

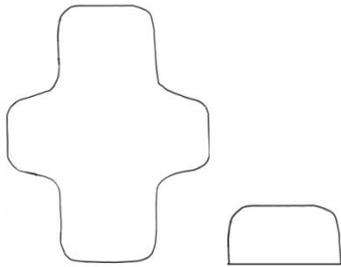
# Instructions for the Shield

*These instructions are for the Standard Shield Pattern.*

## Step One:

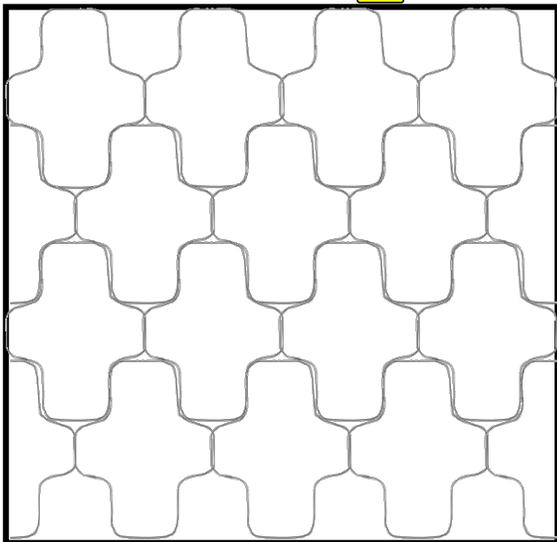
Glue your template onto heavy cardboard or trace onto heavy template plastic and cut out.

Make a second template of just the pocket piece.



## Step Two:

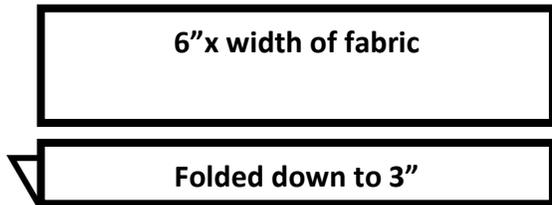
Using your template cut shield bodies out of cotton fabric  tessellate to get as many out of the fabric and PUL as possible .



**Tessellation Example**

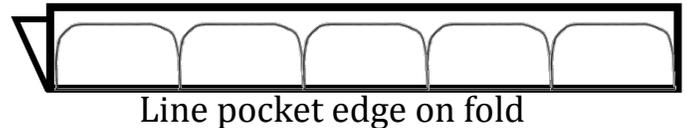
## Step Three:

Cut or gently tear a strip of fabric 6" x the width of the fabric (usually 45"). Iron the wrong sides together so that you will now have a long skinny piece 3" x 45".



## Step Four:

Place the straight edge of the pocket piece template onto the fold and cut. (The pocket pieces are a double layer for better wear).



Line pocket edge on fold

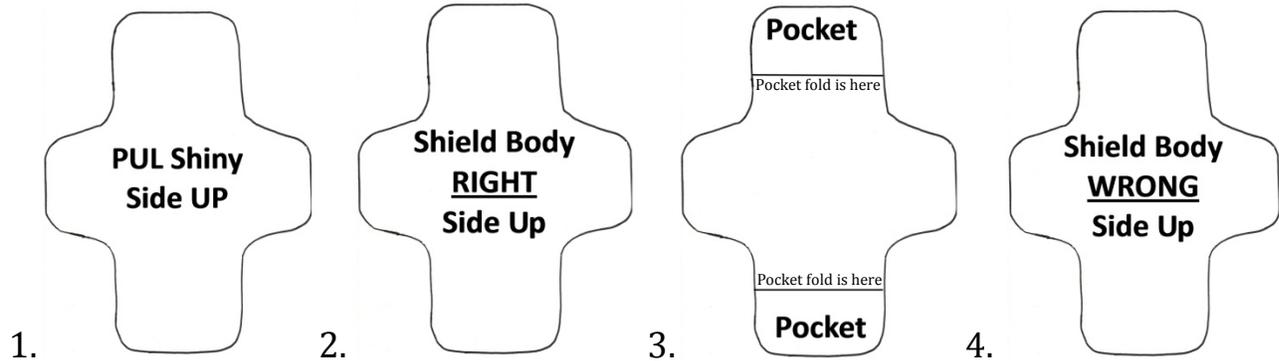
### A NOTE ABOUT PUL

Polyurethane laminate or PUL is the waterproof layer in your shield. It can be found at Joann Fabrics, Fabri.com and other fabric stores in the diaper making section . The color doesn't matter as the PUL is sandwiched between two layers of fabric of

### Step Five:

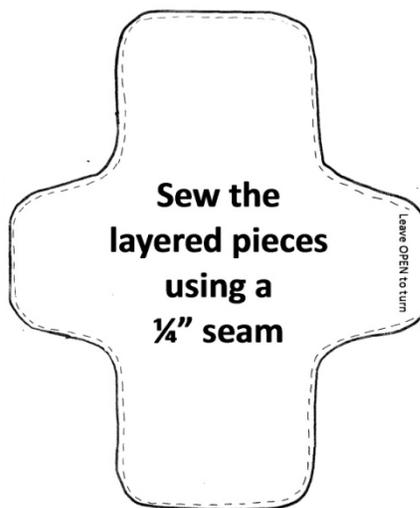
Layer the pieces in this order in preparation to sew: first place the PUL with the shiny side up and dot with glue stick. On top of that, place one cotton piece right side up.

Place the pocket pieces on top of that (make sure pocket fold is facing the middle of the shield not the outside) and place the other cotton piece with the wrong side facing up. Pin as needed, being aware that you want to avoid putting holes in the PUL as much as possible. I like to use snap hair clips to avoid that problem!



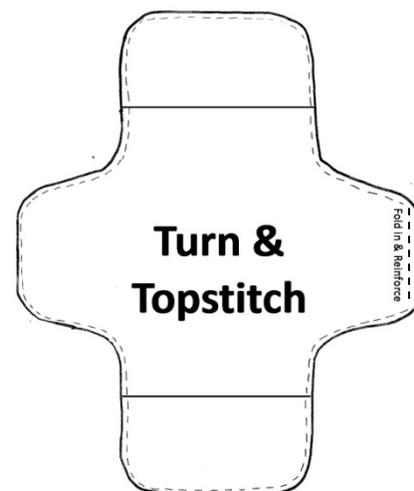
### Step Six:

Sew the layered pieces using a 1/4" seam leaving a 2" to 3" opening for turning.



### Step Seven:

Turn the shield right side out. Press and topstitch close to the edge closing the opening in the process. Reinforce this opening well so it will not reopen when used. Make sure to catch all of the layers and to backstitch.



**Return your shields for snaps to be added**

1 Inch  
Square

## Pocket Placement

Cut 2 Pieces of Cotton to  
this line for Pockets

## Days for Girls International Standard Shield Pattern

1/4" Seam Allowance Included

Regular Shield  
Cut 1 PUL  
Cut 2 Cotton

Postpartum Shield: Lengthen  
Pattern at one end by 2 1/2"

Regular Liner (Absorbant Fabric)  
Cut 1 - 8 1/2" x 8 1/2"  
Cut 1 - 8 1/2" x 5 3/4"

Postpartum Liner  
Cut 1 - 12" x 10 1/2"  
Cut 1 - 12" x 7 1/2"

Lengthen here For Postpartum Shield

## Pocket Placement