



**MCAI** Maternal & Childhealth  
Advocacy International

Improving maternal & child  
healthcare worldwide

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Dear Supporter

Thank you for considering supporting MCAI and the SATIN project (feminine hygiene pack for new mums in Liberia).

Motherhood should be a joyful and positive experience but for many mums living in poverty means instead of going to the store to buy pads, they resort to whatever is available free; this could be old clothes, leaves or newspaper. Without this basic item mums are at risk of serious infection. Puerperal Sepsis (is a serious form of septicaemia) also known as childbed fever and is a life-threatening infection, which could be prevented with the help of a sanitary pad.

MCAI are addressing this overlooked problem by providing feminine hygiene packs for new mothers in Liberia, the pack will include sanitary pads, soap, flannel or hand towel.

This is where we need your help. Can you commit to making 5 sanitary pads and one drawstring bag? Donate sanitary pads (heavy flow), small soap or flannels? Whichever you choose to do you will be helping women not only improve their chances of a healthier life but give them the dignity they deserve.

When you make a washable sanitary pad you are creating something special for a woman who cannot afford or have access to this very basic feminine hygiene. By making a washable sanitary pad you are ensuring a sustainable outcome for the woman and the environment.

Suggested fabrics: 100% cotton fabrics, old sheets, towels, t-shirts, cotton flannel, or hemp, anything you feel would be comfortable, soft and gentle next to the skin.

The thickness for the lining of the sanitary pad needs to cater for a heavy flow (3-5 inners depending on the materials used). The template\* can be used to make an all in one or a wrap for a liner. I would recommend making an all in one pad. You can make more than five, more we make the more women we are helping. There are many videos on YouTube showing how to make washable sanitary pads; this link will take you to a short but excellent video showing how simple it is to make sanitary pads <http://youtu.be/3H3-vVtouxU>

Instructions\* for a drawstring bag are also included and these are so we can present the women with their sanitary pack in a bag. Recycled materials and old pillowcases are ideal for these.

If you have any queries please do not hesitate to contact me.

Thanking you in advance.

Jan Appleton Programme Manager

\*I would like to acknowledge the Women's Environmental Network for the template and acknowledge ehow.com for the drawstring bag instructions



## Medium wrap

1. Trace this pattern and place on double thickness of fabric with good side facing inwards.

2. Cut around leaving seam allowance (outside dots).

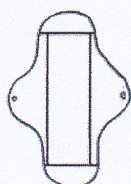
Actual size if  
overstitching edges

3. Overlock around edge or sew around edge leaving one end open (inside dots open at one end); trim and turn inside out.

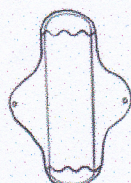
4. Sew up open end.

5. Add poppers to wings where shown.

6. Finally, hand sew a pocket on either end of the wrap...



or attach some tape to hold the liner in place.



Envelope style - cut one side of fabric in half and sew all way round before turning inside out and adding poppers.



Fill with liners or folded fabric.



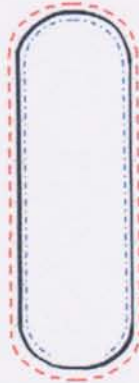
## Medium liner

1. Check size (width and length) on your knickers.

2. If not overlocking, add outside seam allowance when cutting.

3. Pin to fabric

4. Add four - six layers for light flow, more for medium - heavy flow.



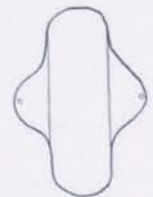
5. Trim, turn inside out, fold in seam and sew end. For liners with wings use wrap pattern without poppers.

Actual size if overlocking edges

6. Liner can then be used by itself placed or sewn in a pair of knickers, with or without velcro ... or held in place in a wrap.



Or, for an all-in-one towel sew several liners, according to your flow, between the two layers of the wrap, or on the outside.





## Drawstring bag instructions – SATIN project Liberia

### Things You'll Need

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- Fabric (13x25-inch rectangle)
  - Iron
  - Scissors
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### Instructions

- 1 Place a 13x25 inch piece of fabric in front of you in a horizontal position (right side down). Fold the top over by exactly  $\frac{1}{2}$  inch. Press flat with an iron. Fold over again by  $\frac{1}{2}$  inch and press. The folds will become the ribbon casing.
- 2 Complete the casing by stitching down the fold. Stitch and backstitch a little less than  $\frac{1}{2}$  inch from the edge of the fold.
- 3 Fold the fabric in half—right sides in—like a book. The inner casing should be facing outward.
- 4 Stitch the open side with a  $\frac{1}{2}$  inch margin. Begin your stitch and backstitch directly under the casing. Pivot at the bottom corner and stitch the bottom with a  $\frac{1}{2}$  inch margin. Backstitch.
- 5 Turn the drawstring bag inside out. The right (designed) side of the fabric should now be on the outside.
- 6 Tie the end of your ribbon to a closed safety pin. Push the safety pin through one of the ends of the casing. Feed the safety pin and attached ribbon through the casing until it appears at the other end.
- 7 Knot the ends of the ribbon a couple of times. The knots should be bigger than the holes in the casing. Pull on the knotted ends of the ribbon and tie in a bow.

### Tip

- **You can turn an old pillowcase into a laundry bag. Flip the pillowcase inside out, fold over 1-inch of the open end and sew the channel. Insert the cord or rope in the same way as making the bag from fabric**