

By Irene Birk, summer 2009

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These nursing pads are knitted in stockinette stitch. They curve naturally so they fit with the shape of the breast.

This knitting pattern has been written so you can use it with your personal preference of yarn and needle size. A gauge swatch is not necessary if you know the approximate gauge with the chosen yarn and needle size. **To avoid too thick a border choose a yarn that's not too thick (preferably with a stitch gauge at 20 stitches per 10 cm or more).**



To achieve maximum water resistance you should choose a needle size or two less than the one suggested on the yarn label. Untreated wool is preferable.

If you have any questions, problems or concerns, please feel free to contact me at info@ibirk.dk.

The pattern is for private use only.

Knitting gauge (approximate)

Chosen needle size	
Your stitch gauge (stitches per 10 cm)	stitches per 10 cm
Your row gauge (rows per 10 cm)	rows per 10 cm

The number of stitches at the widest part

Decide your wanted size (the diameter of the nursing pad)		cm
Calculate the number of stitches at the widest part of the pad by multiplying the number of stitches per 10 cm with your wanted size and divide with 10 $\frac{\text{Wanted size} \times \text{Stitch gauge}}{10}$		stitches
Round to the nearest number dividable by 2	XX:	stitches
Calculate the number of rows at the highest part of the pad by multiplying the number of rows per 10 cm with your wanted size and divide with 10 $\frac{\text{Wanted size} \times \text{Row gauge}}{10}$		rows
Round to the nearest number dividable by 4		rows
Divide the result by 2 and you have the rows for half a nursing pad	YY:	rows

Instructions

The number of stitches used while knitting the nursing pads will be calculated as a percentage of the widest part of the nursing pad (**XX stitches**). Round the result to an even number.

Example: 45 % of 22 stitches = $45 / 100 \times 22 = 9.9 \approx 10$ stitches

When increasing and decreasing distribute the increases/decreases evenly at the edges of the pad (right and left side)

The Nursing Pads

Row 1: Cast on 45% of **XX stitches** = _____ (RS)

Row 2 and all other even rows: Purl (WS)

Row 3: Increase so you have 74% of **XX stitches** = _____ remember to round to an even number

Row 5: Increase so you have 90% of **XX stitches** = _____

During the next rows till you reach halfway through the pad (**YY rows**), increase evenly from 90% to 100% of **XX stitches** (still with the increases on the right side). You are now half way through the nursing pad.

Now reverse the row instructions, but decrease instead of increase. First decrease from 100% to 90% over the same number of rows, then decrease to 74% and 45%.

At the last row bind of the remaining stitches (45% of **XX stitches** = _____).

Knit one more. Sew the two pieces together wrong side against wrong side as far out on the edge as possible. This way the edge will be as thin as possible.

Make another pad and treat with lanolin to obtain best possible water resistance.