

Make your own

Breast Pads

When you begin breastfeeding, you may want to use breast pads to prevent breastmilk from leaking through your clothes.

Instead of buying disposable nursing pads, you can make your own.

What you need:

- Scissors
- Thread
- Needle
- Soft absorbent cloth, such as flannel

To make one nursing pad:

- Print off this page and cut out the circle on this page, or find an item to trace (example: a large can).
- Trace 4 circles on the fabric
- Cut out the fabric circles
- Stack the 4 circles together
- Stitch the edges shut

Repeat for a second nursing pad

You can tuck the pads inside your bra. Wash the pads when they become wet and hang to dry.

