

cloth pad sewing instructions

BY VERSODILE

My goal is to help you feel confident that you can sew your own cloth menstrual pads. After the initial hurdle of learning the process, most women find that sewing cloth pads is a very enjoyable activity. If you are disappointed by your first attempt, don't give up! Each one turns out much better than the previous.

Video demonstrations are also available on YouTube:

www.youtube.com/c/versodile

If you have questions about Versodile sewing patterns or need help, please ask!

www.facebook.com/groups/versodile

www.versodile.etsy.com



materials

TOPPER

This is the top layer of the pad that touches the body and directs flow into the core. There are many topper options and each woman will have her own preferences, for comfort. Warm climates tend to work well with smooth, natural fiber or wicking toppers. Napped/fuzzy fabrics are preferred by some for “grabbing” heavy flow or for post partum use.

CLOSURE

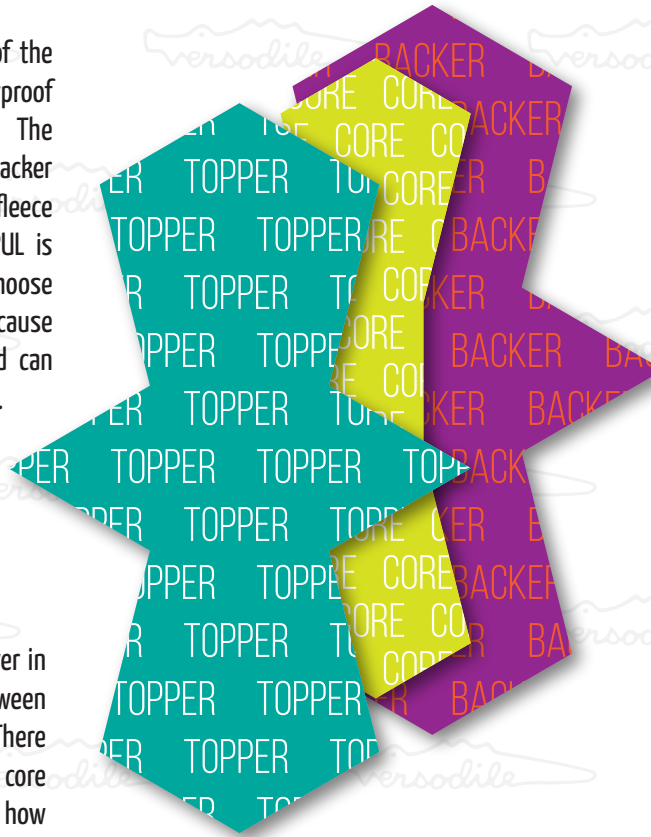
Snap, buttons or velcro are used to hold the wings of the pad together. In a pinch, you can also use a safety pin. Size 20 KAM snaps are the most common closure for cloth pads. Size 16 KAM snaps are also a great choice because they are easier to unsnap and don't put as much stress on the wing fabric.

BACKER

This is the back layer of the pad, and is usually waterproof or moisture resistant. The most commonly used backer fabrics are PUL, anti-pill fleece and Wind Pro fleece. PUL is waterproof but many choose to use fleece instead because it is easier to sew and can produce a “floppier” pad.

CORE

This is the absorbent layer in the pad, sandwiched between the topper and backer. There are also many options for core materials that change how much liquid can be held or how fast it will absorb. You can purchase fabrics online, in store, or use upcycled fabric.



You will need at least 3 layers:

A top layer (next to skin)

core (absorbent)

backer (water resistant fleece or PUL)

COMMON CORE OPTIONS

cotton flannel
cotton fleece
cotton terry
bamboo fleece
bamboo flannel
bamboo terry
hemp fleece
hemp terry
zorb — follow Wazoodle's recommendations

Must prewash to minimize shrinking after pad is sewn. Bamboo should be washed & dried, on hot, about 5 times.

COMMON TOPPER FABRICS

cotton flannel
cotton woven
cotton knit
cotton velour
bamboo velour
athletic wicking jersey
microfleece
minky
performance pique (spoonflower)
crushed velvet

WATER RESISTANT OPTIONS

Anti-pill fleece
Wind Pro (made by Polartec)
PUL

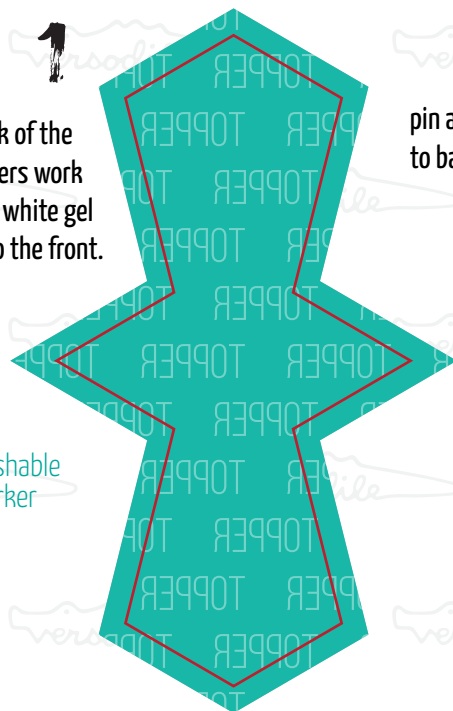


1
trace the sewing line onto the back of the topper. Fabric markers or washable markers work well. For very dark fabrics, you can use a white gel pen. Just make sure it doesn't bleed to the front.

If you are attaching the core to a hidden layer, you can use a permanent marker

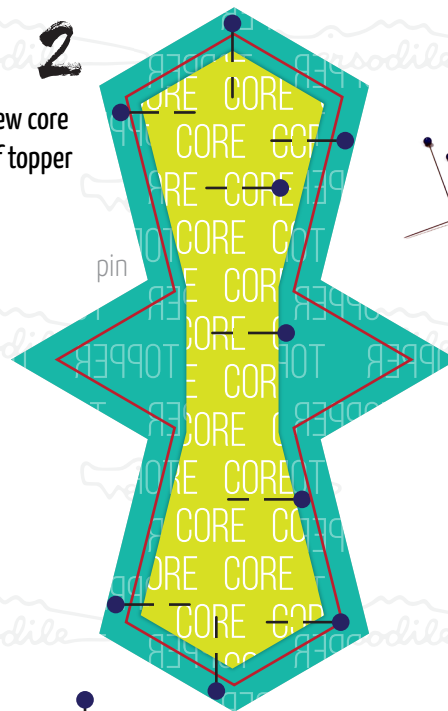


washable marker



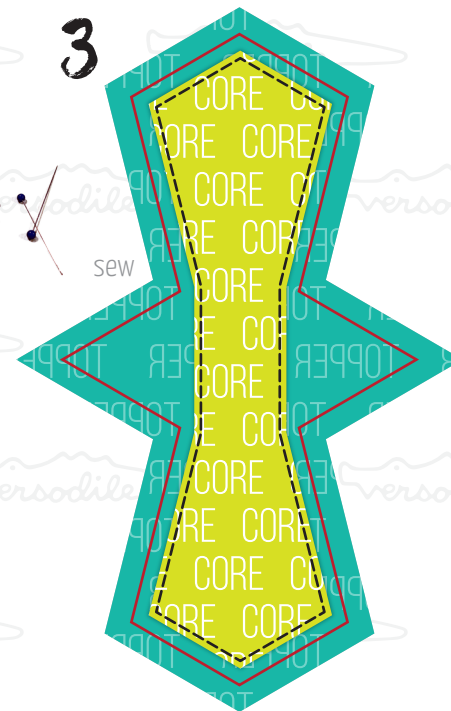
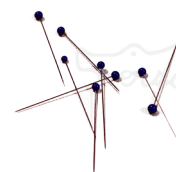
2
pin and sew core to back of topper

pin



3

sew



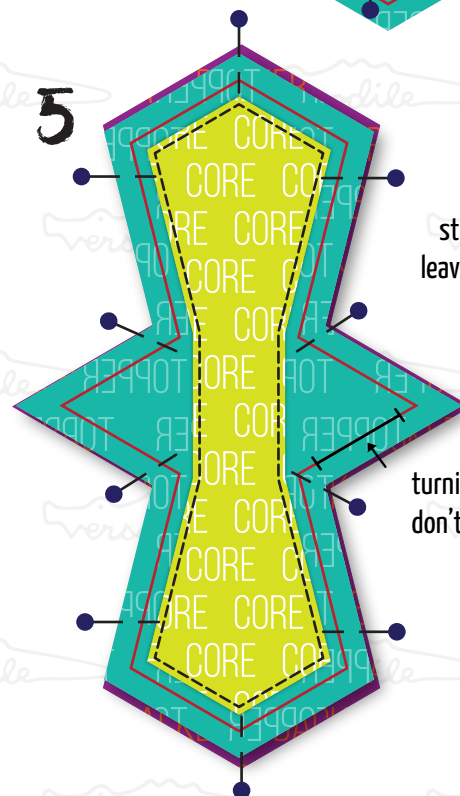
4
secure topper and backer right sides together using pins or clips.



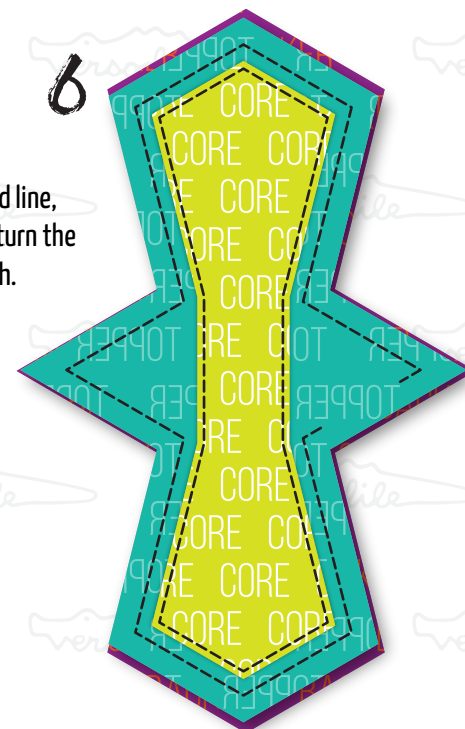
5

stitch on the red line, leaving a hole to turn the pad through.

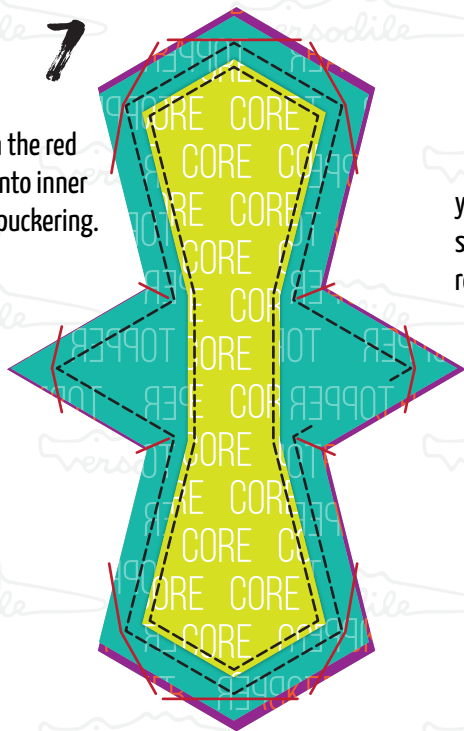
turning hole, don't sew closed



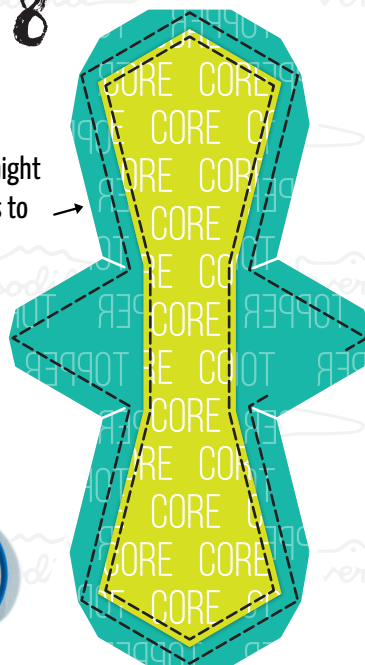
6



7
trim corners on the red lines and clip into inner corners to avoid puckering.

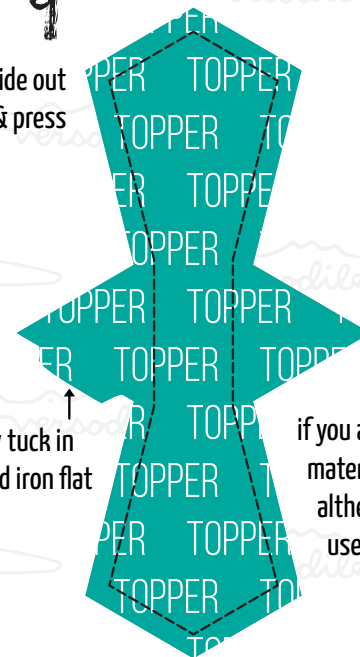


8
you can also trim the straight sides with pinking shears to reduce bulk in the seams.



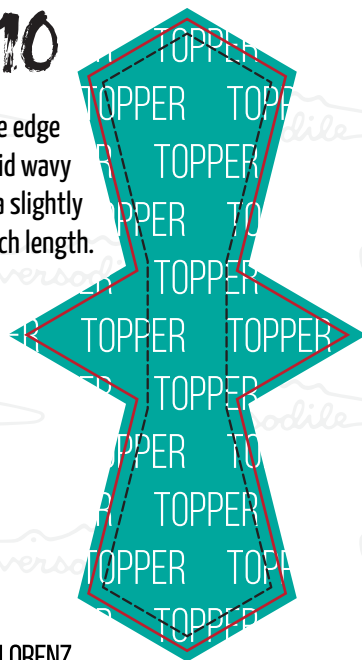
9
turn right side out & press

neatly tuck in flaps and iron flat

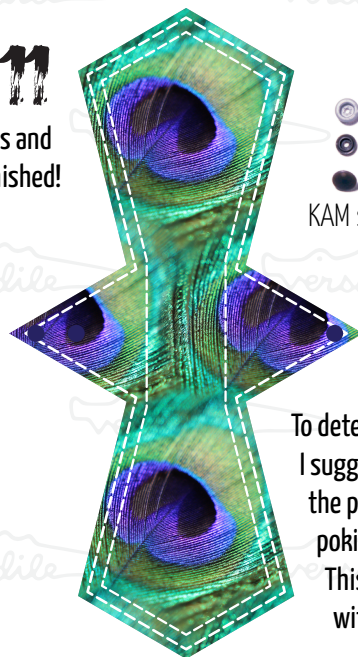


if you are using a synthetic material like minky or althetic wicking jersey, use a low heat setting.

10
Topstitch around the edge of the pad. To avoid wavy edges, use a slightly longer stitch length.



11
Add snaps and you are finished!



KAM snaps



awl

snap press

To determine the best snap placement, I suggest folding the wings around to the position you want them and then poking the awl through both wings. This way, the holes are sure to line up without bunching or skewing the pad.



Optional: you can use color coded ribbon or snaps to mark the absorbency of your pads.