



Project Sheet

REUSABLE NURSING PADS

WHY ARE THEY NEEDED?

Reusable nursing pads may be small, but they make a big impact. They give mums comfort, confidence, and protection, while easing financial stress by replacing costly disposables. For charities, they're an essential item in baby bundles and care packs, offering dignity to parents facing hardship.

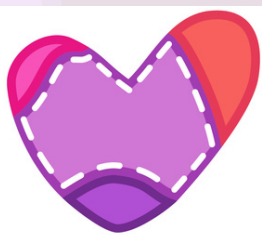
WHAT MATERIALS DO I USE?



It varies by pattern, but reusable nursing pads must include a PUL layer and a soft, absorbent layer against the skin. Examples of suitable layers are below:

- 1 cotton + 1 PUL + 1 toweling; or
- 1 cotton + 1 PUL + 2 flannelette; or
- 3 x flannelette + 1 PUL

Please only use PUL (not plastic eg shower curtaining) as it is waterproof, breathable and durable



Sewing
FOR CHARITY
AUSTRALIA

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PATTERN/ TUTORIAL

The nursing pads need to be round and approximately 5 inches in diameter.

The fabric order is flexible—just be sure there's a soft, absorbent layer against the skin and PUL sandwiched inside or on the outermost layer to keep it waterproof.

If you're considering making a matching set of nursing pads with a matching fabric bag, the bag is double drawstring A5 (portrait) and 6 nursing pads (3 pairs) for each bag. This is not a requirement, some volunteers enjoy making the matching bags, others enjoy making mountains of nursing pads, we gratefully accept both



HOW TO GET DONATIONS TO SFCA

Thanks for being part of our amazing volunteer crew! Your kindness makes a big difference. Please add a quick label with type, size & project to your donation – it makes sorting a breeze!

MAIL TO: 38 Bladensburg Drive, Waterford QLD 4133

DELIVER TO: The Sewing Lair Beenleigh or Moorooka during opening hours