shrink.

Step 2: Pad Core

- For the core I trace the template onto the Zorb fabric and cut several.
- Place the Zorb 3D on flannel fabric and cut rectangles. Pin the flannel (topping) to the Zorb 3D. The fewer pins you use the fewer holes you are making in the fabric.
- Fold the flannel over the edges of the core and sew a 1/8" seam around the edge to attach the flannel to the Zorb 3D. Trim the edge to reduce the bulk.



Step 3: Pad

- Pin the Pad Pattern Template to a double layer of your chosen fabric (backing).
- Cut along the edge.
- With the right sides together stitch a 1/4" straight seam around the entire edge.
- Remove the pins.
- Trim the corners of the edges.
- Cut a small slit in one side and turn your pad right side out. Smooth the outer seam. I don't iron this but if you want a really smooth clean outer edge you may iron this.
- Topstitch a 1/8" straight seam around the edge.



Step 4: Sew Your Core to Your Pad

- Center the pad and attach it on the side of your pad with the slit (topping fabric). I use two pins to reduce the number of holes.
- Topstitch a 1/8" straight seam around the edge to attach the core to the pad. Do not sew additional seams because the needle is making holes in the pad that can result in leakage.

Step 5: Attach Closures

- Decide where you want to place your closure on the wings and attach them to each side being careful to make sure they are aligned, facing the correct direction, and centered.
- Attach the snaps.



Congratulations! You just made a reusable menstrual pad. Gifting these pads to girls in need can be life changing providing them greater freedom in their community and the opportunity to attend school during their cycle.

I include a set of 5 reusable menstrual pads and 3-4 pairs of classic girl briefs or hipster underwear placed in a wet/dry bag in your shoebox. I also include the "How to Use and Care for Cloth Menstrual Pads" card with each set.