

Mama Cloth Starter Kit

Your mama cloth starter kit comes with five mama cloth pads and ten inserts to boost absorbency, or wear alone.

Each pad has a water resistant fleece backing. The back is a slit back, open design so that you can add more absorbency to your pads as your flow changes through-out your cycle.

Two pads have a stay-dry suede cloth top with a three layer absorbent flannel core. The other three pads have a cotton flannel top and a three layer absorbent core.

Each pad's individual absorbency with the built-in core will typically be good for light to medium flow days. For medium to heavy flow days, you will need to add one liner to the core. For heavy days, add two liners. And for super heavy or overnight use, you may need up to three extra liners. The liners tuck easily into the back of the pad. The amount you will need varies based on your individual flow. What may seem like a heavy flow to some may be a light flow to others so experiment with the number of liners needed for your needs.

For tampon, menstrual cup back-up, or every day use you can lay the wingless liners into your panties and they should easily stay in place. I recommend wearing tight fitting panties when using cloth pads or liners because they tend to stay in place better than with loose fitting panties.

The pads included in this kit are part of the 'scrappy girl' line. Scrappy girl pads are made of fabric remnants in an effort to use every piece of fabric and waste less. Some liners will contain fabric that is arranged in a patchwork design and therefore may have more stitches than standard pads. They work just as well as the standard pads, but have a more bohemian, whimsical look due to the varied fabric.

Your pads are made from flannel and fleece which tend to pill in the beginning, but then get softer with each use. Any excessive pilling can be removed with a lint shaver or regular razor.

Your pads have been hand-cut, machine sewn, and then washed to remove any excess lint. They have also been shaved with a lint shaver to help get rid of the pills that occur in the beginning. They come to you ready to wear.

If you need more information on your mama cloth at any time, please visit <https://MabeWithLove.WordPress.com> and type "mama cloth" into the search box. You will find informative articles and information on cloth pads. Please note that these pads were NOT sewn or distributed by the owner of Mabe, With Love. Merely the patterns and this informational sheet were obtained there.

Cloth pads are a small step to more comfortable menstrual care.

Caring for your pads

If you cloth diaper, you can rinse your pads in cold water and throw them in your dirty diaper pail. Rinsing them actually isn't even necessary, but it does help prevent staining.

If you don't have cloth diapers to wash, you can get a small wet bag, or one of those tiny trash cans that you often see at ice cream parlors for sample spoons. These trash cans are sold at the Dollar Tree and many other retailers. Again, rinse in cold water to help prevent staining, and throw them in the pail or wet bag.

Store your dirty pads in a pail or wet bag until the end of your cycle or whenever you are ready to wash. The longer they sit, the more likely they are to stain. Before you wash, rinse them again in cold water (Some prefer an overnight soak with a bit of vinegar and cold water.

Just note that vinegar CAN break down PUL if you use a pad backed with PUL). Throw pads in the washer on their own OR with regular laundry. I wash on warm. Just don't use fabric softener when washing mama cloth as it can cause repelling and greatly diminish the pad's absorbency. Hang dry, or throw them in the dryer.

What about staining? Some materials are more prone to staining than others. Pads topped with micro fleece, suede cloth, and minky are actually rather hard to stain. Natural fibers like cotton, hemp, and bamboo stain more easily. Rinsing with cold water before placing in your pail or wet bag helps reduce staining. If your pads do stain, soaking in oxi-clean or sunning them with lemon juice can help remove the stains. Peroxide is also excellent at removing blood stains. And remember, a stain DOES NOT mean that something is dirty.

Care Card

- Rinse in cold water
- Store in pail or wet bag until wash day
- Wash alone or with regular laundry
- Rinse in cold water before washing
- Machine wash in warm water with detergent
- Do NOT use fabric softener
- Hang Dry or Machine Dry on Warm
- Use peroxide, sun, or oxi-clean for stains
- Do NOT iron fleece or suede cloth

Your top pad is folded. You can fold like this for easy transport when out. To travel with mama cloth, just throw dirties in a mini wet bag or waterproof makeup bag. You can wait to rinse until you get home.

Visit

<https://MabeWithLove.WordPress.com/2014/01/02/mama-cloth-what-is-it/> for referrals on places to purchase mini wet bags.

The second pad has two inserts to show you how easy it is to pull inserts in and out.

The third has one insert, and the remaining pads and liners have been left as stand alone.

If you care for your mama cloth, it will last years paying for itself many times over. Many women also find that cloth pads reduce menstrual cramps, chaffing, and are overall more comfortable as they do not contain the chemicals that disposable pads do.