

Make a WOMB APRON 'PUPPET'



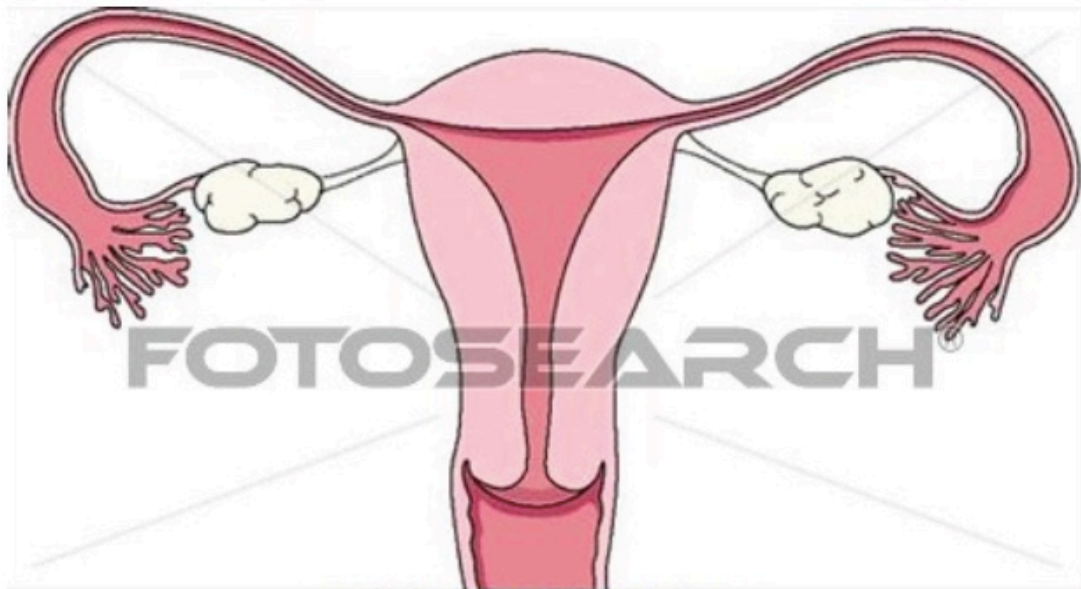
Materials

- An apron! I got a soft denim one on ebay
- 100% wool felt in two colours: cream/white for ovaries - just a bit, a regular felt square in pinky / fleshy / mushroomy or deep red / maroon colour
- Embroidery cotton in maroon, red or pink and cream
- Good fabric scissors, and little embroidery (or nail) scissors
- Dressmakers pins and embroidery needle
- Small amount fine red cotton or silk, about 15" by 3" (as a strip to fill the womb and flow out through the cervix)

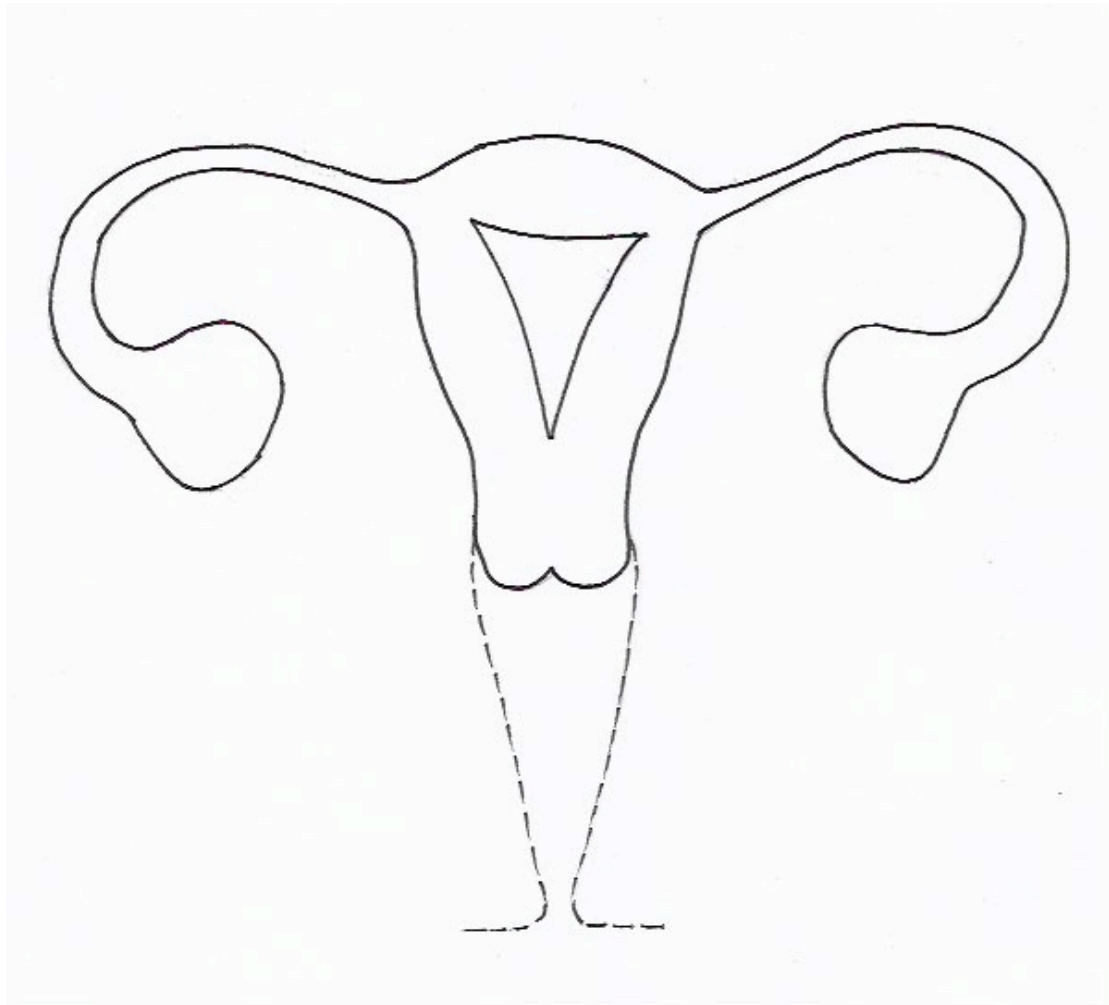
- Here's the pattern for the womb and fallopian tubes etc. If you cut it out before our session, finish at the cervix – have an opening at the cervix:

Pattern

Our pattern came from this:



And here's my hand drawn version



Instructions

Cut the womb from felt using the solid line part of the pattern above. The Fallopian Tubes are narrower than the pattern but this is felt and you need to be able to sew it! Find a happy medium.

Cut the inner opening of the womb carefully with small sharp scissors. Where the 'bulbs' are at the end of the Fallopian Tubes, cut these into 'fimbriae' fingers, and carefully trim to round the ends of the fimbriae.

Cut two ovary ovals from the cream felt, about 2-2.5cm in length.

Pin everything to your apron so that it will sit roughly outside where your own womb and ovaries are internally when you have the apron on.

Using darker thread for the womb and sew it to the apron everywhere except:

- The cervical opening, roughly from where the broken lines on the pattern meet the womb
- The inner womb opening
- The fimbrae

Using cream thread sew on the ovaries, roughly in the position they are in the first diagram above.

You can use **running stitch** or **blanket stitch**, or something fancier if you have the urge.

With a dark pink or fleshy coloured thread add the vagina and ligaments that hold the ovaries in place using **chain stitch**.

To brush up / learn about **running stitch**, **blanket stitch** or **chain stitch** check out simple Youtube tutorials.

For the 'menstrual blood' cut a couple of lengths of the fine cotton or silk, approximately 5-6 cms wide, knot or sew together if you need more length. This will be scrunched into the womb opening and fed through the cervical opening, so the thicker the fabric the thinner the strip should be.

If you want to go a bit fancier, sew a tiny 'seed' bead to one ovary, with a length of thread 5-10 cms long, make a tiny slit in the ovary to house the bead, which can then be pulled out at ovulation. Voilà!

How to use

It really depends on your audience and purpose, but basically you can use it to:

- Show and have a conversation about the internal reproductive organs, their position, purpose, size and shape
- Talk through the menstrual cycle, especially regards the:
 - ovarian cycle (number of eggs, follicle maturation, ovulation, hormone production)
 - uterine cycle (build up and release of lining)
 - cervical cycle (The cervix rises and the os softens and opens as ovulation approaches, then the cervix descends and hardens again and the os closes more tightly after ovulation (feels like the end of your nose protruding), until menstruation when it softens, rises and opens a little again. Mucus from the cervical crypts increases toward ovulation and decreases after, as noticed at the vaginal entrance.

- If you've added a seed bead egg/ova you can show ovulation while you talk about it, or ask someone in your audience to describe it if you want to encourage more participation
- You can also show the same processes while talking about the psycho-spiritual, seasonal or lunar cycles as they relate to, or mirror the menstrual cycle
- FINISH with a flourish by feeding the tip of the 'menstrual blood' through the cervical opening and describing the days of the menstrual flow as you pull it through!
- PRACTICE your spiel for added confidence and dramatic impact. Pets and plants are wonderful audiences for this, or co-opt your nearest and dearests.

