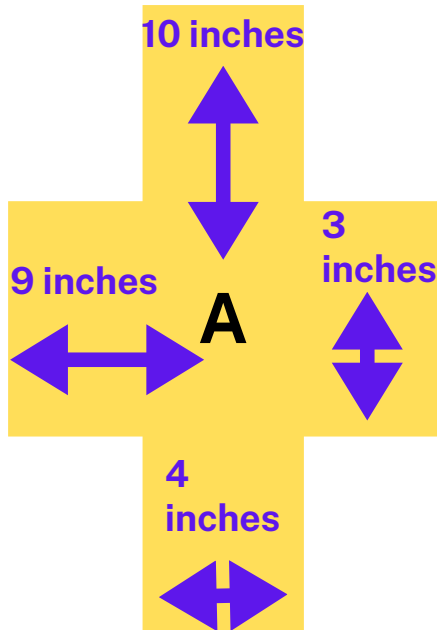
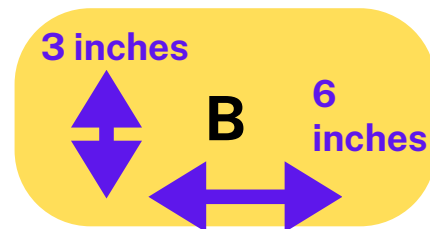


PROTECTING OUR DAUGHTERS - PAD PATTERN PIECES

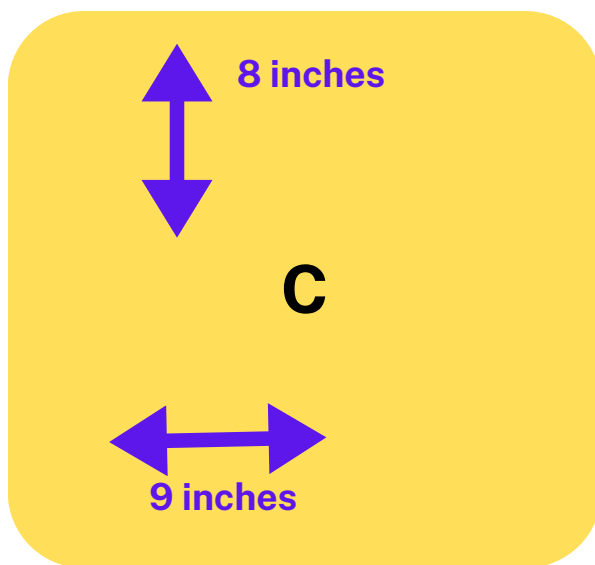
Pattern Piece Dimensions



Pad Holder



Pockets



Pad

PROTECTING OUR DAUGHTERS - PAD PATTERN INSTRUCTIONS

Pattern Pieces



A

Pad holder
Fabric: Woven
or Flannel



B

Pockets
Fabric: Woven,
any kind



C

Pad
Fabric: Flannel

Suggestions before Starting:

- Ask for patterns if not included with directions
- Match pin trim pieces before sewing
- Iron finished product before attaching snaps.

Instructions:

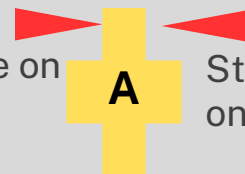
Pattern Piece A: Cut three fabric layers of A. Stack pieces with the print side facing two pieces. (The third piece can be either way.) Pin the stack of three pieces together in the middle.

Pattern Piece B: Cut two layers of B. Fold in half. Place at the longer sides of holder pad (A) and match the raw edges in between the pieces facing each other. Do this at both ends.

Pin each end (four pins)



Stop here on
left



Start here
on right

Sew around the edges except the top of the longer edge. Remove all of the pins and turn inside out. Make sure the corners are pushed out. Iron, making sure the seams line to the edge. Sew raw edge (or tuck, iron, sew)

Attaching Snaps:

1. Check with team leaders* on this part of the project. Team leaders will be able to supply you with snaps and snap tools that will work well for this project.

2. When the snaps are snapped together, the pad holder should look like this:

Pockets facing down (A)



3. Place the pad (C) piece so the print faces each other. Sew all around the edges BUT leave a two finger-size space opening. Turn this inside out through the opening, tuck and iron the raw edges in. Sew closed and iron again.

4. Fold completed pad (C) into thirds. The folded pad should be able to fit into the packets of the pad holder (A).

*Please reach out to Debera Rondeau with questions about this at grandcherubs04@gmail.com or (760) 522-7135.