

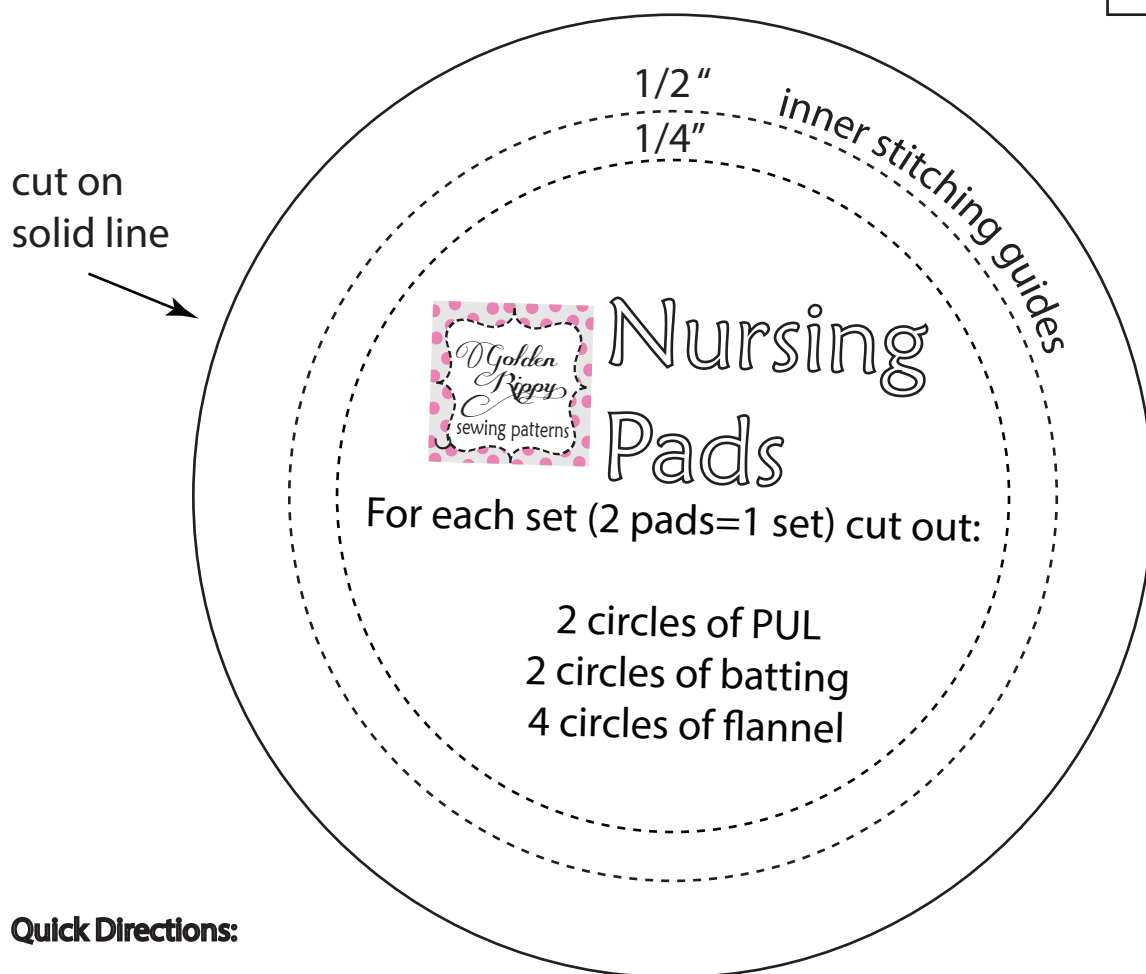
DIY Nursing Pads Pattern

www.GoldenRippy.com

What you need:

- * diaper PUL
- * 100% cotton batting (low-loft, like Cotton Blossom or Bamboo Blossom)
- * 100% cotton flannel
- * 100% polyester thread (don't use cotton or you'll leak through the stitching!)

Make sure this
test square is
1 inch



Quick Directions:

1. Layer 1 circle of batting between 2 layers of flannel, making a cotton sandwich.
2. Through all 3 layers, stitch 1/2 inch away from the edge of fabric. Backstitch and cut threads.
3. Stitch an inner circle, 1/4 inch inside the previous stitch line. Backstitch and cut threads.
4. Layer cotton sandwich on top of PUL circle.
5. Serge (or zigzag) around the edge twice, through all of the layers. Cut threads.
6. Repeat steps 1-5 for other pad.
7. Now wash and dry on high heat. (The heat seals the holes in the PUL and helps the pads contour better)
8. Enjoy your pads! No one will see these little cupcakes except you!