



# Day and Night Pad Instructions

## Feminine Hygiene Kit

Please do NOT use fabric that has a camouflage pattern!



You can find instructional videos and tips from one of our volunteers at [www.bethgalbreath.com/mmdc-fhk-tips](http://www.bethgalbreath.com/mmdc-fhk-tips) or scan the QR code.



### **PLEASE READ COMPLETE INSTRUCTIONS BEFORE STARTING!**

All flannel or terry cloth should be 100% cotton that has been **washed**, dried, and pressed. Unwashed and synthetic fabrics have caused infections for the girls. Pressing fabrics helps reduce creeping of fabric while sewing. PUL (Polyurethane laminate) fabric and cotton quilt batting do not need to be prewashed.

Flannel is used for one outer side of pad. PUL is used for other outer side (See Note below).

For the padding, you may use **new** premium 100% cotton flannel, premium terry cloth, or cotton quilt batting.

Use polyester thread to avoid wicking. Use universal, knits, or ballpoint needle, not sharps. Optional but very helpful: sewing clips, binder clips, or snap hair clips. Pins should not be used as they leave holes in the PUL fabric protective barrier.

Suggestion: Copy your patterns onto cardboard, so you always maintain the original and you can refresh patterns as needed. (They will change in size a bit after continued use). These were intentionally designed with "straight across" ends for ease in aligning while cutting and while sewing together.

### **Sewing Instructions:**

For each pad, cut one layer of PUL fabric and one layer of flannel for outside. Best practice is to cut flannel and PUL together with dull side of PUL and right side of flannel together. This assures pieces will match. If not cut together, place the right side (dull side) of PUL and right side of flannel together and trim if necessary so edges align.

Cut padding pieces from flannel, terry cloth, or quilt batting. Day Pad padding should be approximately 1/2" high when stacked flat. Night Pad padding should measure approximately 5/8". This is just a recommendation, as thickness may be adjusted based on the discretion of the sewer.

Align the padding in the center of the wrong side of the flannel. Rounded ends of the padding should be trimmed back to 1/2" from the edge of the flannel to avoid too much thickness after turning. Fold the side flaps over each other, to make sure they overlap, to accommodate snaps. If they are not overlapping enough, trim the sides of the padding down. (This seems to be more of a problem on the Night Pads, causing them to become bunched up and bulky.) Many find it easier to secure the layers of padding together with a wide zigzag stitch before adding to the flannel. Zigzag around the edges of padding, attaching it to the flannel, backstitching at the beginning and end.

Lay flannel with padding down (right side up), place PUL with right side down (lamine side up). Pieces may be clipped together (no pins!). Trim around if pieces do not align. With PUL fabric on top, start straight stitching about 1" above a side wing, 1/4" from edge, around to about 1" after the top point, to leave an opening for turning. Check that all layers have been stitched before turning. Trim if needed. After turning, top stitch within 1/8" of edge, closing the remaining opening and overlapping beginning and ending stitching.

Attach Size #20 plastic snaps on side wings or return to Midwest Mission where they will be added. Metal snaps should not be used due to rusting in humid countries. You can purchase snaps online at [kamsnaps.com](http://kamsnaps.com). PLEASE do not assemble kits with pads that do not have snaps. Instead, send them marked as pads "ADD SNAPS".

### **INSTRUCTIONS FOR ATTACHING SNAPS:**

One side wing will lay over the other wing, to fold around the crotch of panties and be snapped together. Fold the pad in half, with straight ends together. Place the punch tool tip on the inside of the fold, 1/2" from the edge. Poke hole through all layers. Place the snap pin side through the hole, add remaining snap part over pin, and crimp together. For remaining wing, start with button/pin side on opposite side of pad.

Test the completed snap twice. If problems exist, crimp harder. If snaps come apart, use a new snap pin cap and try again (pin probably got bent). Midwest Mission has a tool to remove bad snaps. If you have pads that need repair, please place them in a separate bag and mark it "to be repaired".

**NOTE:** *PUL (Polyurethane laminate) is used for the lining of the pad and the waterproof bags. It is available at Hobby Lobby and various places online.*