

Supplies for making these diapers:

100% cotton or hemp/cotton blend fabric** (1.5 yds 60" wide hemp fleece makes ~4 NB diapers; 2.5 yds 60" wide cotton fleece makes ~8 medium diapers)

thread (cotton or poly is fine. for covers you need poly)

elastic (less than 1 yd per diaper, 3/8" wide for knits, 1/4" wide for all-flannel diapers--since it is thinner fabric)

fasteners of your choice (long-prong SnapSource snaps, Velcro or Aplix hook & loop tape, if desired)

sewing machine needles ("universal" or ball point if knits)

pins, scissors (or rotary cutter & mat)

sewing machine and overlock serger (serger is optional)

tissue or red-dot tracing interfacing (to trace pattern)

washable marking pen (you can use a kid's washable marker)

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This pattern is sold for home use only! The only diapers you ought to be selling or auctioning from this pattern would be used ones that you specify as being home-made using this pattern.

Please remember that this pattern is meant to be a guide for you in making your own diapers--to make it less scary to get started and to give you ideas. I sew the way I cook--I look at the recipe and the first time I might follow it exactly, but then I throw in some of this and some of that and leave out the things I don't like. Anyhow, remember to have fun and make the diapers that work best for you and your family. Go wild! It's okay!! My way is not "THE right way", it is just a way that works... :)

Goodness Gracious Hemp & Cotton Fitted Baby Diapers



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<http://www.geocities.com/grace25701/GoodnessGracious.html>
<http://goodnessgraciousdiaper.wordpress.com/>

Instructions for sewing your own fitted cloth baby diapers from
the Goodness Gracious patterns!

Quick Start Instructions for Goodness Gracious

Diapers

(in case you can't bear to read the whole booklet!)

- Trace pattern onto folded paper--add seam allowance around edge if not serging! Cut out pattern. Prewash fabric!
- Cut out 2 diaper pieces per diaper. Do ONE diaper first before you start assembly-line method! Mark dots for elastic placement on the fabric.
- Make TWO soaker pads (approx 4" x 12", 2-6 layers thick) & finish edges.
- Center one soaker pad on inside of one diaper body piece and stitch in place.
- Install 3/8" elastics with zigzag stitch (stretching TIGHT as you sew) between dots on back waist and legs on same piece as soaker pad (also on inside). Tack down ends securely.
- Sew body pieces together, right sides facing in-together, leaving a small opening on one wing to turn rightside out.
- Turn rightside out and close opening. Sew second soaker pad as a flap in the inside front edge of the diaper.
- Put on fasteners if desired. For a non-mobile baby I'd suggest leaving off and using with snug cover.

WalMart or your local fabric store usually will have 100% cotton flannel, "cheapie" polarfleece, poly-mesh for using on liners/doublers, serger thread, Velcro. Sometimes you can find great deal on other 100% cotton fabric like waffle-thermal or sweatshirt fleece. You can buy washcloths in big packs. If you want to use woven terry in your soaker pads, you can buy inexpensive towels to cut up. Microfiber towels (or shop cloths) are very absorbent and good to use in pocket-style diapers as stuffers.

If you want to use great polarfleece, you can get sale fabrics sometimes directly from the **Malden Mills online store** at <http://www.maldenmillsstore.com> or get it from a co-op or an online shop.

Don't forget your local thrift shops, yard sales, your attic and the back of the closet for wool skirts & shirts to make covers and for t-shirts, flannel sheets, towels, etc., to make diapers! You can use old wool sweaters to make pull-on wool soakers (find instructions online at <http://www.geocities.com/Heartland/Oaks/1126/buttsweaterpage.html> or try making a pull-on cover from the side snap version, but sew the side seams together...serge the raw edges or bind loosely with FOE).

On my website you will also find a free preemie/doll diaper pattern and free side-snap pocket-style training pants patterns!

There are also diapers pictured on my website, if you wonder what the diapers "ought" to look like! :)

Let me know how you like the pattern or the diapers by email! Or post a review on the Diaper Pin review pages
http://www.diaperpin.com/directory/dir_detail.asp?id=437

Sources for Fabric & Supplies for sewing your own diapers

(lots more online & at my website):

Phoenix Textiles at <http://www.fabric.com> often have great deals on cotton fabrics or wool, plus rotary cutters, serger thread. Marietta, GA 888-455-2940.

Hemp Traders at <http://www.HempTraders.com> sell all sorts of hemp fabric. I suggest looking on their "close-outs" page for sale items or calling and getting "knit hemp scraps" which they have been selling for \$3/lb (it is pot-luck and you don't know which fabric you will get exactly--if you order less than a full roll of anything other than "scraps" there is a "cut fee" or handling charge of \$7 per order--as many small cuts as you want). Los Angeles, CA 310-914-9557

ElizabethLeeDesigns at <http://www.ElizabethLee.com> sells patterns for nursing clothes, but they were the place that had the best shipping rates on SnapSource Snaps (she charges ACTUAL shipping). Neola, UT 435-353-4344

The SnapSource at <http://www.snapsource.com> sells the same snap source long prong snaps (I prefer the "open ring" and I buy in packs of 50) and you can also buy "parts"--i.e., when you use 6 sockets and only 2 studs on a diaper you will run out of sockets and still have studs left over. You can get a 50 pack of prongs and a 50 pack of sockets to "even it out".

Janelle's PULs at <http://www.janellepuls.com> sells polyurethane laminated fabric in cute prints and will sell by the yard or in small pieces. This is also where I usually buy all of my Aplex (hook & loop). She always has great customer service (a WAHMom).

FabricMart at <http://www.fabricmartfabrics.com> is where I got really great deals on 100% wool jersey. And they have Gütermann thread to match. Sinking Spring, PA 800-242-3695

**What you need to know about fabric & yardages: The amount of fabric required per diaper will vary widely, depending on the shrinkage with washing, the width of the fabric, the absorbency of the fabric, the size diaper you are making, how absorbent you want to make each diaper. A rough estimate would be around 1/2 yard per diaper...

Thinner fabric will require more layers in the soaker pads which will require more fabric. You can use 1-2 layers of woven cotton toweling for inner soaker pads which means your fabric will go a little further, but some people find they are a bit too stiff after a lot of washing. I suggest using 100% cotton or hemp/cotton knits or 100% cotton flannel for your diapers. You can use other woven cottons as a decorative outer layer on your diapers, but they are thin and not very absorbent. Some people use 50/50 cotton/poly jersey or interlock knit for the diaper body (not my preference, but they are supposed to wear very well, not get "old" looking as fast), but remember that polyester is not absorbent, so you shouldn't use it in the soaker pads and you might need extra layers in the soakers to make up for the polyester in the body layers.

Polyester or Polar fleece has a role to play in cloth diapering as stay-dry liners or as water-resistant covers, but IN the diaper "fleece" is cotton or hemp/cotton fleece--like sweatshirt fabric.

I generally use two layers in the body of my diapers, with all different fabrics. What I change depending on the fabric is the number of layers in the soaker pads. My suggestions for number of layers is: 6 layers for jersey, 3-4 layers for knit terry, 1-2 layers for woven terry, 4-6 layers for french terry, 2-3 for fleece or sherpa, 6 for flannel, 4 for thick chamois flannel. Cotton twill is nice for an outer layer, also.

Get all your supplies (see back cover).

Prewash your fabric.

Wash all your fabric in hot water with a small amount of detergent and dry on hot. You want to get it to shrink before you sew them and wash them in hot water! If it can't stand up to hot washes you do not want it for your diapers.

Trace your pattern & read all instructions. (if you are not using a serger and don't want to "faux" serge with a zigzag or overlock stitch or bind the edges you will need to "turn & topstitch" and you will want to add a seam allowance all the way around the cut edges of 1/4" to 3/8", mark on your tracing whether you included it already or not, so you'll know next time you use it). Drawings provided are not to scale! The shaded pieces show the "wrong" side of the fabric.

**Some people prefer NARROWER diapers through the crotch for girls--just trace the pattern an inch or so smaller through the narrowest part and use a narrower soaker pad, too!

You could also laminate the pattern pieces (with Contact paper or similar) after tracing onto folded paper so they can be opened up on the fabric for cutting. Transfer marks for elastic placement to BOTH sides of the traced pattern. It is best to make ONE diaper from start to finish and once you understand how it is done go back and make several more at a time doing an "assembly line" method--make all the soaker pads, attach all the soaker pads, attach all the elastics, serge all the diapers, attach all the fasteners...This is also good for your machine needles, since sewing the hook & loop is hard on them, might as well sew it all at the same time.

Layout pattern on fabric. Usually you will want to keep the fabric folded and cut your two "body" pieces at the same time in case you have "irregularities" they'll still match up when you sew them together. Smooth the fabric out so there aren't wrinkles in either layer. You'll need a big, flat, smooth place to cut. Try the floor or dining room table?

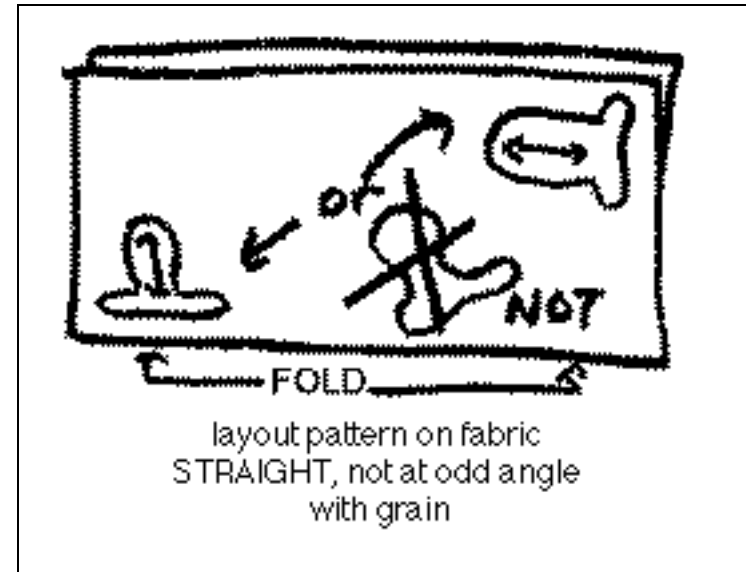
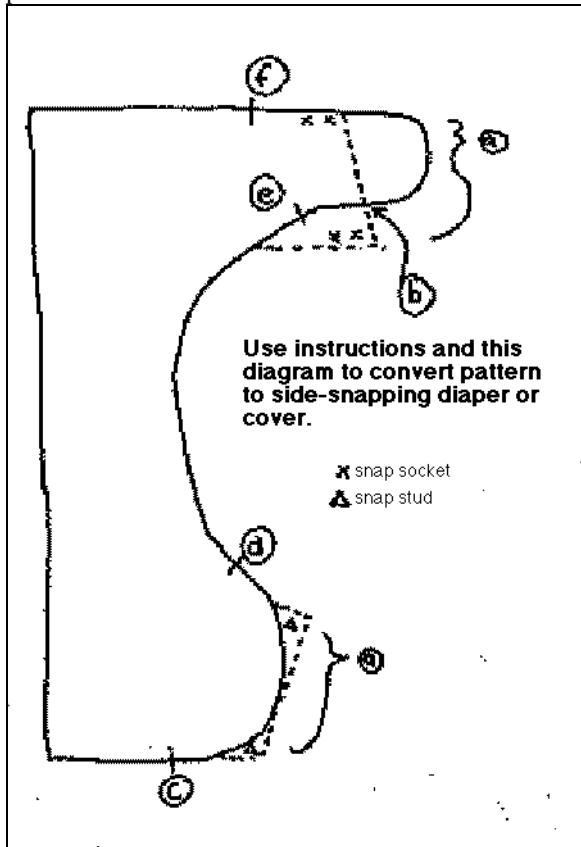
Square off front panel of diaper with a bit of an angle at the leg opening edge. Measure front panel depth (the "side" of the diaper front, where the snaps will go)--this will be measurement (a).

Widen the back wing so that it is the same as the front panel (so you have matching pieces on the side of the diaper to snap together). Angle out the leg opening on the back similarly to the front panel leg edge. Measure from the leg elastic mark (e) to the end of the wing and divide by two--mark this (b) on the edge of the back wing on the pattern. This is how long to make the back wing for the side snap version. Redraw the back wing this long and as deep as the front panel.

You will need to add elastic to the front as well for a side snap diaper or cover. Measure the front panel and mark just a bit further than halfway out for the stop-start of the front waist elastic (c) on drawing.

You probably want to put TWO sets of snap sockets (at x's) on back/outside corners of the back wings (four total for waist and 4 total for legs). Put ONE set of snap studs (at triangles) on the front/inside corners of the front panel (two for waist and one for each leg opening).

Convert to Side Snap Diaper (or Cover) Pattern If you prefer to have a side snap diaper or cover sometimes, you can still use your Goodness Gracious pattern! I like to make some of my covers side snapping because they are nice worn around without pants or short over them and my son can't take them off as easily as Aplex covers. I also made some AIOs/training pants with a side snap (sortof like non-disposable PullUps). This is how to convert the pattern (see drawing--it is not as complicated as it sounds, but this will help clarify the actual distances on the drawing, since they are different for all the sizes). The leg and back waist elastic marks will remain the same as on the original pattern (shown as d, e, f). The dotted lines are the NEW cutting lines for the side-snap version of the wings on the pattern.

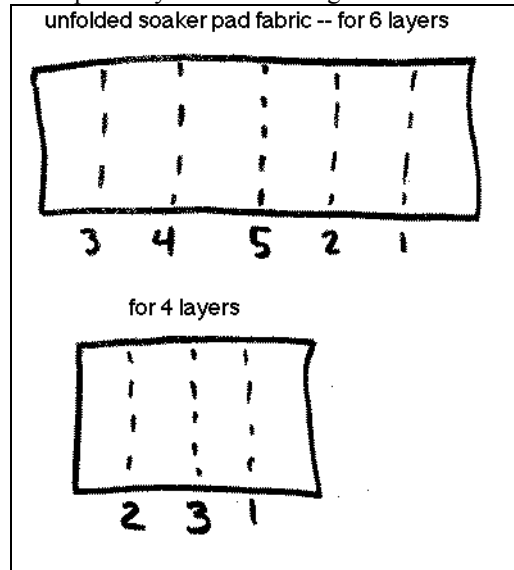


Put the pattern (the piece for what is called the "diaper body"--you can just measure and cut rectangles for the soakers as described later) on the fabric so it either goes with the grain or perpendicular to the grain, not just haphazardly on the fabric. If you are using stretchy knit fabric, align the pattern on the fabric so the stretch will end up going around the waist of the baby instead of top to bottom.

Pin or weight the pattern so that it and the fabric does not shift as you cut! When you are making several diapers, you can trace the pattern several times so that you can arrange them on your fabric to get the best interlocking fit to save fabric. Keep in mind that you will need to have some fabric left to make your soaker pads and doublers, too (unless you are using a different fabric for the soakers). If you don't mind your soakers and doublers being odd shapes you can make some of them out of "scraps" between the diaper body pieces.

Cut out the pieces. Mark where elastics go with your washable marker on the wrong sides of each piece (so you know where the elastic goes AND you can match up the places when you are sewing or serging your two body pieces together).

Make soaker pads (see measurements below). GIRLS might need narrower diapers & narrower soakers! You want the final soaker pads to be several layers thick (2-3 layers of fleece, 4 of knit terry, 6 of jersey or flannel). If you have a serger you can cut each layer the size you want, stack them up and serge around the edge (cut the corners rounder to make them easier to serge). If you do not have a serger or you want to do it the "easy" way, cut a piece of fabric for your soaker that is 2 or 4 or 6 times as wide as your final soaker and the same length you want. Then you FOLD up the soaker pad with as many raw edges inside as possible and serge around the edges OR zigzag the short ends and straight stitch the long ends to keep it from fraying (the little pieces come off and find their way into corners inside the diaper --"diaper rocks") and to keep the layers from shifting.

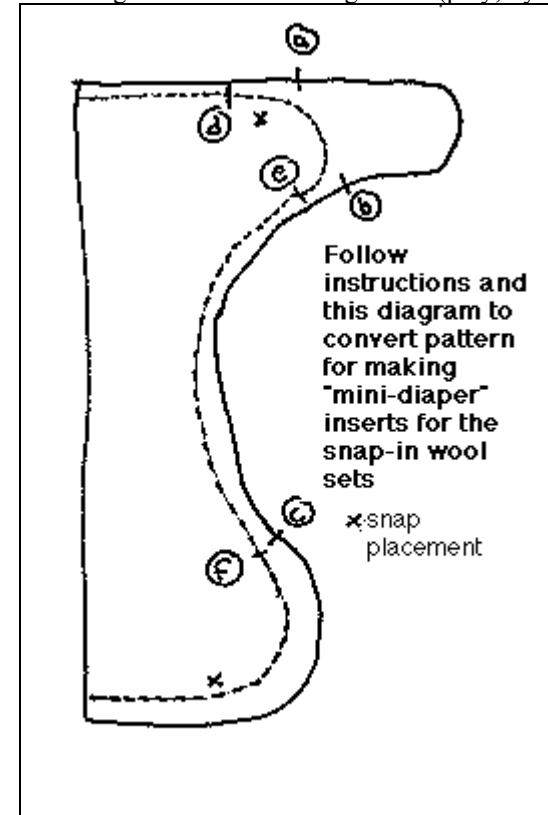


(Fold in order of #'s)

- NB soaker 3.75" x 10" finished
- NB soaker fabric (4 layer = 15" x 10", 6 layer = 22.5" x 10")
- Infant/medium soaker 5" x 14" finished
- I/M/L soaker fabric (4 layer = 20" x 14", 6 layer = 30" x 14")
- Large soaker (same as Infant OR slightly wider--you must be able to fit it in between the elastics at the narrowest part of the crotch of the diaper in all cases)
- XL soaker 6" x 15" finished
- XL soaker fabric (4 layer = 20" x 15", 6 layer = 36" x 15")

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Use felted/fulled wool jersey to make a cover. Then make a "mini-diaper" with hemp knit--a little narrower, teeny bit shorter and without the back wings (see drawing--original elastic marks at a, b, c and new elastic marks at d, e, f. Snap studs go on outside at x's--make sure snaps match with placement on wool cover inside. The dotted line drawn smaller on the original pattern shape in diagram is the NEW cutting line for the mini-diaper). Soakers will need to be narrower to fit between elastics with narrower diaper! Then put snap sockets on the inside of the wool cover and snap studs on the outside of the mini-diaper (2 on front and 2 on back). You can attach a flap soaker on this mini-diaper just like on the original version. Then put Aplix and foldover tabs on the inside of the cover wings. Snap the mini-diaper into the cover to use. Make more mini-diaper parts to snap in and out so the wool part and the hemp/cotton parts can be washed separately. Don't forget to use non-wicking thread (poly, nylon, wool) on the cover part!

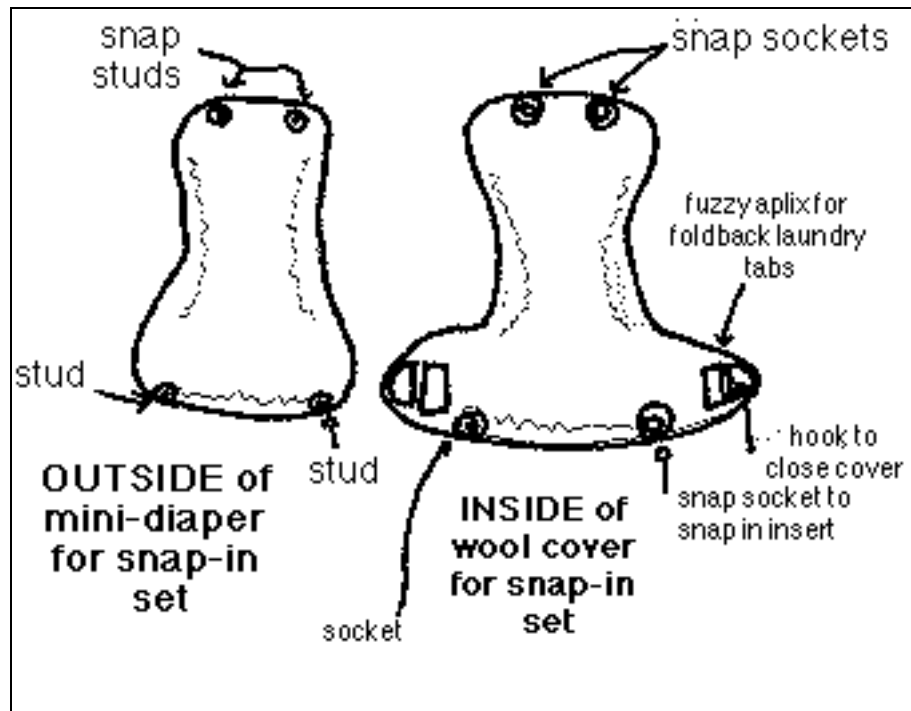


impossible to stuff the soaker inserts in and get them up near the front (especially important if you have a boy!).

If you use the pocket diaper stuffed (you could also use it just as a cover), it needs to be washed after EACH use. You could also make a pocket-type diaper with all cotton/hemp layers (you would need a cover with it) if you want a fitted diaper that dries REALLY fast (make the body of the diaper with "regular" diaper fabric, leave the back open to put in a removable soaker).

You can sew the elastics on the back of the inner layer (if you are using thick enough fabric to be stable) and serge around the edges instead of turning & topstitching if you prefer.

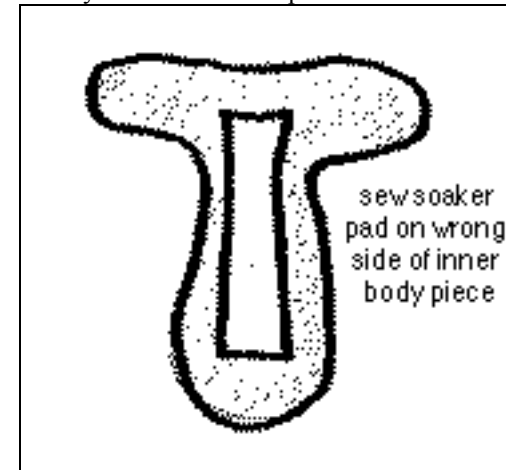
Wool/Hemp Snap-Together Set (almost AIO)--



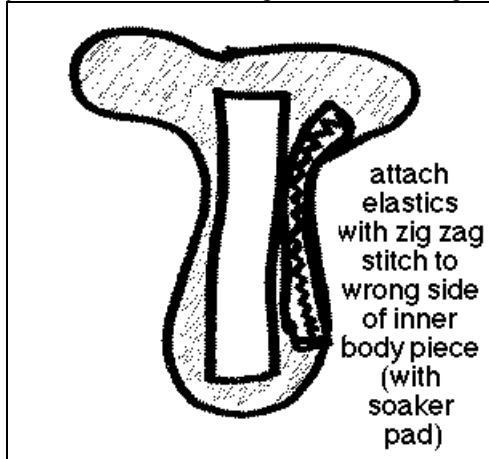
You want TWO soakers for each diaper, since one will be sewn inside the diaper body and one will be attached as a quick-dry flap to the inside, front waist of the diaper (the exception is the newborn size--you might be able to omit the second soaker, or use as a "lay in doubler"). This makes the diaper more absorbent without taking as long to dry or as hard to get clean as a very thick diaper.

Attach inner soaker pads.

If you are using stretchy knit fabric, use a zig zag stitch to attach the inner soaker to the wrong side of one body piece (the part that will be the inside of the diaper against the baby's body). If you are using flannel, use a straight stitch. Position the soaker pad down enough from the front tummy edge of the diaper so that it will not interfere with stitching the two body pieces together--about an inch from the top is good. Center it from side to side. Be careful when sewing around that you don't break a needle on the very thick edges of the sewn soaker--you might want to sew INSIDE your stitching from when you assembled the pad.



Attach elastics. On the same body piece you just attached the soaker pad to, zigzag (no zigzag?? see note‡ a couple of pages forward) the elastics on each leg and the back waist on the wrong side of the fabric (like the soaker pad). Position the elastic in about 3/8"-5/8" in from the edge, starting at the marks you transferred from the pattern for elastic placement.



You do not want the elastic to get caught in your stitching when you put the layers together. If you are turning & topstitching on a regular machine you need to put the elastic in FURTHER than you left for your seam allowance! Set your zigzag for wide stitches (fat Z's) and start with short-length stitches to tack down the end of the elastic for about 1/2". Reverse over that stitching. Then change the length to the longest available and yank the elastic quite firmly toward you so that it is stretched tight as you zigzag it onto the fabric (but do not stretch the fabric!). You do have to be careful not to bend the needle as you pull the elastic. Zigzag the elastic all the way from one mark to the other mark and then switch your stitch length to short again and reverse over the end of the piece you just attached. Cut the elastic and your threads. Do the next piece of elastic the same way--leg, leg, waist, for each diaper inner body.

Re-lanolinizing. If you make wool covers you will need to re-lanolinize them periodically. The lanolin is the natural "grease" that is in the wool when it is on the sheep. Washing the fabric will remove it so you need to get some back on there. Right after I make a cover I re-lanolinize it (since you've washed out most of the lanolin when felting the wool) and then you are supposed to do it whenever it seems not-so-soft or gets leaky or if the dry cover gets smelly (if it is poopy or really stinky you'll need to wash it again first). For one cover, I fill up my big Pyrex measuring cup (4 cup size) about 2/3 of the way with hot tap water, a little squirt of lavender baby bath or Dr. Bronner's soap, and a little squeeze (about 1/2") of solid lanolin cream (I have this leftover from breast feeding, like Lansinoh or J&J Lanolin). I nuke the cup so the water is quite hot and I use a small metal whisk to mix it up into a nice emulsion and then I plunge my wool cover in and swish it around for a few minutes. Then squeeze the extra water out of the cover and line dry it.

Other Ideas (briefly):

Swim Diapers--you can make a swim diaper doing a turn-and-topstitch version of this diaper with the outer layer being PUL or waterproof nylon and the inner layer being microfleece or poly mesh. Basically you make a cover, rather than a diaper, since it doesn't need an absorbent soaker. Sew the two layers together, wrong sides out, install the elastics between marks, but on the edge of the seam allowance, turn rightside out and topstitch around the sections with elastic so they lay flat. Or bind with FOE! If you are using hook & loop you probably ought to do a PUL facing on the back of the part where you sew the loop on the outside of the tummy so it is reinforced (again, like doing a PUL cover). If you have an "escape artist" you might want to do snaps instead.

"Pocket" Diapers--like faux fuzzi bunz. This is halfway between and all-in-one and a cover. You make something like the swim diaper above, but leave the middle of the back OPEN (about 4-6") so that you can stuff inserts/doublers/prefold diapers inside. The thing to really remember here is that when you put on the Aplix or snaps you must it on the outside layer NOT through both layers, because that would make it

If you have problems with bobbin tension or skipped stitches when sewing PUL, you might have better luck with woven laminated fabrics than with knit laminated fabrics.

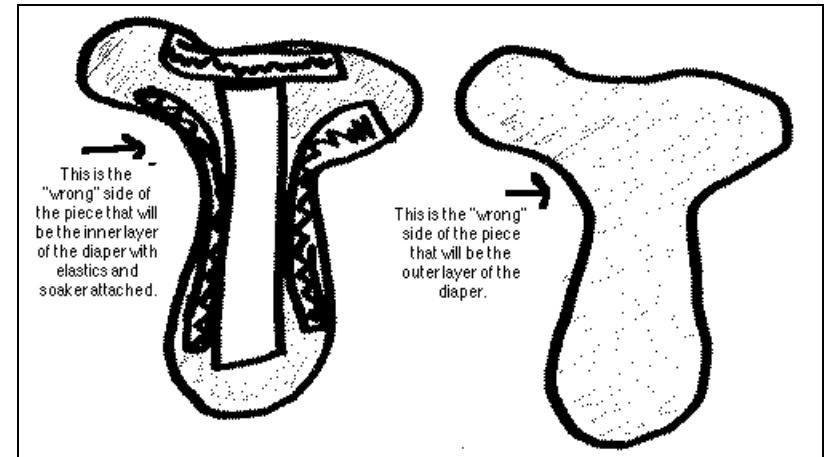
Covers. You can use this same pattern to make a wool or polarfleece cover. Trace your diaper body pattern piece an extra half an inch or so all the way around (plus seam allowance if you are going to turn & topstitch).

For a wool cover, get some wool fabric (a good way to get it is by recycling some 100% wool skirts or shirts from Goodwill) and machine-wash on hot and dry at least TWICE to "full" or "felt" the wool. The wool will get thicker and more tightly woven as it shrinks, making it more waterproof. Wool can hold a lot of moisture and not feel wet and when treated like this it also prevents most moisture from passing through it.

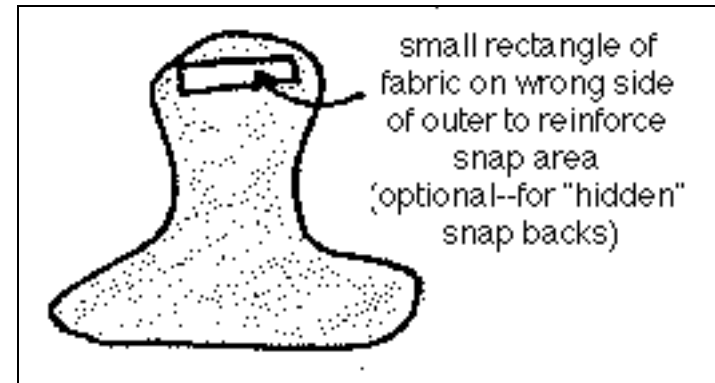
For fairly thick wool (and especially if you have a serger) you can just cut one layer, serge around the edges, zigzag elastic on the inside edges, put on hook & loop and you are done.

For thinner wool (thin woven or wool jersey knit, which is stretchy and nice!) or fleece or if you are turning & topstitching, cut TWO layers. Sew or serge the two layers together with right sides together (inside out), leaving a place on back wing to turn rightside out. Zigzag the elastics onto the seam allowance while still inside out (see drawing for doing without zigzag for help). Turn rightside out, topstitch (and turn in open part), attach hook & loop. You can also get other patterns for covers or you can make this cover with PUL or waterproof nylon (coated or Ultrex) bound with 1" wide FOE (or see Swim Diapers below) or strips of microfleece.

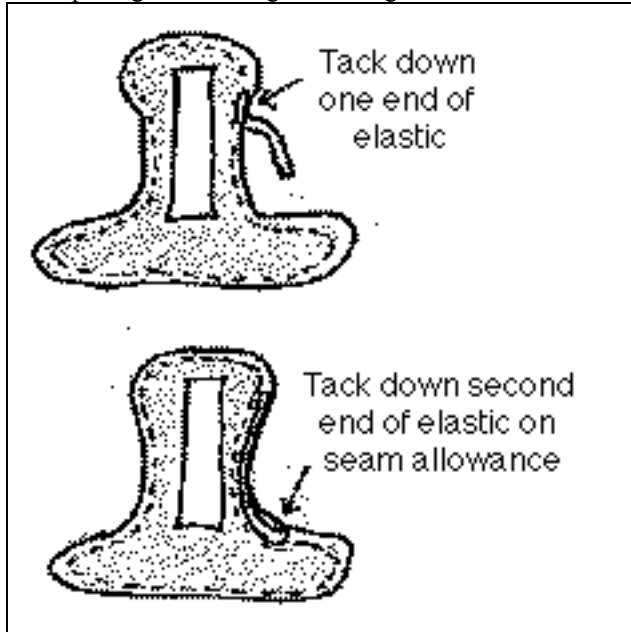
Foldover Elastic would be used instead of poly-cotton bias tape because it doesn't wick like the bias tape. Remember not to stretch the FOE as you bind the cover unless you do it just in places where there is supposed to be elastic and you skip the separate elastic!! The legs and waist will be too tight if you stretch the FOE when it is just being used as binding. Personally, I make my own wool and fleece covers, but I buy Proraps Classics "seconds" and it saves me time and it is easier.



NOTE: if you want to use snaps with "hidden" parts so they can't touch the baby inside, this is when you sew a reinforcing rectangle of fabric on the wrong side of the "outer" body where the snap sockets will go and attach the snap sockets on the "right" side of the outer body.



‡ To do elastics with no zigzag (only straight stitch--turn & topstitch method with casing for elastic): You will need to cut the pieces of elastic to fit stretched between the marks on the pattern (as an example, for Medium, 6.5" leg, 5.5" back waist with purple wrapped 3/8" elastic). After you sew the soaker pad onto the wrong side of the body piece, sew the two layers of body piece together, right sides together (as shown later for turn & topstitch), leaving a 3-4" opening in one wing to turn rightside out.



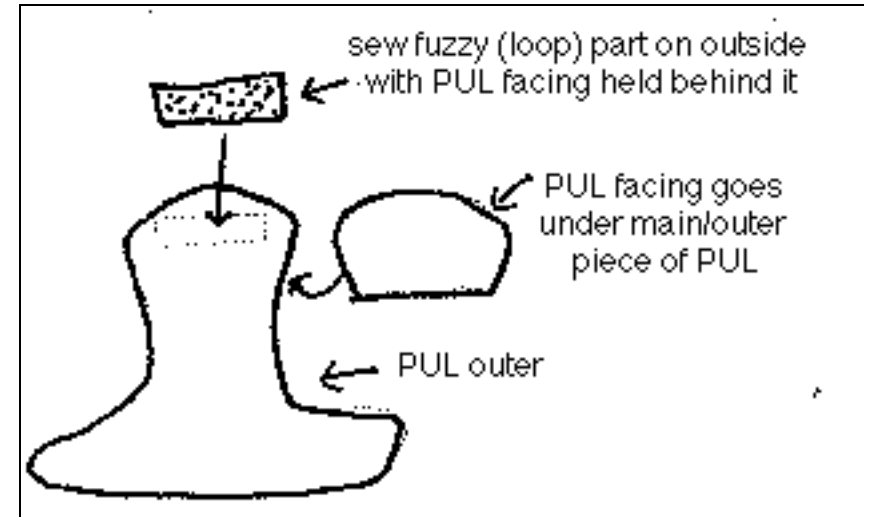
Now tack the elastic at the ends on the seam allowance (1/2" of tiny stitches on each end, going forward and back about three times) and leave it loose down the rest of the length. Turn rightside out and close up the opening and topstitch close to the edge (best if you have the "right" side of the diaper facing up, so you can see how it will look) on places where there is no elastic. In sections where there is elastic, do your topstitching wide around the elastic (at least 5/8" in from edge) while pulling the elastic taught inside the layers so the elastic stays between this topstitching/casing you are making and the outside edge of the diaper. You don't want the elastic to get caught in the stitches or it will not be stretchy enough, and you don't want the elastic "crossing" into the middle of the diaper.

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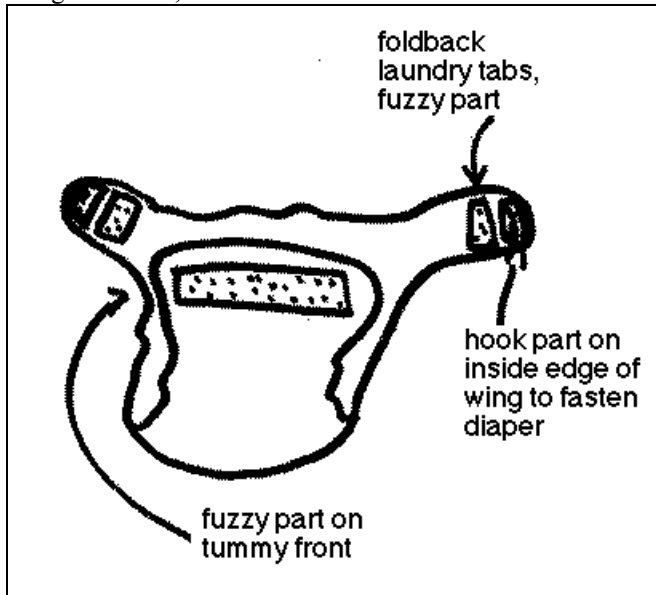
line the entire inside of the diaper with microfleece (do this by cutting an extra body piece of microfleece and adding it to your "stack" of diaper parts, with this on the innermost layer). Personally, I don't like fleece-lined diapers because it is very hard to tell when the diaper is actually wet AND I'm steering away from polyester and toward natural fabrics whenever possible.

All-In-Ones. You can make a diaper with the waterproof (what is usually a separate cover) layer attached to the outside of the diaper. Cut an extra outside diaper body piece of PUL (polyurethane laminated fabric,) or waterproof nylon, or Malden Mills polar fleece (200 wt), and sew or serge on the diaper when assembling it as the outside layer. Be careful of putting more holes in PUL! You can use those spring-action hair clips or quilter's basting glue to hold your pieces while you sew. Use polyester thread so the cotton thread does not wick pee out. Binding with FOE is great on AIOs!

You will need to have fasteners (snaps or hook & loop) on these diapers, since there is no additional cover used over the top (actually, if you use fleece you can pin them...). Be sure to put a small reinforcing or facing piece of PUL behind your outer layer where you are attaching the snap sockets or the loop/fuzzy tape. This will help prevent wicking as well as strengthen the area.



The "standard" method for attaching hook & loop tape on diapers is to put the fuzzy/loop part on the tummy, small pieces of hook part (1.5 inches?) on the ends of the inside of the wings, and a similar size piece of loop part NEXT to (closer to inside of wing) the hook part with a small gap of bare fabric so that the hook part can fold over onto the loop part when not in use, being laundered, etc.

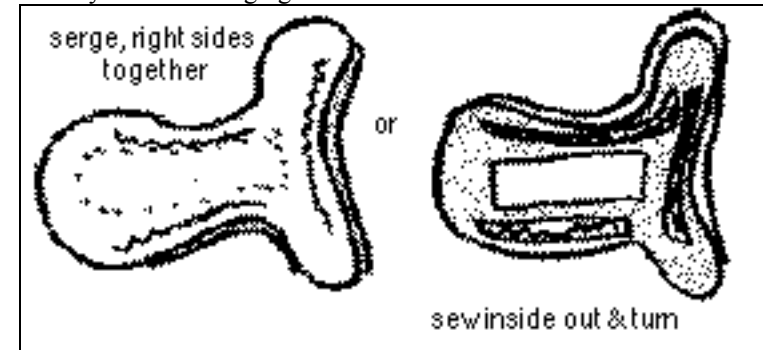


Attach flap soakers. Sew or serge the flap soaker to the inside front tummy edge of the diaper. You can fold this up to make a more absorbent pad right in front if you have a boy. Or you can leave it spread out the length of the diaper if you have a girl.

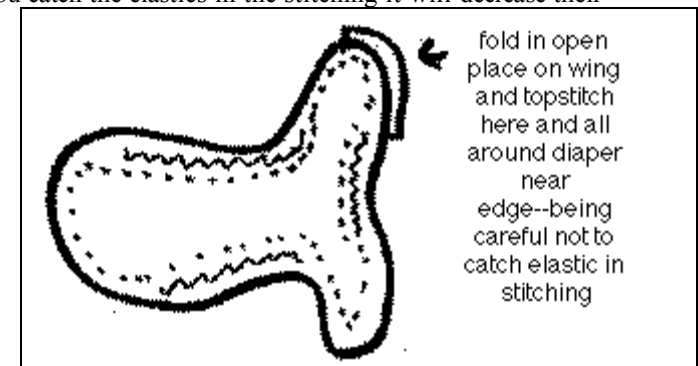
Make extra doublers. Basically the same way you made the soakers, but do not attach them. You can use them in any diapers that need extra absorbency or at night or whatever--just lay inside the diaper on top of the flap soaker. You can make a stay-dry doubler by adding a layer of microfleece (polyester) or poly mesh to the top of your doubler.

Fleece liners or fleece-lined diapers. Some people just cut (and no need to finish the edges of it) microfleece to the desired size and use them as stay-dry liners (also make it easier to remove poop from the diaper). It is popular now to

Serge/sew the diaper together. *For serger,* lay the pieces right sides out with the "inner" piece on top (the piece with the soaker and elastics). Start at the back of the diaper and match up edges and marks as you serge--you will need to stretch the top piece out to "normal" since the elastic has gathered it up. Serge all the way around the whole diaper and back over about an inch of where you started serging.



For regular sewing machine, lay the pieces WRONG sides out with the "inner" piece on top (the piece with the soaker and elastics). Pin pieces together if necessary. Put several pins in one back wing to remind you to leave it open in order to turn rightside out. Stitch (backstitch to lock your stitches) almost all the way around your diaper, matching edges and marks as you sew--you will need to stretch the top piece out to "normal" since the elastic has gathered it up. Leave several inches open in order to turn the diaper right-side out, backstitch to lock your threads where you stop sewing. Turn diaper right-side out and poke curves out, press or finger press. Turn edge of open wing in and topstitch around entire diaper, going AROUND any elastics (if you catch the elastics in the stitching it will decrease their

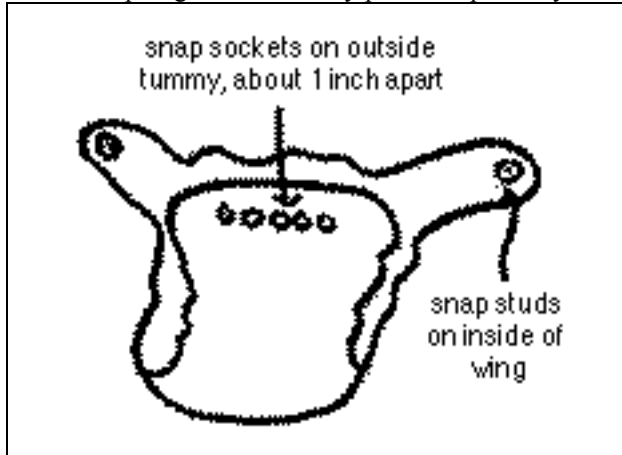


stretchiness).

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Other option for assembling diaper is to *bind the edges* (wrong sides together) with bias tape, strips of your fabric cut on the bias, or foldover elastic (FOE). I hate binding and don't have a binding foot and haven't ever done this, but some people like it. It is much easier to use 1" FOE, instead of the 5/8". If binding with FOE, do NOT stretch the FOE as you put it on or you will get too many gathers in the fabric of the diaper and it will be too small!

Put on fasteners. You can skip this altogether if the diaper is for a small baby and you are using snug-fitting Velcro-closing wrap type cover. If you have a crawling/walking baby or if you are using a looser-fitting side snap cover you probably want fasteners. If you are using flannel for your diaper bodies you have the option of using pins. If you have something quite bumpy (rib knit, thermal knit, terry with loops out) you can use something called a snappi clip which has three little "claws" (like you use to fasten an Ace bandage?) to grip the diaper and hold it in place under the cover. If you want to use snaps, I strongly suggest you get some long-prong snap source snaps and their snap setter (I get mine at ELD, see source list). I have an old Dritz snap pliers that I got from my MIL and it works fine, but I gather the new ones aren't so great, and the snaps you buy in most fabric places have short little prongs that don't stay put in diapers very well.



You will put the snap sockets across the tummy of the diaper at intervals (at least one snap width apart), down an inch or inch and a half from the edge. You will put the stud part of the snap on the inside of the back wing--fold the diaper on the baby and decide where you want them all to go. If you want "hidden" snaps you can put the sockets on the outer body layer (with reinforcing fabric behind them--explained & drawn earlier) before you attach the layers together--although since there is that flap-soaker, the snaps inside aren't likely to touch the baby anyhow.

As for hook & loop, I use 1.5" Aplix or Touchtape on most of my diapers (see source list) and my favorite way to do it is to put the fuzzy part on the front of the tummy (down an inch or inch and a half from the top edge of the diaper) and the FRONT (outside) of the wing. I put a 1.5" square piece on the wing. Then I use separate, loose piece of hook (about 4" long, or two 3" pieces, depending on the space between the two wings when on the baby) that I remove when I put the diaper in the wash (a couple pieces of hook will work for several diapers this way, I leave it on the edge of the changing table by the wipe warmer when not in use.

