

Nappy Fit Guide

Reusable nappies are fitted slightly differently to disposables, so this guide should help you get the best fit from your washable nappies.

First, slide the nappy under your child. You want the top (at the back) level with the top of the pelvis/hips, rather than higher up the back, like this:



Next, bring the front of the nappy up between the legs, but squish the sides in to cup it so that the leg elastics are right in the knickerline, not down the thighs at all. If the nappy is sitting with the elastics round the thighs, you're likely to end up with sore, red marks where the damp elastics have rubbed. So you should bring it up like this:



Smooth the front of the nappy across the stomach and hips, then lift the wings/sides UP and over the hip bones (rather than just pulling it across) to get a nice fit around the leg:



So your nappy should look like this:
The elastics are tucked almost into the nappy giving a snug fit that will, if a good fit, contain explosions and keep the child nice and comfy.



NOT LIKE THIS:
You can see how the fabric will be damp on the top of the thighs like this. You are also likely to get leaks round the legs if your nappy is fitted like this too.



You want the nappy snug against the skin, but not too tight. You should be able to slide your fingers in. As soon as the baby sits up their stomachs will fill this gap and muffin tops will resume 😊.



Now run your fingers around the leg elastic from back to front, ensuring that it is tucked into the knickerline and is snug to the skin without being too tight. Sock marks are fine, but if red or looking sore after a couple of hours then the legs are too tight.



If your leg elastics are too loose or too tight this is where the "rise" snaps on the front of the nappy come in. If your nappy is not "birth to potty" or "one size" then this step does not apply. To adjust the height of the nappy you can use the poppers in the photos below. Make sure that after you have adjusted the rise, you put two fingers in the crease and push any fabric between the rises upwards so that it lays flat against the child and does not bunch up.



Adjust the nappy size to suit the baby/toddler. Generally the nappy should sit just under the belly button and not cause a muffin top.

If your nappy is an all-in-one or all-in-two then your wrap will be built into the nappy so you are done!



If you do need to put a wrap over the top, do it in the same way as you just did, ensuring elastics are tucked INTO the nappy right on the knickerline (we cannot stress this enough! Knickerline, knickerline, always on the knickerline!) So it should end up looking like this:

Please note there are exceptions to this knickerline method in pull up styles and motherease airflow wraps which are slightly different and require the leg elastics to sit on the leg further down the thighs.

Then run your fingers round the waist and check all the nappy is tucked into the wrap/cover with nothing sticking out anywhere and you're finished! Well done! Remember that practise makes perfect and nobody gets it right every time.



GET THAT FIT!



1

Squeeze the middle of the diaper as you pull it up between the legs, tucking it into the underwear line between the thighs.



2

Pull the tab snug against baby's hip above the thigh.



3

Hold tab in place as you secure the hip snap.



4

Reach the top tab snap over and secure, then repeat with the bottom one.



5

Repeat on the other side.

Tip: You can snap the top and bottom wing snaps onto different colors for a customized fit. For example, top on green, bottom on yellow.



6

There should be no more than a two fingerwidth gap between the belly panel and baby's tummy.



7

Pull the fabric into the leg creases along the underwear line to prevent leaks and discomfort.



8

Tuck any extra fabric in the center upwards!



9

Tuck any extra fabric at the sides up as well!



10

There should be no gaps at the legs.



11

The top of the back of the diaper should be just above baby's bottom.



12

Perfect! *LalabyeBaby*