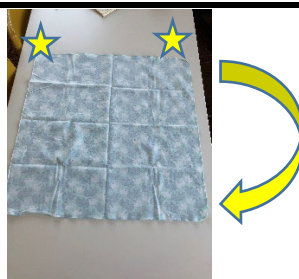




MAKE A NO SEW CLOTH DIAPER

Go to our "Healthy Start" YouTube channel to watch video

Place a blanket on a flat surface
Flannel is great to use because it's soft
and absorbent



Fold blanket in half from top to bottom
Corners are at the bottom facing you

Fold left side over until edges meet to
make a square



Take only first layer of bottom right
corner and extend it past bottom left
corner to make a triangle

Hold bottom left and right corners
Flip blanket over towards you



Starting from right side
Fold in one third towards the middle

Fold one more time until you make a padded panel in the middle



Place baby in the middle

Fold middle up over baby
Fold both sides over baby



Diaper is ready. Place clothes over diaper to hold it in place – no pins needed

For leak protection
Place waterproof diaper pants over
cloth diaper



To wash soiled cloth diapers:
Place any solids into the toilet
Wash separately from other clothes
Wash off soiled diapers with cold water before adding to the washing machine
Set washing machine to hot water setting