

How to make your own moon pads:

Supplies and Tools for making one pad with two inserts:

regular paper or fabric pattern paper

regular scissors

straight pins (approximately 20)

4 feet by 1-foot piece of thick flannel

regular pencil and a white pencil

one sewing needle

cotton/polyester blend thread

scissors that can cut through fabric

ruler or fabric measuring tape

two snaps (7/16 inch wide)

snap plier kit that fits 7/16-inch snaps*

* If you can find snaps that can be sewn on rather than attached using a plier kit, these may be preferable for making future repairs in your pads in case the plier kit is not available. If you do purchase a plier kit, make sure that they work with the snaps that you need. Sometimes the plier kits do not fit certain snap sizes, which causes unnecessary complications!

Instructions:

1. Draw pattern for the "front piece" on a piece of paper
2. Cut pattern out with regular scissors
3. Fold your piece of flannel in half and place the pattern on top of the two layers of flannel with the underside of the flannel facing up. Make sure to orient your pattern piece along a corner of the flannel to leave enough fabric for the other pieces.
4. Insert stickpins about ¼ inch from the edge of the pattern and through the edge of the pattern into the flannel.
5. Trace the pattern on to the flannel with a regular pencil (if fabric color is light) or a white pencil (if fabric color is dark).
6. Take out the pins and remove the pattern from the flannel. Pin the two layers of the flannel together with the undersides facing each other.
7. Cut out the flannel along the pencil lines.
8. Sew the two pieces together with a sturdy hand stitch. Make sure you use a stitch that wraps around the edge of the fabric and double back to ensure a strong stitch.
9. Repeat steps 1-8 for the "right back piece" and the "left back piece".
10. Repeat steps 1-8 for the "insert", using 3 layers of flannel instead of two and stitch all three layers together. Repeat, making two inserts.
11. Take the "right back piece" and line it up with the right side of the "front piece" so that the edges are matching and sew them together along the edges (do not sew the long, straight side of the "right back piece" onto the middle of the "front piece").
12. Take the "left back piece" and line it up with the left side of the "front piece" so that the edges are matching and sew them together along the edges (do not sew the long, straight side of the "left back piece" onto the middle of the "front piece"). The top and bottom edge of the "left back piece" will overlap the "right back piece" and be sewn on top of it.
13. Apply snap #1 to the right side of the "right back piece" with the indented side of the snap facing up and the smooth side of the snap facing down (it will go all the way through to the "front piece" as well). (Instructions on putting on snaps are provided in the plier kit.)
14. Apply snap # 2 to the left side of the "left back piece" with the smooth side of the snap facing up and the side the part of the snap that sticks out, facing down. (It will go all the way through to the "front piece" as well). (Instructions on putting on snaps are provided in the plier kit.)
15. If you are hand sewing the snaps use several stitches that wrap around the holes in the snap to secure it well and follow the orientation guidelines for the snaps in #13 and #14.
16. Make as many pads as you need.

To wear the moon pad:

1. Place one or two inserts in the underside of the pad into the pocket that the two “back pieces” create.
2. Place pad inside underwear with the “front piece” facing up and secure pad by wrapping the wings of the pad underneath your underwear and snapping them together.
3. Replace inserts or entire pad as needed.

For us, moontime is a very sacred time of deep spiritual significance, connection to the Mother and all of nature. For this reason, the cleansing of and care for our moon pads is very important. Each woman has a glass or ceramic jar, used for this purpose alone, kept in a sacred place. Used moon pads are placed in the jar with fresh water. The water is given to the earth and replaced with fresh water each day. At the end of moontime, the moon pads are first pre-washed with sea salt and a drop of an essential oil blend such as lavender/tea tree. This is cleansing as well as an anti-microbial treatment. If the moon pads must be washed with other items, it is only with sheets, not miscellaneous laundry.

Native American Indian tribal knowledge:



