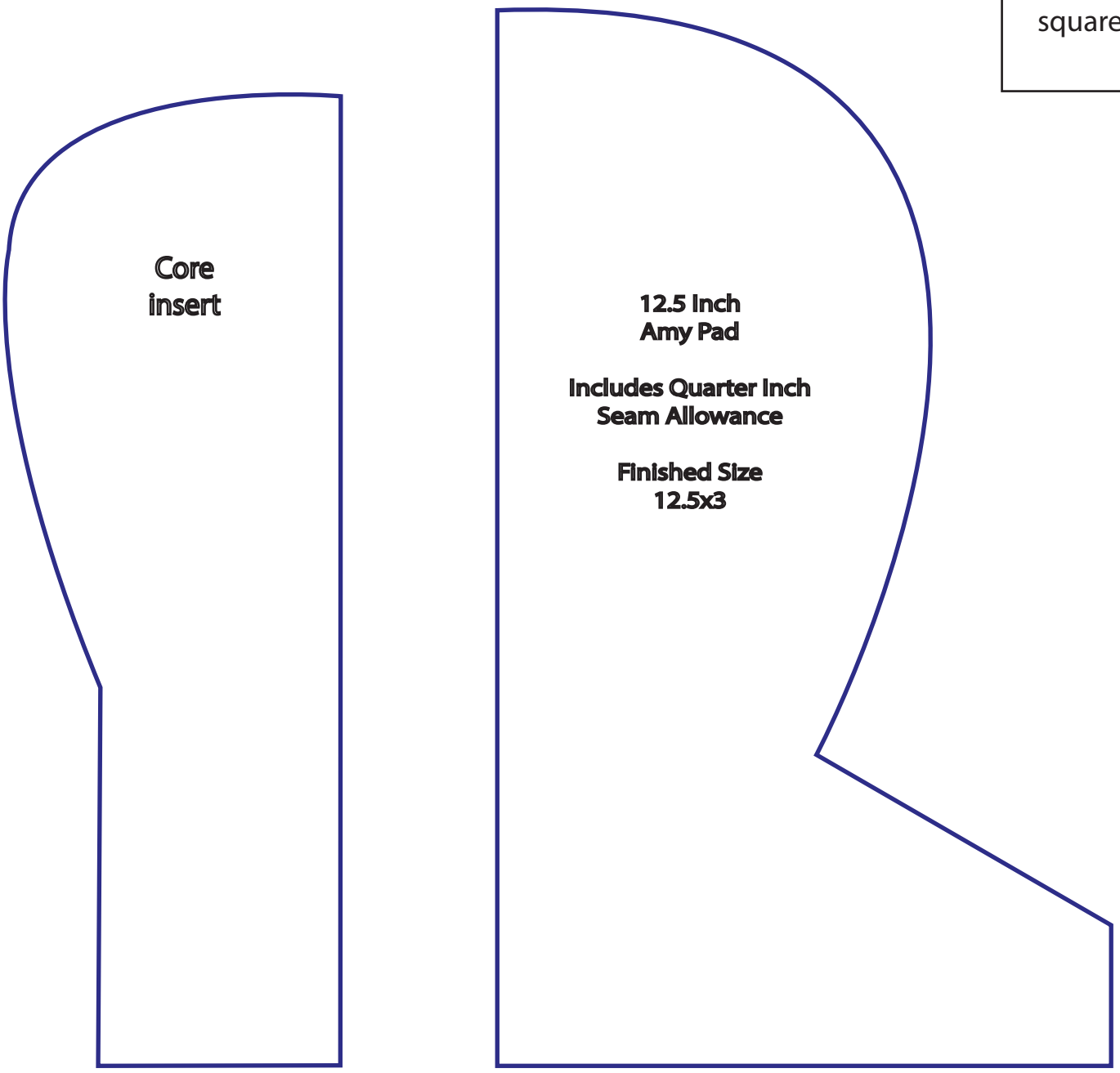
Amy 12.5 Inch Pattern

Print
Fold Fabric in quarters
Trace
Cut out and sew
NOTE: Whole pattern can be found on following pages
NOTE: Do NOT print with printer set to "Fit to Page". It must print at full page

1 inch square



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Amy Nix - Pattern Instructions

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12.5" Cloth Pad Pattern
Instructions

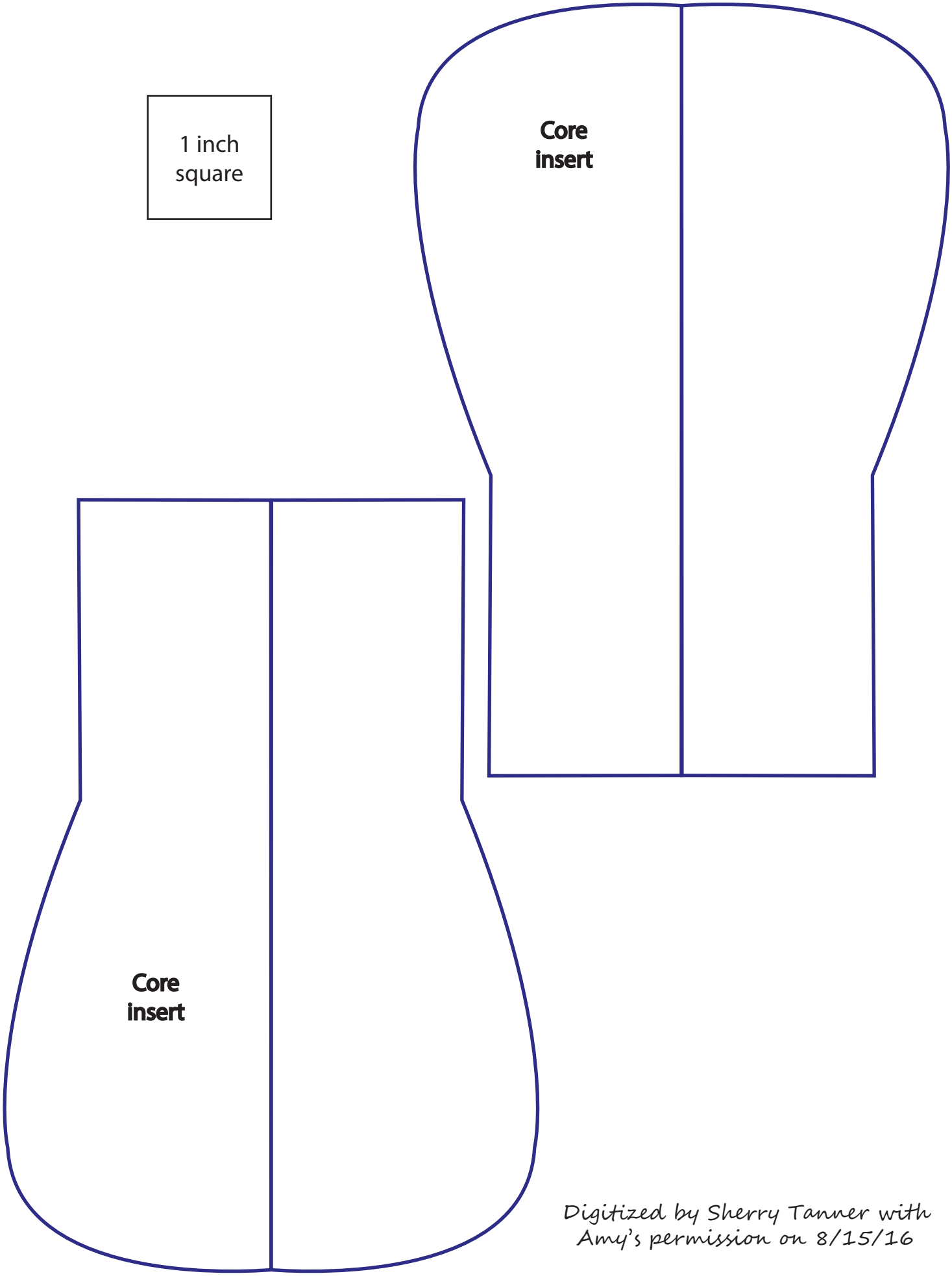
Okay, so the pattern here will produce a 12.5" finished pad. Depending on the quality of your printout or the size of your paper (in the UK, the standard is A4, while in the Americas, the standard is "letter," which is shorter), you may find it more useful to use the ¼ fold shapes provided to trace onto folded paper. That is why they are included, and instructions for how to use that shape to make a ¼ fold pattern are seen in my video about making a simple symmetrical pattern.

Once you have the full pattern shapes printed out, I encourage you to copy them onto card stock of some kind (cereal box, poster board, or corrugated cardboard). Or use the two halves and tape together.

1.) Trace the pattern onto your fabric.
2.) Cut out your fabric pieces for both the topper and backer, as well as the absorbent core.
3.) Attach the core pieces together by sewing a ½" seam all the way around the core layers.
4.) Attach your core to the topper by centering the core carefully and pinning to the topper fabric. Then sew around the core, using a ¼" seam.
5.) Attach your backer to the core/topper piece by laying the backer fabric and topper fabric "pretty" or finished sides together. Pin carefully around the edges, lining up all curves and corners. Leave a 2" turn space at any place of your choosing on the pattern. I use the top edge of the left wing. Whichever turn space you choose, make it on a straight part of the pattern. Do not leave your turn space on the ends or on the curves.
Use a ¼" seam to sew the topper to the backer. For putting in a waterproof layer/PUL layer, please watch my video on How to Insert a PUL Layer.
6.) Clip your corners and curves.
7.) Turn the pad right side out, and run a tool along the inside edge to make sure that all corners and curves are neat and fully pushed out.
8.) Pin the turn space closed.
9.) Topstitch all the way around the edge of the pad, making sure to close the turn space. I use a full ¼" topstitch, but you can use whatever width you find attractive and comfortable.
10.) Add a closure of your choosing.

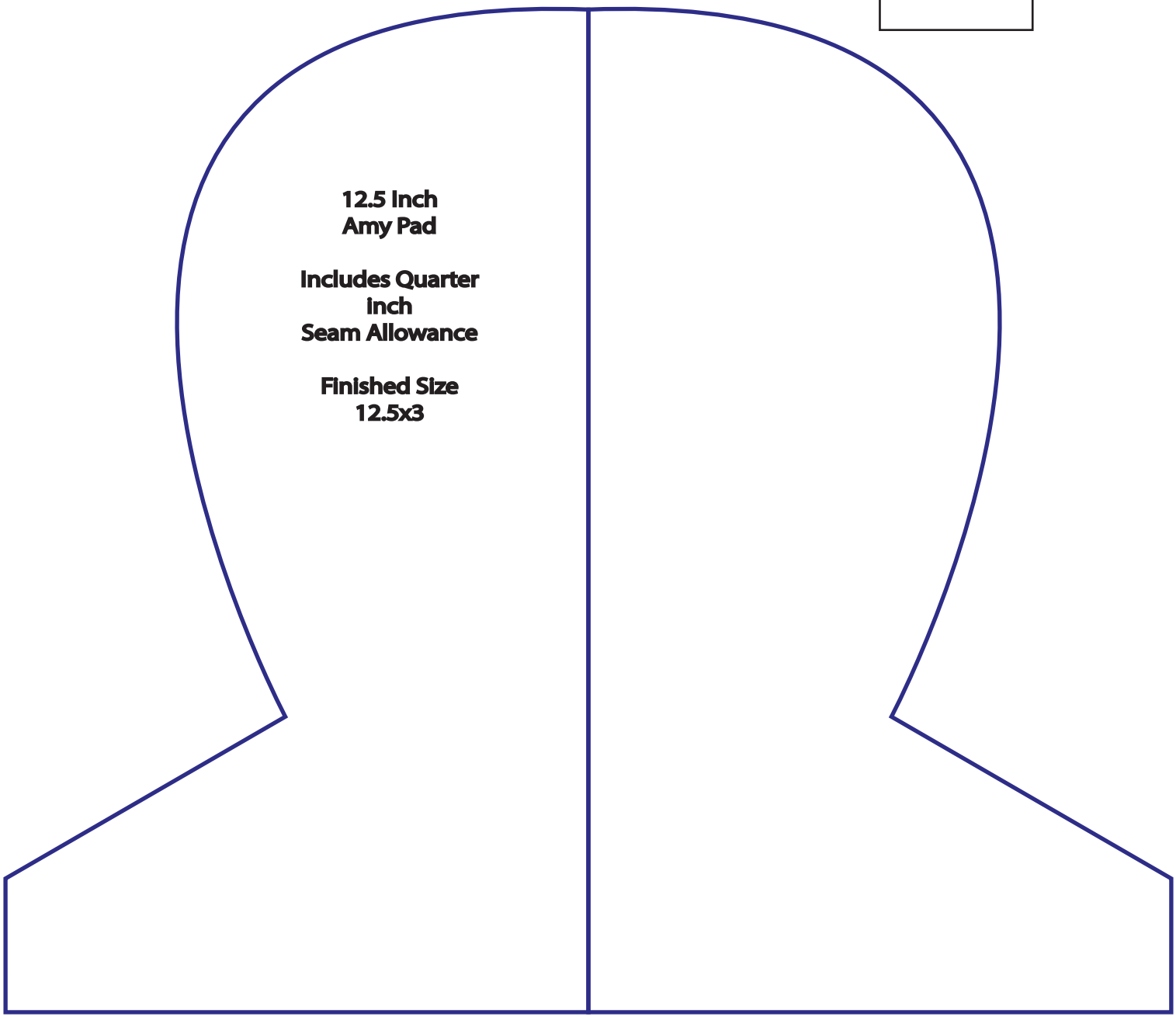
For a video tutorial of this entire process, please see my video entitled, "Sewing Cloth Pads 101 - How to Sew a Cloth Pad."

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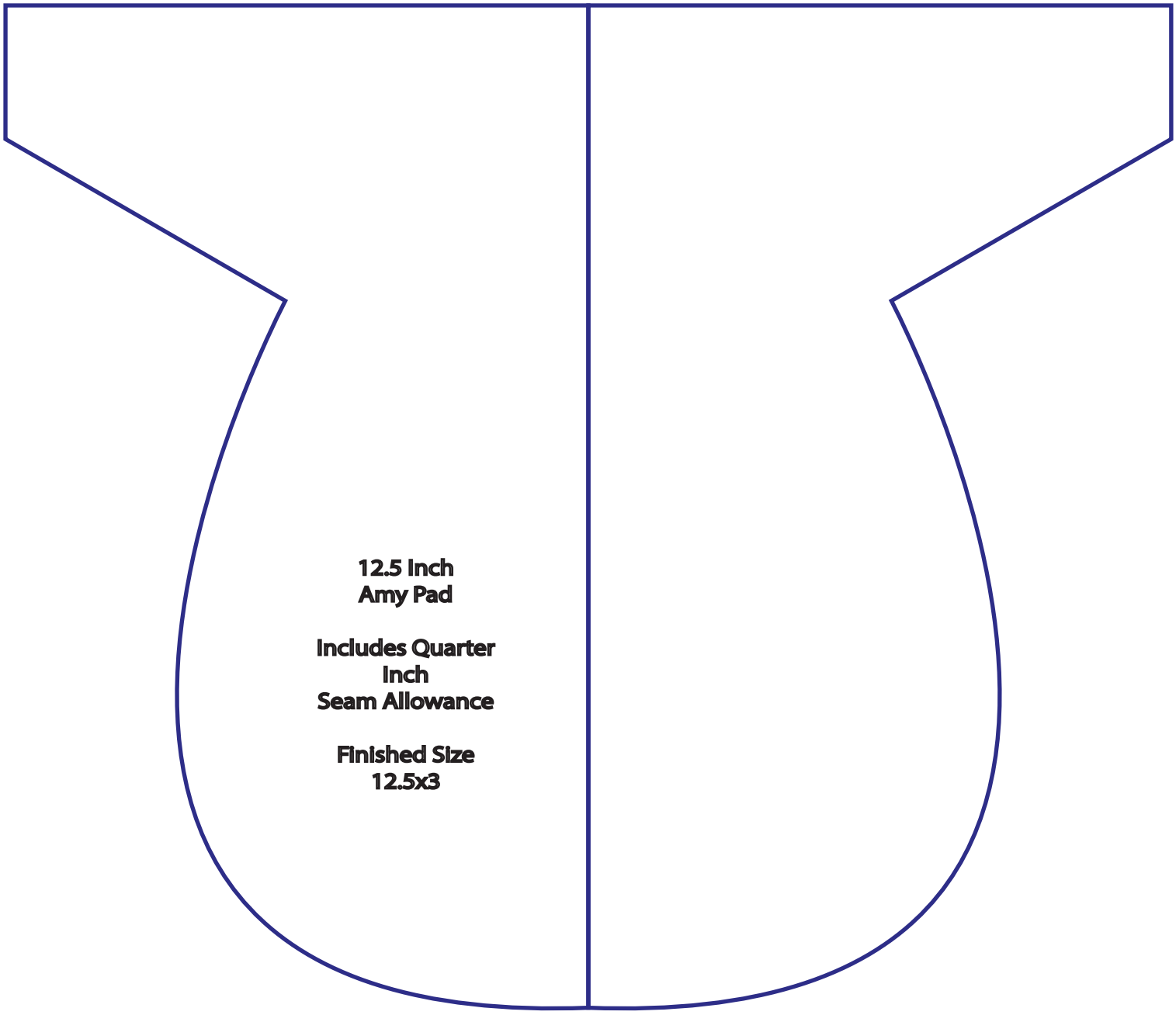
1 inch square



To add pages together, cut out pattern, align pattern pieces together at middle line then tape.
You also may want to trace full pattern onto cardboard.

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1 inch square



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