

REUSABLE PAD-MAKING TRAINING

Instructions card



Material that we will hand out to you:



Middle Fleece



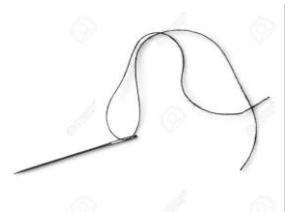
Kitengye
(African outer fabric)



Outer Fleece



Waterproof cloth



Thread and needles

And action!

1



Sew the middle fleece with the outer fleece.

2



Turn the fleece around (the face you just sewed should be facing down the table) then put the Kitengye fabric on top. The pale side of the Kitengye should be facing you. Then add the waterproof cloth on top.

3



Sew all the layers together, following the shape of the pad. Leave a small unsewn opening (3-4 cm).

4



Cut the outer edges of the pad, outside of the sewing.

5



Use the opening left unsewn to turn the layers inside out. You're almost done!

6



Sew the remaining opening.

7



Well done!

Button up!



Pierce both wings of the pad where you want to place the buttons (careful not to pierce the middle of the pad!).



Take two complementary faces of a button and place them in one of the holes you made, as per the pictures. Remember that the pad is to be tied around panties so « inside out ». Place the press gun around the pad and button and punch hard to bond them.



Repeat the previous step on the other wing of the pad. Be careful to take the complementary parts of the button you previously put. You're now done, congrats!

