Self-Made Reusable Feminine Pads, Underwear & Baby Diapers

በራስን የሚሰራ ተደጋግሞ ለመጠቀም የሚችል የሴቶች ፓድ፣ ብታንት እና ለሕጻን የቅዘን ጨርቆች

Girls2Women Workbook

ልጃገረዶች ወደ ሴቶች

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Website http://girls2women.org

Eyerus 2016

Eyerus 2010 displays her self-made pad
እየሩስ ራሷ የሰራችው የንጽሕና ፓድ ታሳያለች

Eyerus 2014 እየሩስ

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. –

Margaret Mead

ፍጹም አትጠራጠር ጥቂት ሰዎች የሚያስቡ ቃል የገቡ የአገር ነዋሪዎች ዓለምን ለመቀየር

ይችላሉ፡ ፡ በሐቅ ይህች አንድ ናት የነበረች አሁንም ያለች፡ ፡ (ሚርጋረት ሚድ)

The objective of this group is to ensure that every Ethiopian girl will attend school during menses.

የዚህ ማጂብ ዋና ዓላማእያንዳንዷን ኢትዮጵያዊት ልጃገረድ በወር አበባ ጊዜ ትምህርቷን ትከታተላለች፡ ፡

Background: መጀመሪያ/መነሻ

Ethiopian girls miss 3-5 days of school per month – 50 days per school year – frequently causing them to drop out of high school: because they lack adequate supplies related to menstruation.

የእትዮጵያ ልጃገረዶች በወር አበባ ምክንያት ከ 3 እስከ 5 ቀናት ያህል ከትምህርት ይቀራሉ፡፡ ይህ በዓመት 50 ቀኖች ያህል ከሃይ ስኩል (ሁለተኛ ደረጃ ትምህርት ቤት) እንዲቀሩ ምክንያት ይሆንባቸዋል፡፡ ምክንያቱም በቂ የሆነ አስፈላጊ ነገሮች ወይም የወር አበባ መከላከያ የላቸውም፡

Dr. Gebre Ab Barnabas RMoH Tigrai 2009 and Balcha Berhanu Unpublished Thesis 2007 Addis Ababa University School of Nursing

ደር. ገብረአብ ባርናባስ አርኤምኦኤች ትግራይ 2009 እና ባልቻ ብርሃኑ ያልታተመ ቲስስ 2007 በአዲስ አበባ የነርሲንግ/ሕክምና ትምህርት ቤት

Self made reusable feminine Pads

በራስ የሚሰራ ተደጋግሞ ለመጠቀም የሚቻል የሴቶች ፓድ

Supplies አስፈላጊ ነገሮች

- Material: Flannel, cotton, nylon, interlock, fleece in various colors የጨርቅ ዓይነቶች – ለስላሳ ጨርቅ ጥጥ ናይሎን ማጣጠሚያ የጨርቅ ዓይነት የተለያየ ቀለም ያለው፡
- Patterns of various lengths & widths [10inches x 2.8 inches, 9 x 3, 9x9 inches – preferable] winged back pads for bed time use የአሰራር ልዩነት ቁመትና ወርድ [10 ኢንችስ x 2.8 ኢንችስ 9 x 3, 9 x 9 ኢንችስ – ይመረጣል] ወደኋላ የሚታጠፍ ክንፍ በመኝታ ጊዜ የሚጠቀም፡
- Sewing thread - መስፊያ ክር
- needles - መርፌ
- scissors - መቀስ
- straight pins - ስፒል
- measuring tapes – መለኪያ/ሜትር
- snaps/small buttons – ማጣጠሚያ/ትናንሽ መቆለፊያ

Color of materials may vary. Darker colors are more practical since they will not show stains so readily.
የጨርቁ ቀለም ዓይነት ሊለያይ ይችላል;; ጠቆር ያሉ ቀለሞች ግን ይመረጣሉ ምክንያቱም የተነካው ወይም የተነከረው ጨር,ቅ በዙም አያሳይም፡

Pad Pattern Design   ፓድ ዓይነት ዲዛይን / አሰራር

The design is a 9 inches x 9 inches square. 23cm x 23cm
ዲዛይኑ 9 ኢንችስ x 9 ኢንችስ ስኴር ይሆናል፡፡

Material of preference-toweling and cotton, one layer of each sewn together.
የፎጣና ጥጥ ዓይነት ጨርቆች ተመራጮች ናቸው፡ እያንዳንዱ አንድ እጥፍ በአንድ ላይ መስፋት አለበት፡፡

The pad is folded in three, providing 6 layers of protection excluding the two layers of the pad holder. ፓዱን በሶስት ሲታጠፍ እያንዳንዱ ሁለት ወይም ድርብ ስለሆነ ጥሩ የሆነ መከላከያ ይሰጣል፡፡

The pad holder is a winged design of two layers of cotton material sewn together.
ፓድ የሚያዝው እንደ ክንፍ የሚታጠፍ ዲዛይን ባለሁለት እጥፍ የጥጥ ጨርቅ አንድ ላይ ይሰፋል፡፡

At each end a strip of material is sewn through which the folded pads fit securely.
በሁለቱ ጫፍ ፓዱን አጥብቆ የሚይዝ እንደ ቁልፍ ማያዣ ይሰፋበት፡፡ ስእል 4 እና 5 ይመልከቱ፡፡

On each wing a button or fastener is sewn. They will attach on the outer side of the underwear.
ለያንዳንዱ ክንፍ ማያዣ ይግጠምለት፡፡ ፓድን እንዳይወድቅ ወደ ውጭ ታጥፎ ከፓንት ጋር አያይዞ መግጠም፡

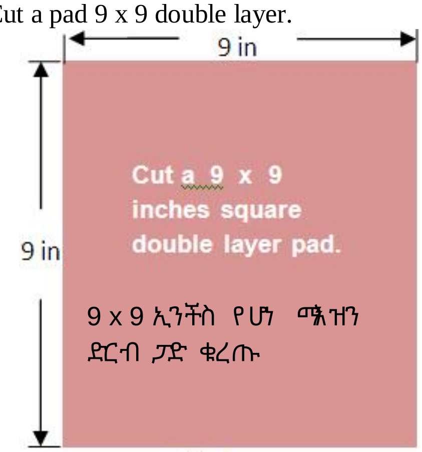
Colors of materials may vary. Darker colors are more practical since they will not show stains so readily.
የጨርቁ ቀለም ዓይነቶች ሊለያዩ ይችላል፡፡ ሆኖም ግን ጠቆር ያለ ቀለም ከሁሉ የተመረጠ ሆኖ ይገኛል፡፡ ምክንያቱም ከሌላ ዓይነት የሚደረጠው ቀለም ስለማያሳይ ነው፡

Blanket stitch

Below are some visual drawings that are handy to refer to when working with pads.
የንጽሕና ፓድ ሲሰራ ከዚህ በታች ያሉትን የሚያዩ ስእሎች በቀላሉ መከተል ያቻላል

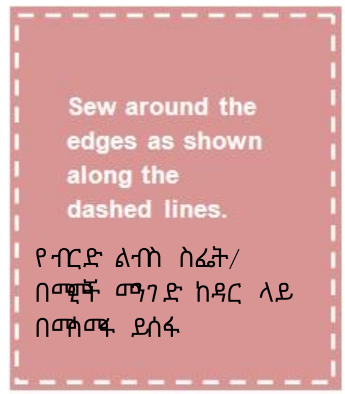
NOTE: Sketches are not drawn to scale.
ማስታወሻ፡ ስእሎቹ ለማየት እንጂ ትክክለኛ መለኪያ አይወክሉም፡

Step 1. Cut a pad 9 x 9 double layer.



ስእል Fig.1

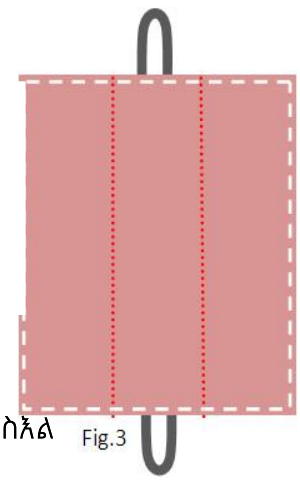
Step 2. Sew Blanket or straight stitch works well Fig.1 along the edges as shown in Fig.2.



ስእል Fig.2

Step 3. Sew two pieces of material (loops) at each end for the belt to pass through.

ሁለት ቁራጮጨቆች
እንደ ቀለበት ዓይነት
ቀበቶ የሚያልፍበት
በሁለቱ ጫፍ ስፉበት



ስእል Fig.3

Step 4. Fold pad along the dashed **RED** lines (see in **Fig.3**) to form the pad in Fig.4.

ፓዱን በቀይ መቅመሮ ላይ
እጠፉት (ስእል 3
ይመልከቱ)፡፡ በሶስት
ሲታጠፍ ስእል 4 ይሰጣል

ስእል Fig.4

Step 5. Cut a double layer for pad holder with the indicated measurements.

ፓድን የመሸከምያ መያዣ
በሚያመለክተው መለኪያ እና
ቅርጽ ደርብ ቁረጡ

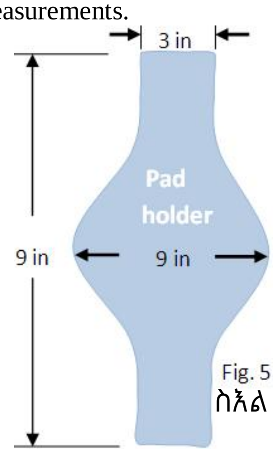


Fig. 5
ስእል

Step 6. Sew the double layers around the edges as shown.

ነጭ መቅመሮ ባለው ወይም
ዳር ዳሩን ይሰፋ

Fig. 6
ስእል

Step 7. Sew hooks at either side.

ከስእሉ እንደሚያሳየው
በሁለቱ ጫፍ አንድ ቀለበት
እና አንድ እንደ ማጠቆ
ይሰፋበት ወይም በሚፍኛ
ማገድ መቆለፊያ
ይሰራለት፡ ፡

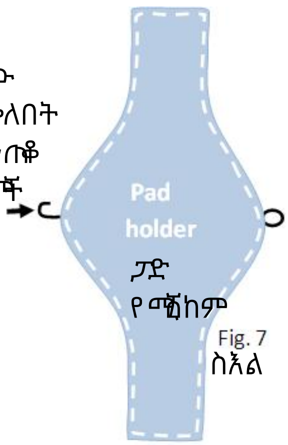


Fig. 7 ስእል

Step 8. Sew two pieces of material at either end to secure the pad (see **RED** arrows).

ከስእሉ እንደሚያሳየው
በሁለቱ ጫፍ ፓድን የሚይዝ
ቁራጭ ጨርቅ ይሰፋበት
(ቀዩን ቀስት ይመልከቱ)

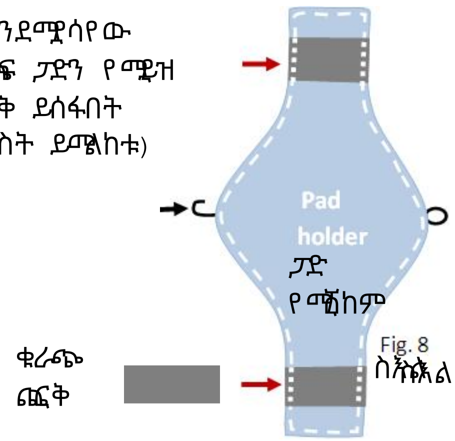


Fig. 8 ስእል

Step 9. Insert the pad (**Fig.4**) into the pad holder and secure it at either ends as indicated (see **RED** arrows).

በስእል 4 የተሰራውን
ፓድ ከፓድ ተሸካሚ
(ስእል 8) አግቡት

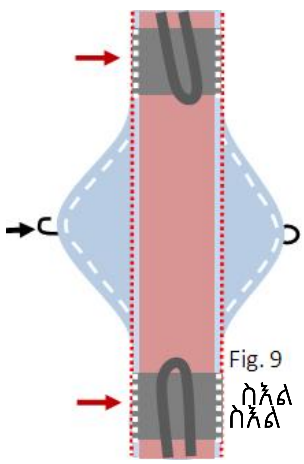
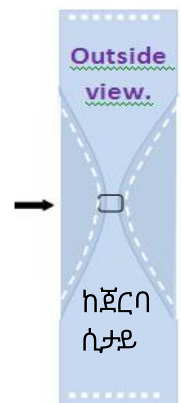


Fig. 9 ስእል

Step 10. Fold and connect the hooks together outside and wrap it around the underwear.

በስእል 9 ፓድ እና ፓድን
የሚሸከም/የሚይዝ ከብታንት
ጋር አያይዙት

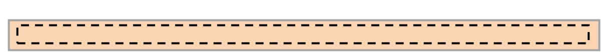


ስእል Fig. 10

ስእል Fig. 11

Step 11. Sew a belt. **Note:** The belt is made to fit the wearer.

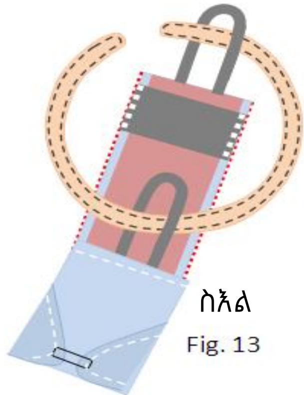
ቀበቶ ስሩበት፡ ፡ ከጨርቅ ወይም ከሆነ ነገር
እንደ ቀበቶ የሚያገለግል ማሰሪያ ይሰሪበት፡ ፡
ርዝመቱ እንደ አስፈላጊነቱ/ስፋቱ ይሰራል



ስእል Fig. 12

Step 12. Assemble the sani pad. Once completed, the final product would look like this.

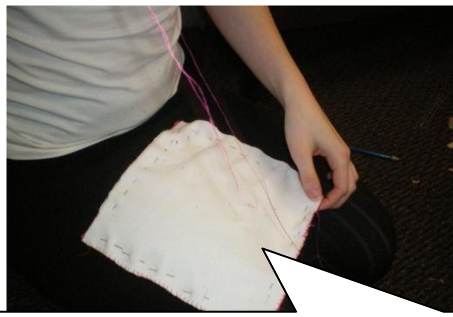
የንጽሕና ፓድ ተሰርቶ ሲጨረስ ስእል 13 ይመስላል



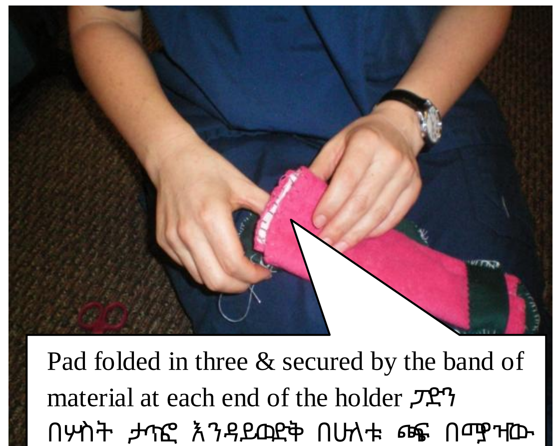
ስእል

Fig. 13

የንጽሕና ፓድ እና ፓድን የሚይዝ ሰፍቼ ጨርሻለሁ ትላለች



Columbia student explore the art and science of self-made reusable pads 2010 የኮሎምቢያ ተማሪዎች ተደጋግሞ የሚጠቀም የንጽሕና ፓድ እንዴት በራስን እንደሚሰራ ጥናት ሲያደርጉ 2010



Pad folded in three & secured by the band of material at each end of the holder ፓድን በሦስት ታጥፎ እንዳይወድቅ በሁለቱ ጫፍ በማያዝው አያይዙት፡ ፡

Two layers of cotton for pad and pad holder. Used and washed numerous times ሁለት ደርብ ጥጥ ለፓድና ፓድን የሚይዝ፡ ፡ ደጋግሞ ማጠቀምና ማጠብ

Alternative method to keep pads in place
በተለያየ መንገድ ፓድን በቦታው እንዲቆይ ማድረግ

Make a 6 inches strip of material, sew edges together and stitch to each end of the pad to slip a belt through (See picture above, right).
ርዝመቱ 6 እንችስ የሆነ ጨርቅ ቁረጡ፡ ዙሪያው ስፉት እና ከፓዱ ሁለት ጫፍ ጋር አያይዙት፡ ፡ (ከላይ በስተቀኝ ያለው ስእል ይመልከቱ)

Hawarya Pedros Sch 2011
ሃዋሪያ ጴጥሮስ ትምህርት ቤት 2011

Care of Pads ለፓድ የሚደረጉለት ጥንቃቄዎች

1. Rinse pads in cold water immediately after use or soak them in cold salted water overnight to remove the stains.
   ፓድን ከመጠቀም በኃላ በቀዝቃዛ ውሃ ወድያውኑ ማጣጠብ አለበት ወይም ቀለሙ እንዲለቅ ወደ ውሃው ጨው ተጨምሮበት ተነ ክሮ ሊያድር ይችላል፡ ፡

2. Boiling the pads in soapy water for 5minutes kills bacteria. [*Bleach will remove stains on white pads but it won't kill as many germs as boiling*.] Remove from boiling water and rinse in cold water.
   ፓዱን ሳሙና ባለበት ውሃ ለአምስት(5) ደቂቃ ከፈላ ባክተሪያዎችን ይገድላል፡ ፡
   [በረኪና በነጭ ፓድ ያለው ቀለም ሊያለቅ ይችላል ይሁን እንጂ ጀርሞቹን ሊገድላቸው አይችልም ፡]
   ከሚፈላው ውሃ አውጥቶ በቀዝቀዛ ውሃ ማለቅለቅ አለበት፡ ፡

3. Hang pads to dry in the sun. ፓዱን እንዲደርቅ በፀሓይ ላይ ይዘርጋ፡ ፡

4. To maintain privacy the pads may be covered with a light towel or similar item. ለማየት ካልተፈለገ ፓዱን በፎጣ ወይም በተመሳሳይ ዓይነት ጨርቅ ከላዩ ላይ መደረብ/መሸፈን ይቻላል፡ ፡
5. Store pads in specially constructed water proof bag.

ፓዱን ውሃ በማዘልቅ ማዣዣ ወይም እንደ ሻንጣ ዓይነት በንጽሕና ማዣዝ አለበት፡ ፡

Male and female school directors and teachers enthusiastically support the reusable menstrual pad sewing project.

የትምህርት ሐላፊዎች፤ ማማህራን፤ ወንዱም ሴቱም ልቦና እና ደስታ በተሞላበት ተደጋግሞ የሚቀጥሉት የወር አበባ መከለከያ የንጽሕና ፓድ እንዲሰራ የላቀ ድጋፋቸውን ሰጡ፡

Elsa Hailemariam Science Teacher, Balcha Berhabu Professor of Midwifery & Colleagues Sihen, Abu & Sisay take the program to 8 schools in Addis Ababa during 2016. This group has taught thousands of girls in many schools since 2010.

Hela Genet, Program Director for the International Fund for Africa invited **Girls2Women** to teach 38 high school teachers at an all day workshop at Sebesta Negasi School, on January 14th 2016. Columbia Nursing students led a discussion on Menstrual Hygiene Management.

Each teacher was prepared to train their students how to make their own reusable, economical cotton feminine pads and panties.

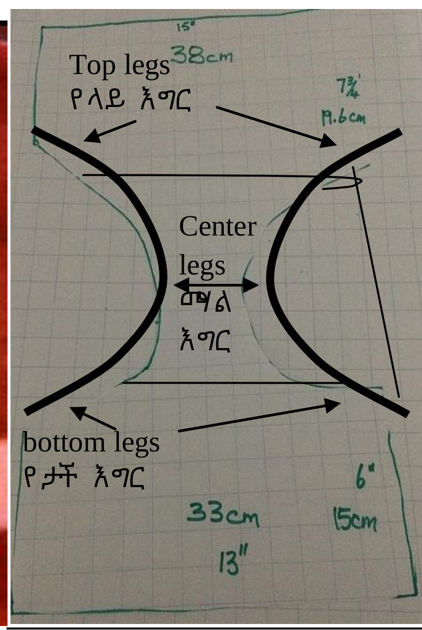
The goal is to empower girls with menstrual management and skills so that they may continue their education.

Rational for Teaching Girls How to Make their own Pads:
ልጃገረዶች ለምን የራሳቸው ፓድ መስራት እንዳለባቸው የሚያስፈልገበት ምክንያት

- **Improve** school attendance during menses.
  በወር አበባ ጊዜ ከትምህርት እንዳይቀሩ ማሻሻል ወይም አስፈላጊውን ማገድ ሚፈለግ፡ ፡
- Provide girls' with **skills** necessary for coping with the natural process of development. ልጃገረዶች የተፈጥሮን ነገር ለመቋቋም እንዲያውቁት ማድረግ፡ ፡
- Afford girls **Equality** in educational opportunities.
  ልጃገረዶች እኩልነት በሆነ ው/በተሞላበት የትምህርት እድል እንዲሰጣቸው ማድረግ፡ ፡

- **Produce sustainable, economical, environmentally friendly feminine pads from locally available materials**.
  ለረጅም ጊዜ የሚያገለግል ዉድ ያልሆነ አከባቢ የማይበክል በቀላሉ ሊገኝ የሚችል የአከባቢ ጨርቅ ማፍራት/ማምረት አለበት፡ ፡

Panty Designs and Pattern with instructions.
የብታንት አሰራር/ቅርጽ እና ምሳሌ ከነ ማሚያው



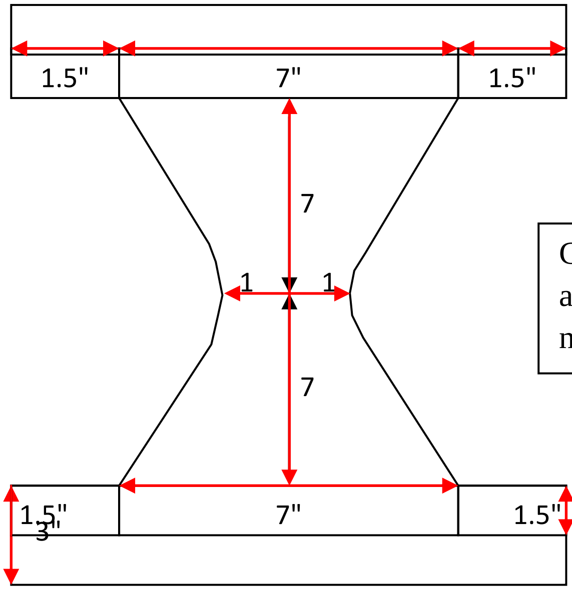
Pin elastic at top & bottom of the legs.

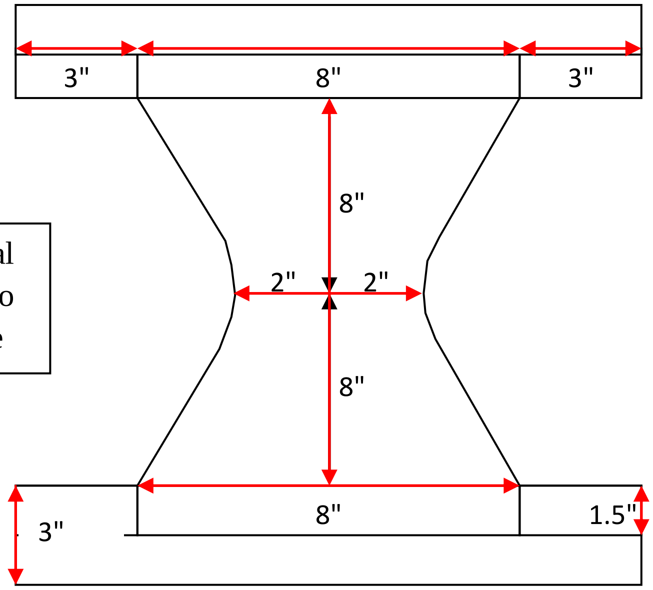
የሚለጠጥ/ፕላስቲክ ከእግር በላይ እና በታች በዉረቄት መርፌ አያያዝ

Find the center and pin the elastic to the center of the leg. (See design)

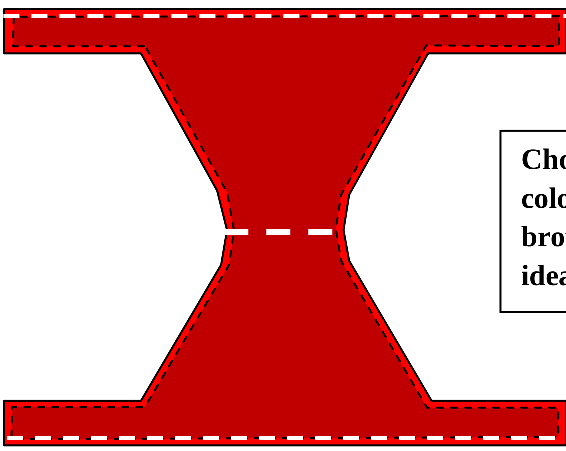
መሃል ፈልግ እና የሚለጠጥ/ፕላሰቲኩን ከእግሩ መሃል አያይዝ

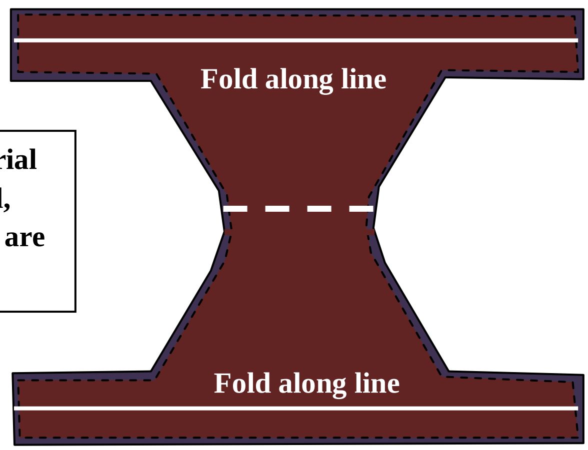
2016 Panty Design by Gebremedhin Ambaye



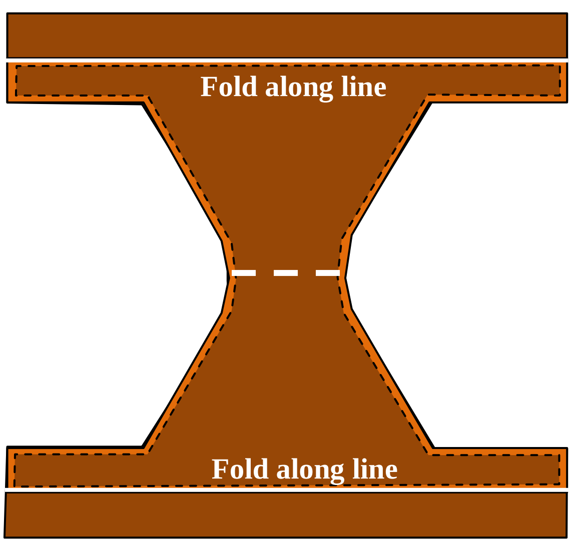


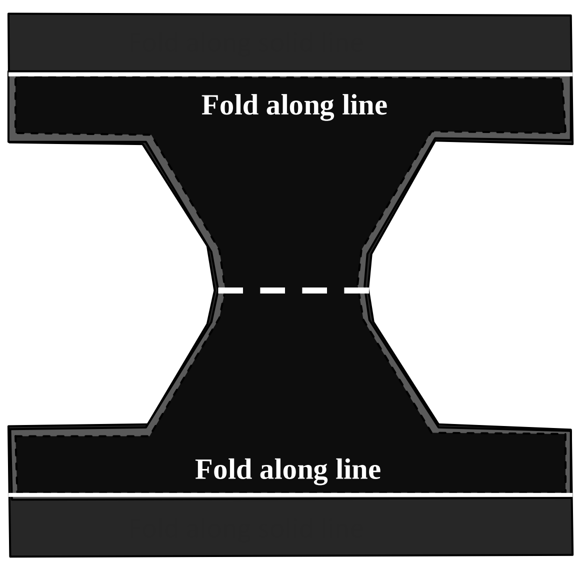
Cut material according to needed size

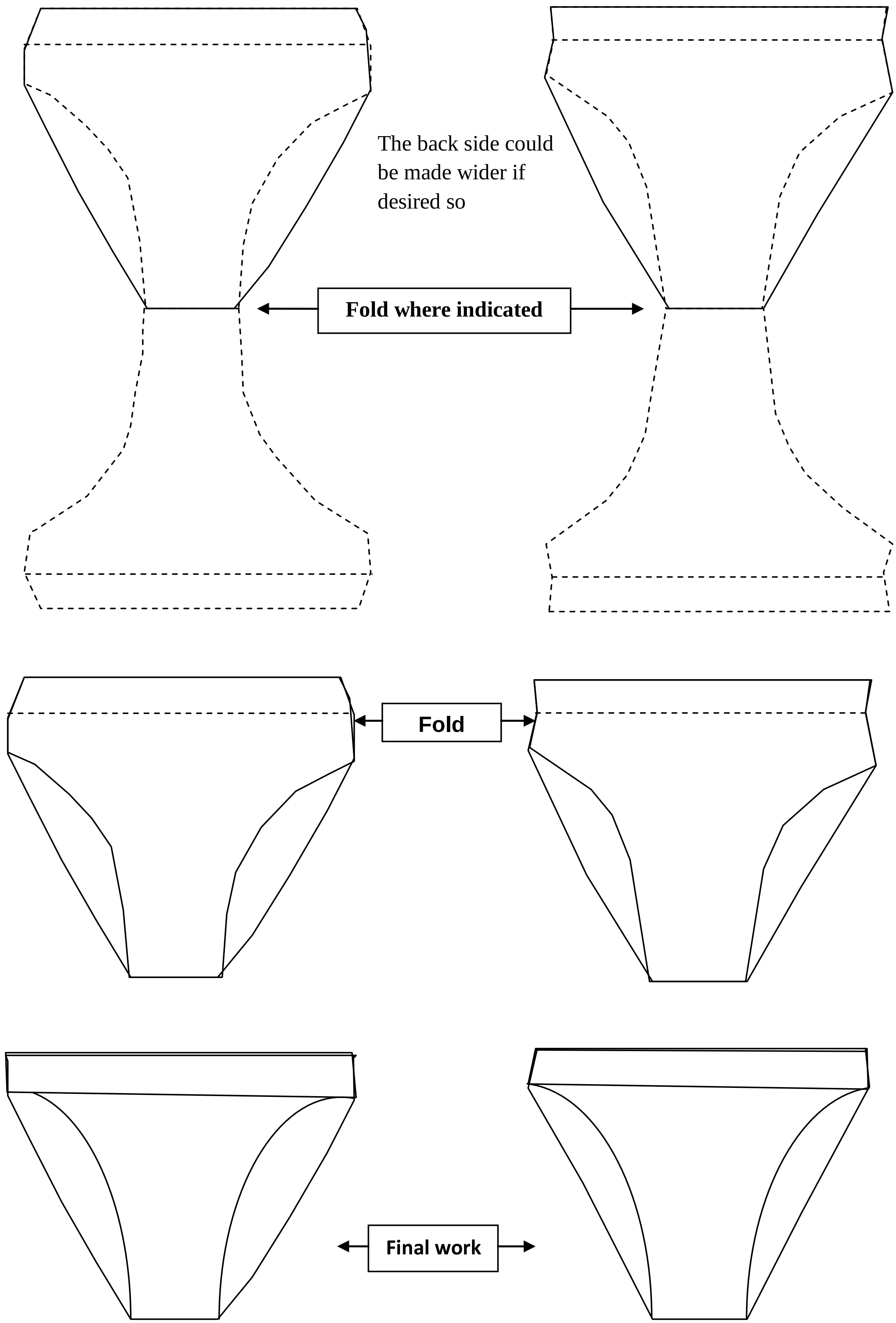




Choose material color: say red, brown, black are ideal for this






The back side could be made wider if desired so
Fold where indicated
Fold
Final work

Supplies:

- 1/2 meter of colored jersey fabric See measurements.
- 2 meters of elastic or up to 2.5 meters for larger sizes
- Pattern
- 1 piece of fabric for lining
- Straight pins (for pining the pieces together)
- thread to match

አስፈላጊ ነገሮች፡

- 0.5 ሜትር የተላያየ ቀለም ያለው የጀርሲ ጨርቅ – የአሰራር ማሳኪያ ይመልከቱ
- 2 ሜትር ስፋት የሚለጠጥ ወይም ለትላልቅ 2.5 ሜትር ስፋት የሚለጠጥ
- ቅርጽ ወይም ንድፍ
- 1 ቁራጭ ጨርቅ የውስጥ ተደራቢ
- ቀጥ ያለ የወረቄት መርፌ (ቁርጭራጮቹ አጣብቆ ለማያያዝ)
- ጨርቁን የሚመሳሰል ክር

Instructions

1. Lay out the fabric on a flat surface right side down.
2. Place the pattern on the fabric and secure with straight pins.
3. Trace the pattern on the fabric with chalk.
4. Remove the straight pins and patter from the fabric.
5. Cut the fabric along the chalk outline.
6. From the left over fabric cut out the piece for the lining.
7. Pin the lining right side up to the panty.
8. Stitch the lining in place using small hemming stitching.
9. Pin the elastic at the top and bottom of the leg and at the center of the leg.
10. Stitch the elastic to the fabric using zigzag stitching.
11. Sew the sides of the panties together so the seam will be on the inside.
12. On the right side of the fabric sew the waist elastic on using zigzag stitching.
13. Alternatively a fold made is created at the waist through which the elastic may be threaded through and secured with stitching. See below.

ማዘጋጃዎች

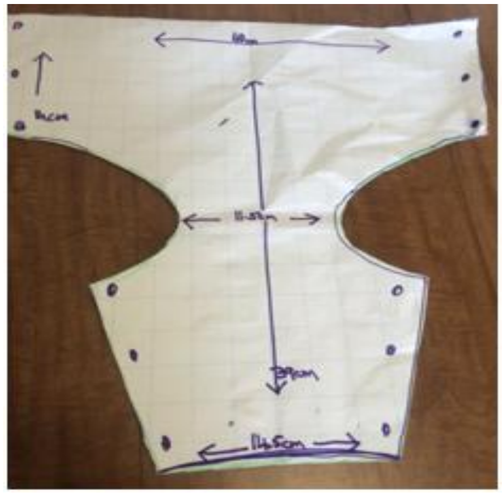
1. ጨርቁን በጠረጴዛ ላይ ወይም ቀጥ ባለ ቦታ የቀኙ ውጪ ወደ ታች አድርጎ ይዘርጋ
2. ቅርጹን ከጨርቁ ላይ በማደረብ በወረቄት መርፌ ይያያዝ
3. በጠመኔ ወይም በእርሳስ ቅርጹን በጨርቁ ምልክት በማድረግ አወጡ
4. የወረቄት መርፌ እና ቅርጹን ከጨርቁ አላቅቁ
5. ጨርቁን ምልክት በተደረገበት መስመር በመቀስ ይቆረጥ
6. ከተረፈው ጨርቅ ለውስጥ ተደራቢ የሚሆን ቁረጡለት
7. ተደራቢው ጨርቅ ከብታንት ጋር በወረቄት መርፌ አያይዙ
8. ብታንት እና ተደራቢው ጨርቅ አንድ ላይ ይሰፉ
9. የሚለጠጥ/ፕላስቲክ ከእግር በላይ፣ በታች እና ከእግር መሀል በወረቄት መርፌ አያይዙ
10. የሚለጠጥ/ፕላስቲኩን ከጨርቁ ጋር በጠማዘማዛ ወይም በቀጥታ መስመር ይሰፉ ጠብሳው/ማጠምያው ወደ ውስጥ በማድረግ ጐኑን ይሰፉ
11. ከጨርቁ በስተቀኝ ጐን ለወገብ የሚሆን ው የሚለጠጥ ፕላሰቲክ የሰፋለት
12. ወይም እንደ አመቺነቱ ተሰፍቶ የሚለጠጥ ፕላስቲክ የሚዘልቅበት ቀለበት ይሰራለት:ከዚህ በታችያሉትን ስእሎች ይመልከቱ

In this design an extra strip of material is sewn on the inside of the panty to hold a sanitary pad in place.

በዚህ አሰራር/ቅርጽ ተጨማሪ ረጅም ቁራጭ ጨርቅ ከብታንት ውስጥ የንጽሕና ፓድ እንዲይዝ ይሰፋበታል፡ ፡

Hand sewn Ethiopian Design, made by the refugee women at the evacuation Center Wod Kowli Refugee Camp 1985.

Baby Diaper Design, Supplies & Instructions
ለሕጻን የቅዘን ጨፍቅ ቅርጽ ወይም አሰራር እና ማሟያዎ



Back **25cm**	ከጀርባ	25 ሳ.ሜ
Length: **37cm**	ርዝመቱ	37 ሳ.ሜ
Front: **25cm**	ከፊት	25 ሳ.ሜ

double layer of jersey cotton – old tee shirts, netelas, or gabi are ideal for making reusable baby diaper. You may size up or down depending on the size of the baby.
Sew ties on the back. You will wrap the ties around the baby to keep the diapers in place.
For better absorbency you may use 3 layers. Or make a smaller removable pad similar to the feminine napkins.
Change once wet.
Wash in soapy water, rinse well and dry in the sun.

ለሕጻን የቅዘን ጨፍቆች ደርብ የጀርሲ ጥጥ – አሮጌ ካናቴራ፣ ነጠላ፣ ጋቢ የመሳሰሉ እና ተደጋግሞ ለመጠቀም የሚችሉ ጨፍቆች መስራት ይቻላል፡፡ አሰራሩም እንደ ሕጻኑ መጠን ሊጠብ ወይም ሊሰፋ ይችላል፡፡ የንጽሕና ፓዱን ከሕጻኑ ጋር ለማጠበቅ ከጀርባ ማሰሪያ ይሰፋበት፡፡ ለበለጠ መቅላከያ 3 ደርብ መጠቀም ይቻላል፡፡ ወይም ለብቻው ሊላቀቅ የሚችል እንደ የሴቶች የንጽሕና ፓድ ሊሰራለት ይቻላል፡፡ እርጥበት ነገር ካለው ወዲያው መቀየር አለበት
በሳሙና ወይም በሚያስፈልገው ነገር ታጥቦ በፀሐይ ላይ ይድረቅ

Girls2Women is grass roots organization founded in 2009 for the purpose of teaching Ethiopian girls the art of making their own reusable feminine pads so that they may attend school during menses with confidence and poise.

ልጃገረዶች ወደ ሴቶች ማግስታዊ ያልሆን በ2009 የተመሰረተ ዋና ዓላማው የኢትዮጵያ ልጃገረዶች ራሳቸው በራሳቸው ተደጋግሞ የሚጠቀም የንጽሕና ፓድ እንዴት እንደሚሰሩ ለማስተማር እና በወር አበባም ጊዜም በሙሉ ልብ ወይም በራስ እምነት ትምህርታቸውን ሳያቋርጡ እንዲከታተሉ ነው፡

In 2014 the idea of making reusable baby diapers was the suggestion made by Bahir Dar University Professor. Women with babies she explained were prevented from taking part in community meetings because their babies whom they carry on their back soiled their dresses. Also more young professional women in the cities were sending babies and toddlers to nursery schools. For hygiene purposes it is necessary to diaper the little ones. Disposable diapers are prohibitively expensive and environmentally unfriendly. At which point we collaboratively designed a reusable diaper that is easy to make, biodegradable hence environmentally friendly.

Since 2014 more and more women are using reusable baby diapers in Ethiopia.

Girls2Women partner HAWE, in Bahir Dar is producing and selling the diapers at a reasonable cost. This support was made possible by funding from Girls2Women and a onetime $1,000.00 grant from the U.N. Women's Guild.

The growing desire for economical independence, sustainability and environmental protection has helped the project grow exponentially around the country.

በ 2014 ዓ.ም. ውስጥ ደጋግሞ መጠቀም የሚቻል የሕፃን ቅዘን/ሽንት መከላከያ የመስራትን/ሚድረግን ሐሳብ ከባህር ዳር ዩኒቨርሲቲ ፕሮፌሰር የቀረበ ሐሳበ/አስተያየት ነበር፡፡ እንዲህ ስትል ፅፋለች፤ ሕፃናት ያሏቸው ሴቶች እነሱ ጀርባ ላይ ማዝናወን በእርሱም ከንፅሕና ጉድለት ምክንያት ልብሰቸውን እየቆሸሸ የማህበረሰብ ስበሰባዎች ላይ እንዳይሳተፉ ተከልክለው ነበር፡፡ በተጨማሪም ከተሞች ውስጥ ይበልጥ ብዙ ወጣት ባለሙያ ሴቶች ሕፃናት እና ታዳጊዎች ልጆቻቸውን ወደ አፀደህፃናት ትምህርት ቤቶች እንደሚልኩ ነበር፡፡

ንፅህና በተመለከተ ጉዳይ ለታናናሾቹ ሕፃናት ዳይፐር ያስፈልጋቸዋል፡፡ አንዴ ተጠቅሞ የሚጣሉ የዳይፐር አይነቶች ውድ፣ አከባቢን የሚበክሉ እና ለአከባቢን ተስማሚ ያልሆኑ ናቸው፡ በዚህም ምክንያት እኛም በትብብር አከባቢን የማይበክል፣ በቀላሉ ሊበሰብስ የሚችል ወይም በቀላሉ ሊሟሟ የሚችል ዳይፐር በመቀየሰ አዘጋጅተናል፡፡

ከ 2014 ዓ.ም. ጀምሮ በኢትዮጵያ ብዙ ሴቶች ደጋግሞ መጠቀም የሚቻል የሕፃን ሽንት መከላከያ ዳይፐር እየተጠቀሙ ናቸው፡ በባህር ዳር ከተማ Girls2Women ከ HAWE ጋር ማህበርተኛ በመሆን ምክንያታዊ በሆነ ዋጪ ዳይፐር ማምረት እና መሸጥ ጀምሯል፡፡ ይህ ድጋፍ ሊሆን የቻለው በተባበሩት መንግስታት የሴቶች ድርጅት ለ Girls2Women የአንድ ጊዜ 1,000.00 ዶላር ስጦታ/እርዳታ በተገኘው ገንዘብ ነበር፡፡

ውድ ያልሆነ፣ ቀጣይነት ያለው፥ አከባቢ የማይበክል በመሆኑ ተቀባይነት አግኝቶ የተጠቃሚዎች ፍላጎት እያደገ መጥቷል፡፡ ስለዚህ የአካባቢን ጥበቃ በተመለከተ በአገሪቱ የመጠቀም ፍላጎት exponentially አድጓል፡፡

"When spider webs unite, they can tie up a lion."

Ethiopian Proverb

"ድር ቢያብር አንበሳ ያስር." የኢትዮጵያ ምሳሌ

Ethiopian Cotton Hand-woven & hand stitched

Mary Moran & Gebremedhin Ambaye 2016, ሜሪ ሞራን መጋቢት 2010, Updated 2012 ተሻሻለ girls2women@live.com