

DIY Cloth Pads & Panty Liners

Tutorial & Patterns



Materials for Pads:

- PUL fabric (used for cloth diapers)
- Wicking fabric (used for cloth diapers)
- Flannel for insert
- Snaps or Velcro (I use plastic snaps, also found in cloth diapering supplies)
- Matching thread

Materials for Liners:

- Flannel for the liners (fun pattern!)
- Flannel for insert
- Snaps or Velcro (I use plastic snaps)
- Matching thread

Equipment:

- Sewing machine
- Fabric scissors
- Pins
- Iron & ironing board
- Snap pliers (if using plastic snaps)

Instructions:

1. Wash and press fabric (do not iron the PUL or wicking fabric)
2. Lay out pattern and cut required number of pieces



3. Lay the insert on the wrong side of the top pad/liner piece. Stitch down insert. I use a $\frac{1}{4}$ " seam allowance.



4. Place the right sides of top and bottom of the pad/liner together. Pin and stitch around the pad/liner, leaving a 1-2" gap for turning inside out. Snip the corners and curves.



5. Turn inside out. If making flannel liner, press with hot iron. Pin opening shut and top stitch around entire pad/liner. Finish with snaps or velcro.



Cleaning Tips

Either soak pads in pail of cold water until ready to wash

or

rinse pad thoroughly in cold water, squeeze out excess water and apply laundry bar soap; keep damp in waterproof wet bag/pail/ziplock until ready to wash.

Wash in cold water with gentle laundry detergent. Dry in dryer or hang to dry.

Patterns

(all to scale on an 8.5x11 sheet of paper)

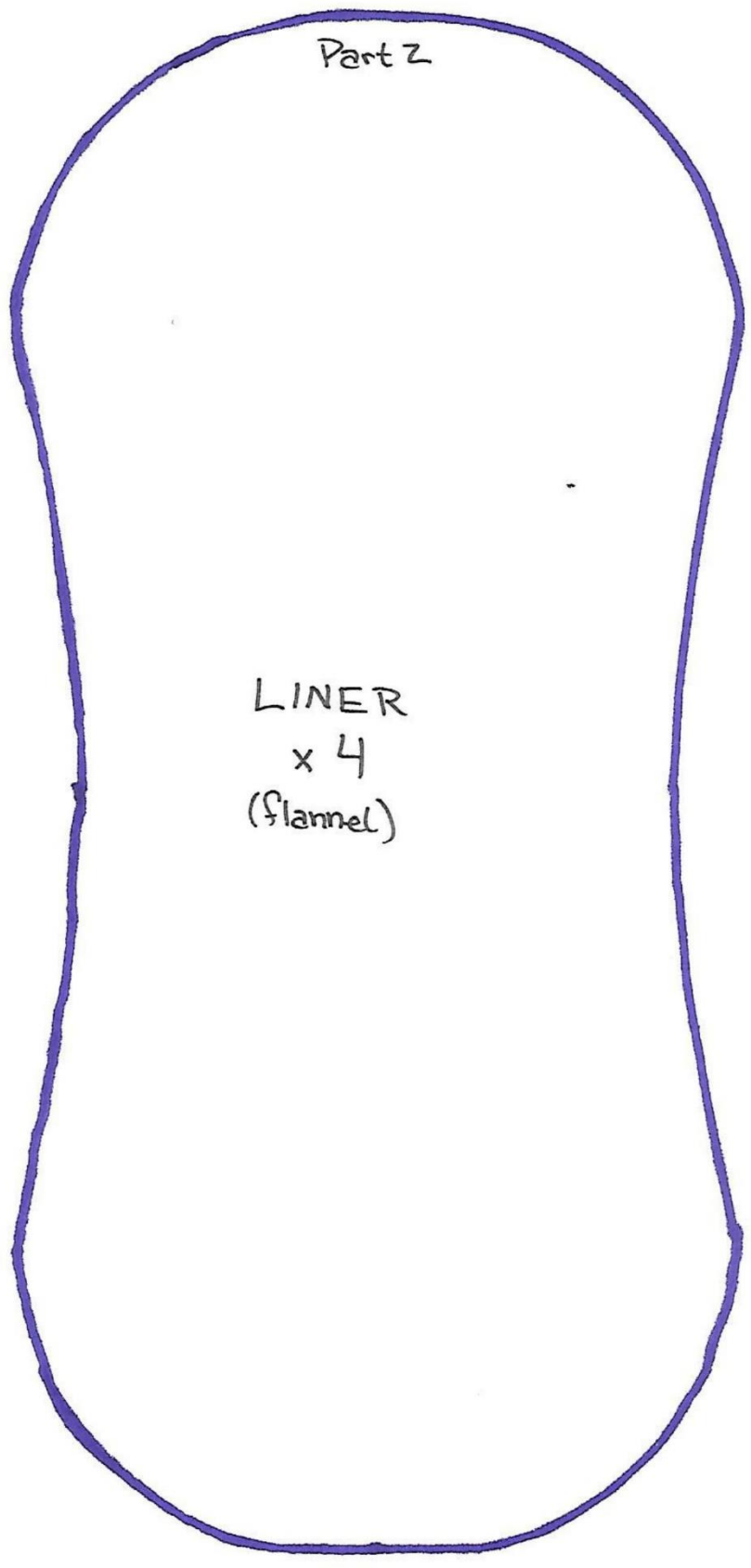


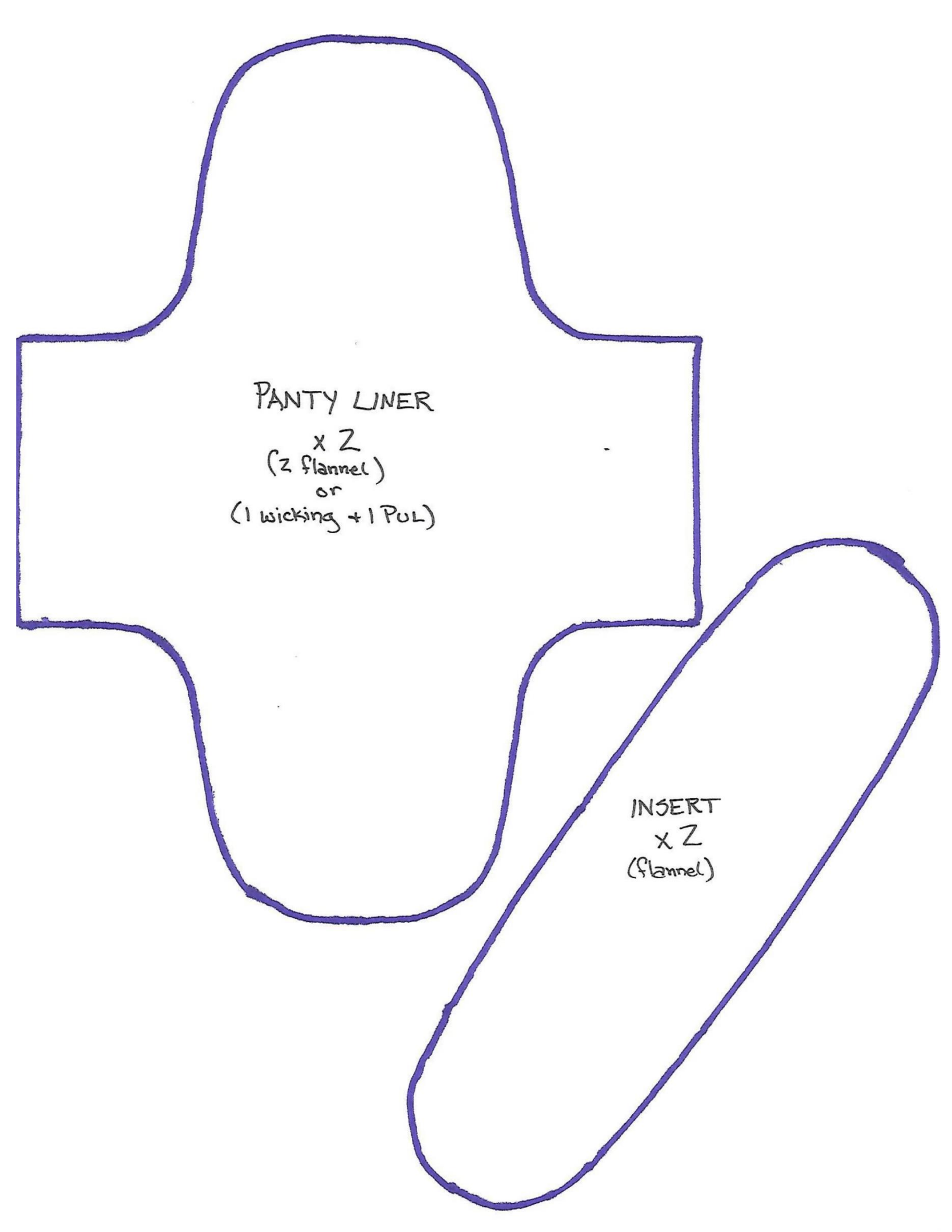
Part 1

PAD
x 2
(1 PUL + 1 wicking
or flannel)

Part 2

LINER
x 4
(flannel)





PANTY LINER
x 2
(2 flannel)
or
(1 wicking + 1 POL)

INSERT
x 2
(flannel)

FOLD

INSERT
x 4
(flannel)

X-LARGE OVERNIGHT
or MATERNITY
PADS

PAD
x 2
(1 flannel or
wicking)
(1 PUL)

FOLD

FOLD

