

## Sanasto Terminology Terminologie Terminologi

### INNER LAYER

#### CLOTH DIAPER

A general term referring to a reusable diaper, i.e. the opposite of a disposable diaper. A cloth diaper can be washed and worn over and over again... Cloth diapers are usually made from cotton or some other natural fiber.

Types of cloth diaper:

#### FLAT FOLD DIAPER and PREFOLD DIAPER

Cotton cloth diapers that need to be folded and are worn with separate pull-on pants or other types of diaper covers.

#### FITTED DIAPER

A shaped diaper with a hook-and-loop or snap closure and a sewn-in soaker pad. A fitted diaper is always worn with a moisture-proof diaper cover (see wool diaper cover or PUL diaper cover below).

#### POCKET DIAPER

A fitted diaper with a pocket where a separate soaker pad is inserted.

#### SOAKER PAD

An absorbent layer of terry cloth, flannel or hemp fabric that is sewn into the diaper or inserted into a pocket in the diaper.

#### DOUBLER or BOOSTER

A small extra soaker pad worn inside a diaper to increase absorbency. A doubler may be a flat square that is folded to the desired shape or a contoured multi-layered pad.



### OUTER LAYER

#### WOOL DIAPER COVER

Moisture-proof pants worn over a cloth diaper. They may be hand-knitted or factory-made woolen pants, or a diaper cover sewn from felted wool fabric with a hook-and-loop or snap closure. The absorbency of wool diaper covers is based on the wool grease (= lanolin) that untreated 100% wool contains. Wool diaper covers are breathable and feel comfortable on the baby. They need not be washed after each

use; air-drying is enough. Wool diaper covers are the most natural choice to be worn over cloth diapers! A wool diaper cover is shown on page 50, picture no. 11. You can print out the knitting instructions from our website.

#### PUL DIAPER COVER

A diaper cover made from polyurethane-laminated polyester knit with a hook-and-loop or snap closure.

### AIO

#### ALL-IN-ONE DIAPER

An AIO diaper is usually a fitted multi-layered diaper with an absorbent inner layer and a moisture-proof outer layer. If you make AIO diapers yourself, be careful when choosing the materials. Check the washing and care instructions for each type of fabric. Preshrink the fabrics before sewing!

Diaper materials: OTTOBRE shop and Hilco  
Doll: Käthe Kruse / OTTOBRE shop

1. 50-92 cm



# CLOTH DIAPERS

## FITTED CLOTH DIAPER FROM COTTON

The term "cloth diaper" refers to all kinds of washable and reusable diapers sewn from a woven or knit fabric. We designed for this issue a fitted cloth diaper sewn from cotton that in appearance resembles a disposable diaper.

The highly-absorbent cloth diaper is made from breathable natural fiber. The **outside** of the diaper is of a colored or patterned fabric. The **inside** of the diaper that is placed against the baby's skin is sewn from soft white flannel. Between the outside and inside sections there is a sewn-in **soaker pad** made up of 2-3 layers of cotton terry cloth.

A separate diaper cover is worn over the cloth diaper. This can either be a **wool diaper cover** (see picture no. 11 on page 50) or a **PUL diaper cover**.

We also designed a separate **doubler (or booster)** with a pocket for an insert that can be laid into the diaper to increase absorbency.

The diaper can be sewn on a regular sewing machine with a straight stitch and zigzag stitch. The diaper can be sewn entirely from one type of fabric or by combining different fabrics.

**Suitable fabrics** include 100% cotton flannel, cotton jersey and cotton terry cloth. The diaper can also be sewn from any other soft, absorbent fabric with a minimum of 80% cotton (e.g. knit terry or velour knit) or other natural fibers (e.g. hemp).

The diaper has an **adjustable hook-and-loop closure** at the front to ensure a snug fit on the baby. There are **elastics** at the leg openings and at the back waist.

We designed the diaper in **four different sizes** and tested it on a number of different-aged and different-sized babies. The diaper is also suitable for a newborn baby. For an older baby the absorbency can be improved by means of a doubler. A fitted cloth diaper is versatile: it can be used both as a daytime diaper and as a night diaper with a doubler. You will find detailed sewing instructions on the following pages.

You will also find on our website an improved version of our free pattern for a cloth diaper as well as the knitting instructions for the wool diaper cover shown on page 50!

## MIKSI? WHY? WARUM? WAAROM? VARFÖR?

- A cotton fitted cloth diaper is soft and comfortable! It is also breathable and absorbent. It is easy to notice when a cotton cloth diaper is wet. A cloth diaper is changed more frequently than a super-absorbent gel-filled disposable diaper. This is naturally better for the baby's sensitive skin!
- Fitted cloth diapers are economical and easy to use. No folding or diaper pins are required! Thanks to the hook-and-loop closure, fitted cloth diapers are easy to put on the baby. They are also easy to wash: the hook-and-loop hook tabs of the closure are folded onto the laundry tabs, the solid waste is rinsed off into the toilet bowl and the diapers are machine-washed.
- Cloth diapers are environmentally-friendly. By using cloth diapers you help to save the environment because, unlike slowly-decomposing disposable diapers, cloth diapers do not generate waste for landfills or increase the amount of greenhouse gases.



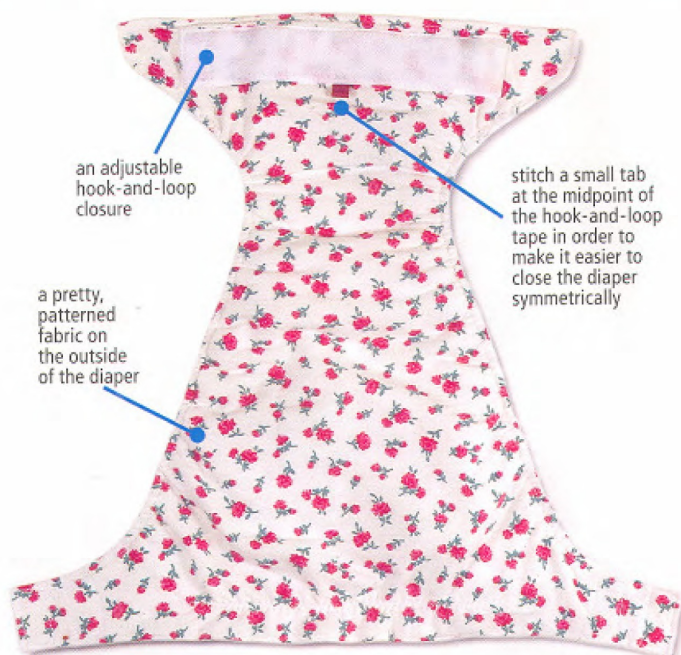
### Great idea for a baby shower gift!

The cute polka-dot diaper is sewn from velour. The white dots are appliquéd onto the outside diaper panel before joining it with the inside panel.

## FITTED CLOTH DIAPER FROM COTTON



closed diaper



an adjustable  
hook-and-loop  
closure

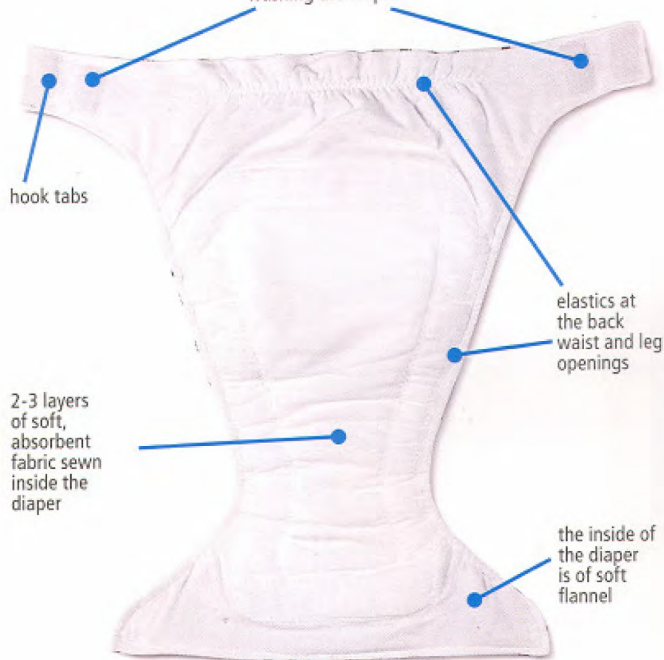
a pretty,  
patterned  
fabric on  
the outside  
of the diaper

stitch a small tab  
at the midpoint of  
the hook-and-loop  
tape in order to  
make it easier to  
close the diaper  
symmetrically

outside

# SEW the DIAPER

laundry tabs = pieces of  
loop side of hook-and-loop  
tape onto which the hook  
tabs are folded before  
washing the diaper



hook tabs

2-3 layers  
of soft,  
absorbent  
fabric sewn  
inside the  
diaper

elastics at  
the back  
waist and leg  
openings

the inside of  
the diaper  
is of soft  
flannel

inside

soft, absorbent  
terry cloth  
that is gentle  
against the  
baby's skin

an insert in  
the pocket  
increases  
absorbency

flannel



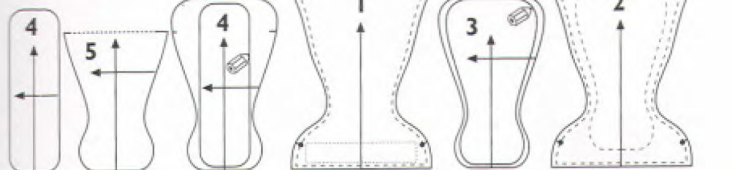
doubler (or booster)

## Fitted cloth diaper and doubler (booster) (1-2-3-4\*)

Pictures on pages 48-53



| *sizes | child's age  | height   | weight   |
|--------|--------------|----------|----------|
| 1 =    | 0-2 months   | 50/56 cm | 3-6 kg   |
| 2 =    | 2-6 months   | 62/68 cm | 5-8 kg   |
| 3 =    | 6-12 months  | 74/80 cm | 7-12 kg  |
| 4 =    | 12-24 months | 86/92 cm | 10-15 kg |



### PATTERN PIECES

cut

#### Diaper

1 diaper outside

1

2 diaper inside

1

3 soaker pad

⇒ smaller panel

1-2

⇒ larger panel

1

Doubler (or booster)

4 outer panel

1-2

⇒ insert panel

3-6

5 pocket

1

### PATTERN SHEET A black

### CUTTING

Pattern pieces include all seam allowances.

#### Diaper:

Cut **outside panel** from colored or patterned fabric and **inside panel** from white fabric as indicated on list of pattern pieces (recommended fabrics are given under fabric requirements in the yellow box). Cut **soaker pad panels** from terry cloth as indicated on list of pattern pieces.

Cut pieces of **elastic** as follows:

- 16-17-18-19 cm for back waist
- two 20-22-24-26 cm pieces for leg openings

#### Doubler (or booster):

Cut outer panel from terry cloth or hemp fabric and pocket (take note of fold!) from flannel as indicated on list of pattern pieces. Cut insert panels from terry cloth or hemp fabric as indicated on list of pattern pieces.

### INSTRUCTIONS

#### Diaper

**Inside** (= white diaper section): Pin soaker-pad panels to wrong side of inside diaper panel (lay smallest panel at the bottom and largest panel on top) and stitch them in place with zigzag. Stitch elastic to back waist, to wrong side of diaper panel, as marked on pattern. Stretch elastic as you sew.

**Outside** (= colored or patterned diaper section): Machine-baste label or piece of twill tape folded in half to wrong side of loop side of hook-and-loop tape, at its midpoint. Stitch hook-and-loop tape to right side of diaper panel as marked on pattern.

**Joining:** Pin and stitch inside and outside diaper sections together, right sides facing, with 5 mm seam allowances. Leave opening at front waist for turning diaper right side out. Stitch elastics to leg-opening seam allowances between notches, stretching elastics firmly as you sew. Trim and taper seam allowances at corners, turn diaper right side out and close opening at front waist by hand-stitching. Topstitch around diaper using presser foot edge as guide. Topstitch back-waist elastic to outside diaper panel with zigzag through

all layers, stitching along previous row of straight stitching.

**Hook-and-loop tape tabs:** Stitch pieces of narrower hook-and-loop tape to inside of diaper as marked on pattern, placing hook tapes close to edges and loop tapes (= laundry tabs) approx. 8 mm from hook tapes.

#### Doubler (or booster)

Fold pocket piece in half and machine-baste it to doubler outer panel/s. Serge or zigzag edges together. Pin insert panels together and serge or zigzag their edges together.

### WASHING AND CARE OF THE DIAPER

Always open the diaper for washing. Fold the hook tabs onto the laundry tabs before washing to prevent them from sticking to other washing or from gathering lint. Hook-and-loop tape clogged with lint will not stick any longer. Rinse the solid waste off into the toilet bowl and machine-wash the diaper at 60-95 °C (140-200 °F). Use an eco-friendly detergent. Do not use a fabric softener! A baby needs around 20 diapers for regular wearing and washing.

### ABOUT DESIGN

The diaper is a fitted cloth diaper. The body of the diaper has two layers with a sewn-in soaker pad placed in between.

A separate doubler (or booster) can be sewn to be used with the diaper. A doubler increases absorbency for example at night.

### MATERIALS

The list of materials with recommended fabrics can be found in the yellow box at the bottom of the page.

## TARVIKKEET • MATERIALS • MATERIALEN • MATERIALEN • MATERIAL

### OUTSIDE OF THE DIAPER

- 50-55-55-60 cm woven or knit fabric

- 100% cotton flannel, cotton jersey or cotton terry cloth
- velour knit or knit terry with at least 80% cotton
- 100% hemp fleece or hemp/cotton woven or knit fabric

The fabric for the outside can be printed, colored or pattern-woven (striped, checkered, etc.)

### INSIDE OF THE DIAPER

- 50-55-55-60 cm woven or knit fabric

- 100% cotton flannel, cotton jersey or cotton terry cloth

The inside of the diaper will be against the baby's sensitive skin. Therefore the material should be white or light-colored, absorbent and soft woven or knit fabric.

### SOAKER PAD

- 35-40-40-45 cm fabric

- 100% cotton terry cloth
- 100% hemp fleece or hemp/cotton knit

### ADDITIONAL MATERIALS

- 56-61-66-71 cm elastic, width 6 mm, that can be washed at 60-95 °C (140-200 °F)
- 19-21-22-24 cm loop side of hook-and-loop tape (soft side of tape), width 40 mm
- 7 cm hook-and-loop tape, width 20 mm
- small label or 4 cm piece of narrow twill tape

### DOUBLER or BOOSTER

- 25-25-30-30 cm flannel
- 40-50-55-60 cm terry cloth or hemp fabric

### NOTE!

The fabric meterage makes 2...3 diapers but all additional materials are given here for one diaper!

The fabric meterage for the doubler makes 2 doublers.