

HOW TO MAKE A REUSABLE MENSTRUAL PAD

Materials

- Marker pen
- A ruler
- Scissors
- 2 sheets of cotton
(or other thin fabric, the more colourful the pattern the better!)
- An old towel or flannel
(or other thick, absorbant material)
- A button
- Thread
- Safety pin

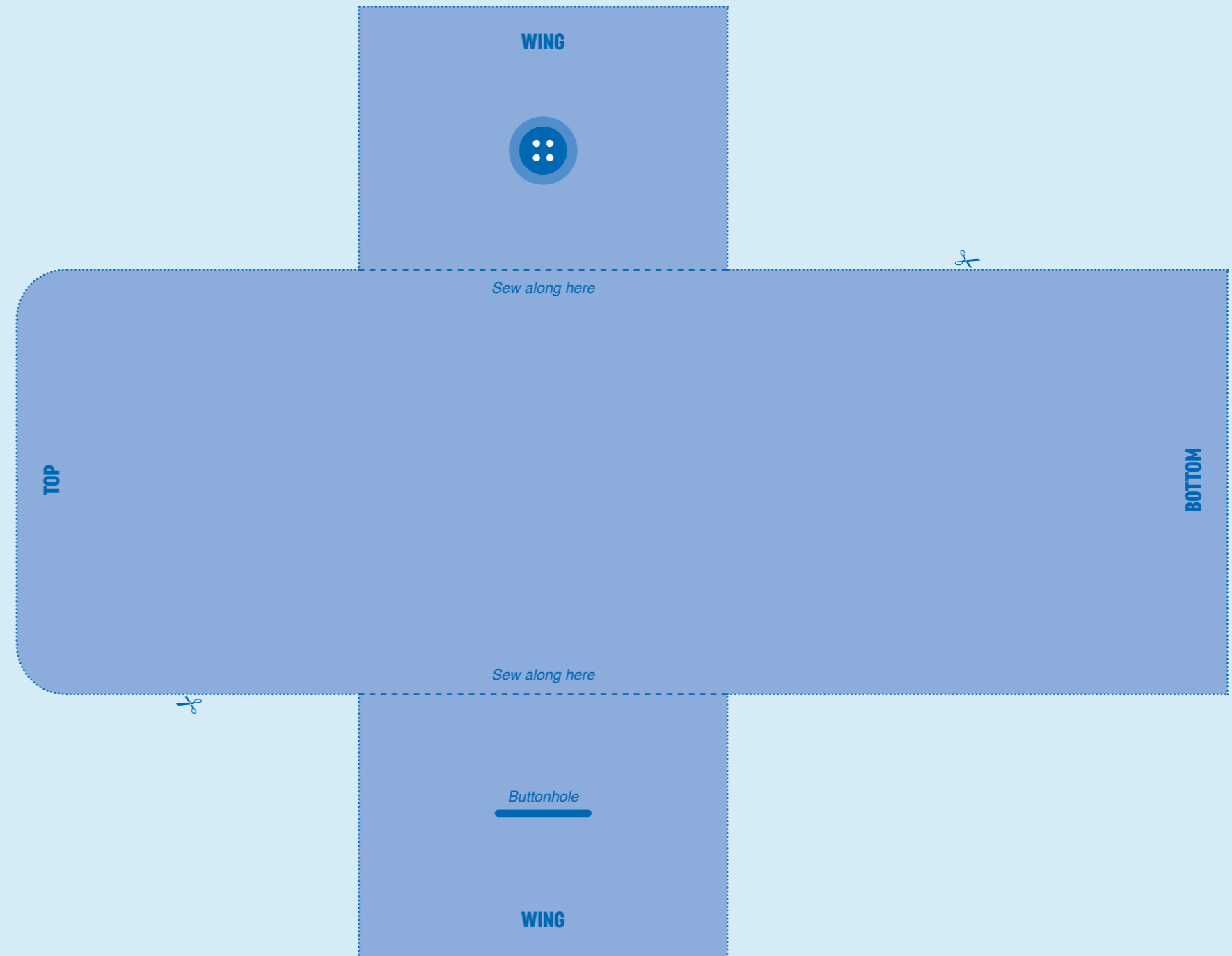
Care instructions

- After using your pad remove the towel from inside the cotton lining.
- Rinse the towel with cold water.
- Wash both the towel and lining in the washing machine.

Make a few more of the same so that you can wash and change them regularly.

Instructions

1. Cut out the template along the dotted line.
2. Place the template on top of a cotton sheet and trace around it. Repeat for the second sheet.
3. Cut out the two cotton pieces, following the outline.
4. Place one piece of cotton on top of the other with the patterned sides facing each other.
5. Sew the pieces together, leaving the top and bottom open.
6. Fold down the edges of the unstitched top and bottom. Stitch along each to make a hem, still leaving them open.
7. Turn the fabric inside out to hide the seams inside. Then sew along the wings.
8. Sew a button in the centre of the right wing. Mark where the button hole will go on the left wing. Cut the hole and sew around the edges of it to prevent the hole fraying.
9. Cut two 22cm x 7cm rectangles from a towel, place them on top of each other and sew them together at the top and bottom.
10. Attach a large safety pin to the top of the towel, insert the towel into the cotton lining. Use the safety pin to pull it through to the top. Remove the pin.





For children and
equality for girls

MAKE YOUR OWN REUSABLE MENSTRUAL PAD

Follow in Semmy's footsteps and learn how to make your own reusable pad. Even if you don't use it yourself, this fun activity shows you how girls and young people are devising creative solutions to major problems such as plastic pollution and period poverty.

