

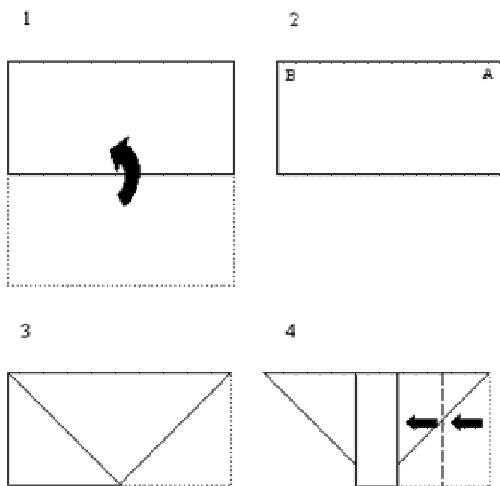


# Folding your nappies

The good thing about nappies that you fold yourself is that you can adjust the fold to suit your baby's shape.

## Folding Terry Squares.

### New born fold (but good for all ages)

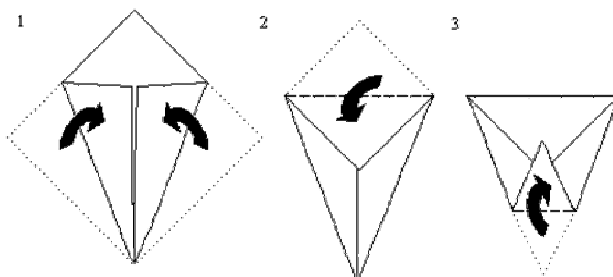


- 1) Fold nappy in half away from you,
- 2) and then again in quarters a to b
- 3) pull out loose top corner to make a triangle (give it a try – it dose work!).
- 4) Turn nappy over so that triangle is underneath and fold the square part twice so the wadding is centre front.

Very absorbent where it is needed so well worth learning.

For an older child – gently pull down on the central pad to make the nappy longer

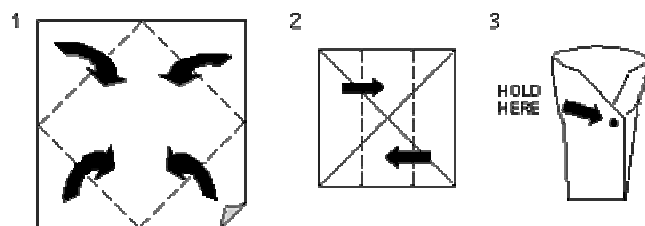
### Kite fold (good all round fold)



- 1) Fold side flaps to the centre
- 2) fold top down
- 3) fold bottom corner up

For older babies

### Pad fold



- 1) fold all four points to the centre
- 2) fold each side over one third,
- 3) Fan out the top of the nappy holding where indicated.

Use as a pad in a prefold wrap

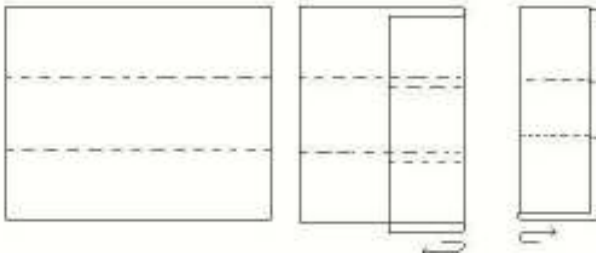


# Bradford Real Nappy Project

## Folding Prefolds

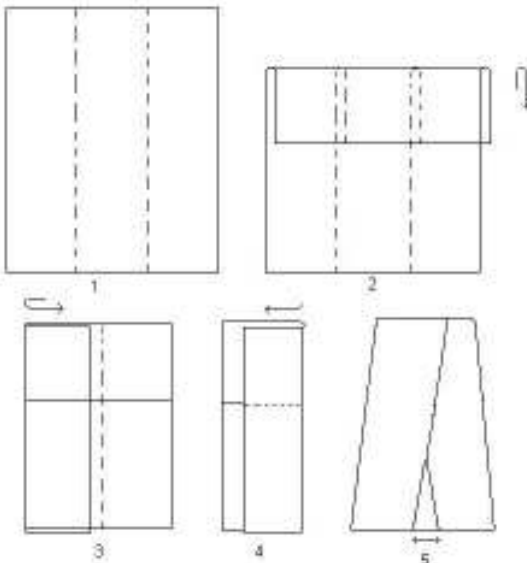
Prefolds have three panels the middle one being thicker.

### Girl fold (very easy so good for a quick change for ether sex)



Simply fold into three to give a pad with three layers thicker in the middle

### Boy fold (but can be good for girls too)



1 & 2) with the nappy in front of you fold down top third (the amount can be adjusted to ensure it fits snugly into the wrap)

3 & 4) then fold the two sides in across the centre panel so that the 2<sup>nd</sup> covers the first (can tuck the 2<sup>nd</sup> under to hold in place)

5) fan out base to catch loser stools

Can be used for girls too if loose

A paper liner is placed over the top of the cloth nappy, and the nappy placed in the wrap, then the wrap is fastened.

It is important that none of the cloth nappy is sticking out of the wrap or moisture may wick out onto clothing. The wrap needs to fit snugly to ensure the nappy stays in place, and loose stools are contained.

Bradford Environmental Action Trust 140-148 Manningham Lane, Bradford, BD8 7JL

Tel. 01274 718420, Email: [nappy@beat.org.uk](mailto:nappy@beat.org.uk) web site [www.beat.org.uk](http://www.beat.org.uk)

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