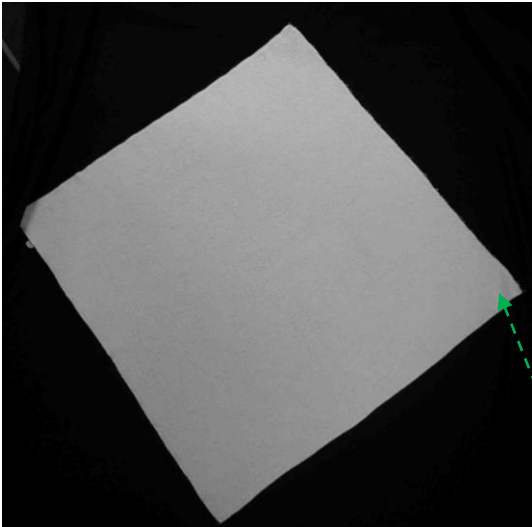
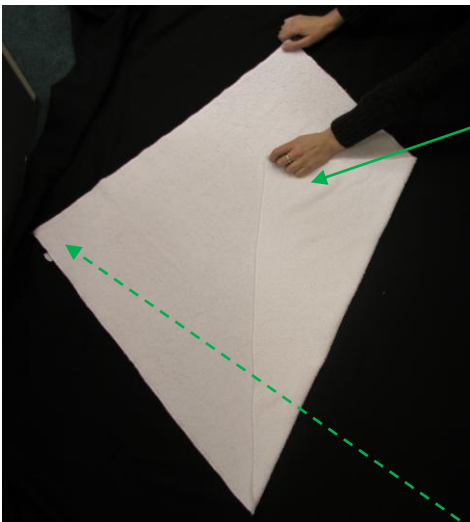


How to fold a terry towelling square (Kite Fold)

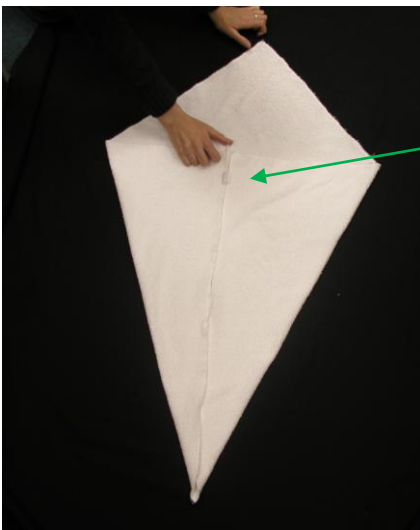
There are several methods for folding a terry towelling square. This guide will show the 'Kite fold' which is one of the most popular methods for adults.



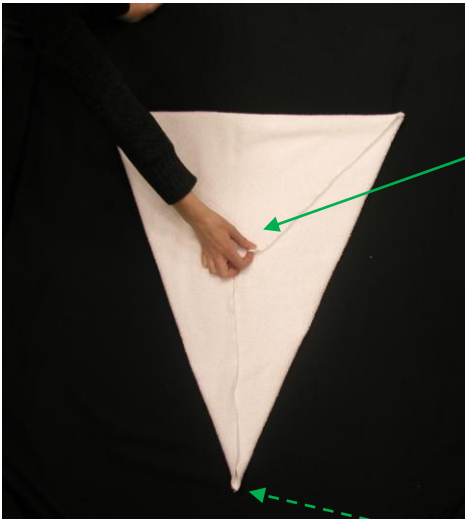
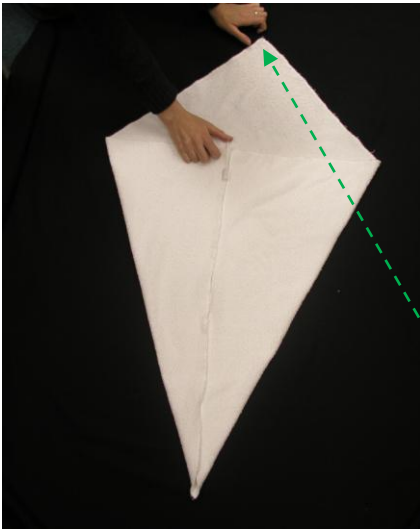
1) Take a square of terry towelling. The actual size will depend upon your measurements. You are recommended to take advice from the manufacturers/retailers about this.



2) Take one corner of the square and fold it into the centre, as shown.

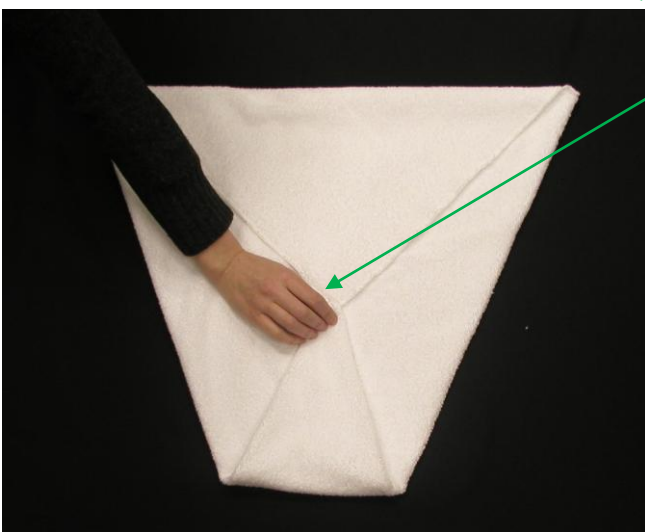


3) Take the opposite corner and fold that into the centre until the two sides meet in the middle.



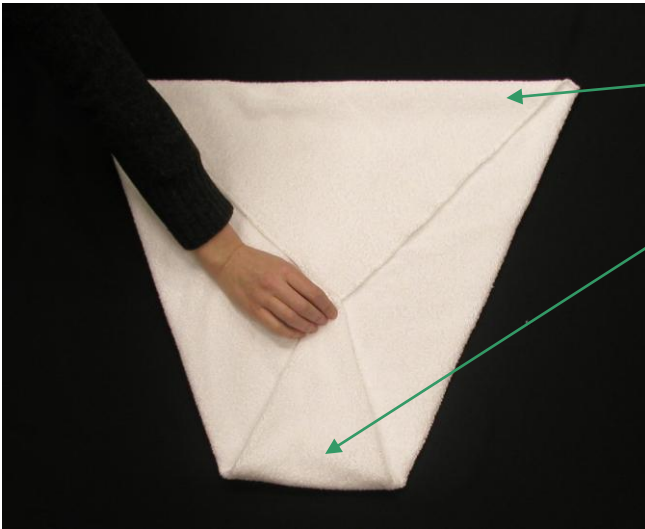
4) Now take the top corner and fold it down it into the centre to meet the other two folded portions.

You now have a straight edge and the towelling is a triangular shape



5) You can then fold the remaining bottom corner into the centre.

It is this part that you will pull up between your legs in the crotch area. How far you fold this into the centre of the pad will depend on your body measurements. You will probably have to use trial and error to work out the best fit for you.



6) The pad is now ready to be put on. This side will go around your waist.

This edge will be pulled up between your legs

You can also fold a smaller square of terry towelling (typically 30x30cm) inside to act as a 'booster pad' if you wish.



7) The pad can be held in place using a safety pin or 'nappi nippa' or other securing device. Don't forget that you will need to use plastic pants over this type of pad to avoid leakage onto clothing / bedding.