

**Our moms could use
your help, please!**



Many of you generously support the 4th Trimester Clinic, which helps new moms succeed with breastfeeding and postpartum care at rates above the national average. Breastfeeding gives babies a healthier start, and the washable breast pads you've been making have been a huge help. Thank you!

We've encountered a few issues with earlier pads, so please note these **updated guidelines**:

Materials & Cutting

- Cut **two 5" circles** (4–5" acceptable, 5" preferred) from cotton flannel for the outer layers.
- **Prewash flannel before cutting** if it's not already in circles (flannel shrinks).
- **Do not wash the cut circles.**
- Use **one layer only** of batting per pad. Batting must be **100% cotton or bamboo**, or **at least 80% cotton** if blended.

Batting Adjustments

- If you use prepared kits and you find **two batting layers**, remove one and return it for reuse.
- Pads with more than one layer shrink and bunch when washed, especially smaller sizes.

Sewing Instructions

- Stitch with a **wide zigzag or serger stitch at least ¼" wide** to prevent unraveling.
- **Secure serger tails** by tacking them down with regular stitching.
- Sew **two diagonal lines in an "X"** to hold layers together. Full quilting is not needed.

Fabric Notes

- Dark colors, bold prints, and large-scale designs are welcome and do not show through bras.
- White or solid fabrics are **not required**.
- Please donate extra flannel or batting scraps if possible (scraps should be about 5" wide).

These pads are in high demand, and we're grateful for your continued help providing them to our many nursing mothers.

Questions? Contact **Linda Overman**, project leader, at **614-561-1744**.

Helpful Hint:

If you use an AccuQuilt die for burp cloths, the leftover fabric from the center cut is the perfect size for breast pads.