



Fitted diaper pattern.



Read **all** the instructions before beginning.

Preparation.

1. Print off diaper pattern and join pieces matching marks. Trace pattern onto paper, tracing cloth, or sew-in interfacing, using solid lines. What you do next to the pattern depends on the material you plan to use.

* **Wovens** (flannel, birdseye, materials that don't stretch). Add $\frac{1}{4}$ inch seam allowance to the pattern for these. The easiest way to do this is to rubberband two pencils together and trace the pattern line with one while drawing a new line approximately $\frac{1}{4}$ inch away with the other. You can also use a compass, a tool used in drafting and geometry to draw perfect circles. Just use a ruler to set the metal point and the pencil point to $\frac{1}{4}$ inch apart.

* **Knits** (interlock, sherpa, materials that stretch). Use the pattern as is. Even though not adding a seam allowance will make this diaper slightly smaller than the above woven diaper, the stretch of these materials will ensure it fits the same size range.

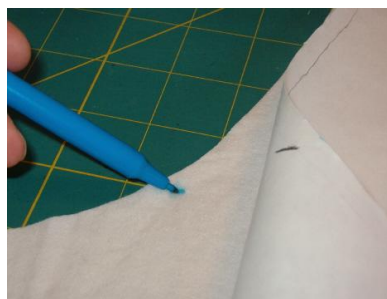
* **Wovens and knits together** (flannel outer with sherpa inner, for example). Treat such a diaper as a diaper made fully from woven materials. The woven layer will keep the knit layer from stretching

2. Fold tracing along center line and cut out. When opened you will have a full pattern. Transfer marks to other side of pattern.

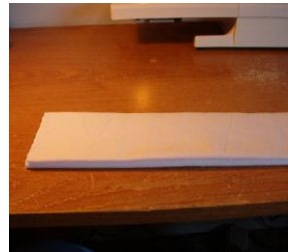
3. Preshrink all fabrics by washing on hot with a cold rinse and drying on high. Some fabrics may progressively shrink, shrinking a little more with each wash, so it is best to preshrink fabrics at least three times.

Cutting.

1. Cut two diaper pieces. Mark elastic, soaker, and loop or snap placement on fabric. The elastic and soaker marks can be marked on the wrong side of the fabric, so it doesn't matter if the marks will wash out. If you are careful with your marking, you can mark the loop tape placement so that loop tape will cover the mark. The snaps will cover your snap placement marks as well.



2. Cut soaker. See section entitled [Soaker Materials](#) for more information. For the little size diaper, the finished soaker should measure approximately $3\frac{1}{2}$ by $12\frac{1}{2}$ inches. For the big size, it should measure approximately 4 by 14 inches. Layer the soaker to the desired size and serge or zigzag stitch any raw edges of fabrics likely to ravel (such as flannel).



3. Cut hook and loop tape, if not using snaps. See section entitled "[Hook and Loop Versus Snaps](#)" for more information. Cut two pieces of $1\frac{1}{2}$ inches wide hook tape $1\frac{1}{2}$ inches long. Cut three pieces of $1\frac{1}{2}$ inches wide loop tape:

- * one piece $1\frac{1}{2}$ inches long (optional, but needed for diaper to fit the full size range).

- * two pieces $1\frac{1}{2}$ inches long

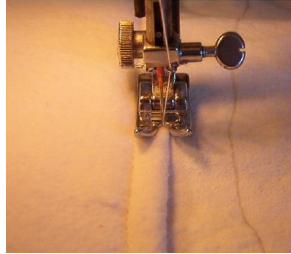
Cut one piece of 2 inch loop tape $6\frac{1}{2}$ inches long for the little size diaper OR one piece $8\frac{1}{2}$ inches long for the big size diaper.

Using a wider loop tape on the frong of the diaper ensures that the hook tape on the wings is fully stuck and won't stretch the baby. It allso allows the diaper to be adjusted.



Construction.

1. **Stitch Soaker to Diaper Inner.** Sew soaker to wrong side of diaper inner layer, aligning the soaker on the fabric even from the front, back, and sides. I once recommended using a zigzag stitch to do this, but I have since found that the zigzag stitch causes the fabric to wear faster than the plain straight stitch. So, stitch around the soaker with a medium length straight stitch approximately 1/4 to 3/8 inch from the edge. Then, stitch around again right along the edge. Backstitch a bit at as you begin and end to secure stitches.



2. **Stitch Leg Elastic to Diaper Inner.** Mark the needed length with a pen or pencil and cut elastic leaving an inch or so extra on both ends. See the section entitled [Elastic](#) for elastic lengths. Leaving this extra amount gives you something to hold onto as you stretch the elastic. Tack the elastic down to the end of the leg elastic mark by using a multi-step zigzag stitch (aka triple-step zigzag stitch) and a 0 stitch length. Stitching a few times over the elastic and then moving the needle a scant 1/8" away and stitching again will hold it very securely. Then set the machine for a standard medium width zigzag with a medium to long length. Stretch the elastic as much as you can as you stitch it down. When you come to the end of the leg elastic mark, tack it down as described above. Trim the elastic close to the tacking. Repeat for other side. This is probably the most difficult part of sewing the fitted diaper.



3. Stitch Back Elastic to Diaper Inner. Measure and mark back elastic. Tack it down at marks using the above method with the multi-step zigzag stitch, but do not stitch it between marks. Trim excess.



4. Stitch Loop Tape OR Apply Snap Sockets to Diaper Outer.

Loop Tape.

First, round the corners of the tape. This will keep the corners from poking or scratching the baby. Position loop tape on diaper outer layer and pin in place. I once recommended to use a zigzag stitch to sew the hook and loop tape one, but I have discovered that a simply straight stitch holds stronger and longer. Sew the loop tape on with a medium length straight stitch, backstitching at the beginning and end to secure, just inside of the loops. Don't sew along the narrowing edging, as this is likely to rip out.

Snap Sockets.

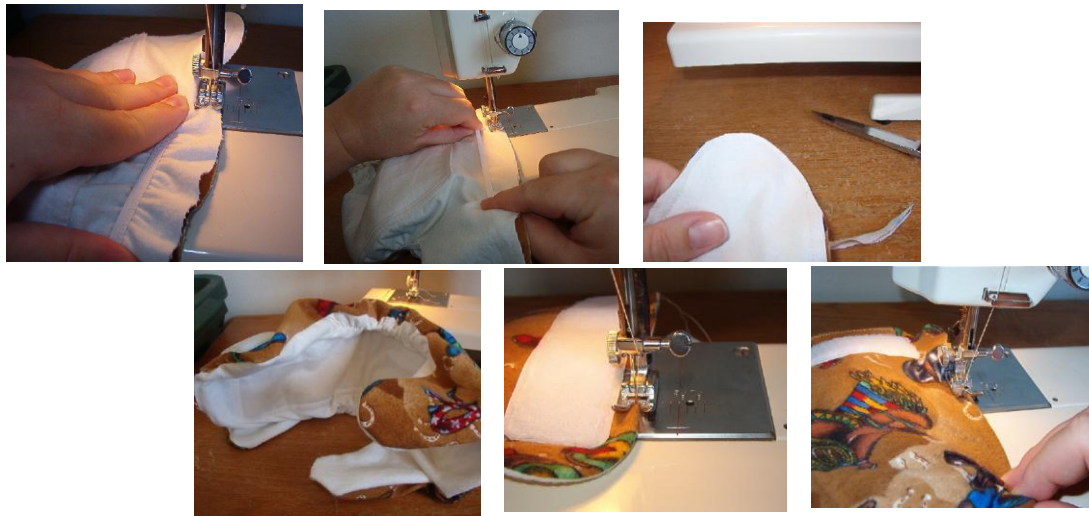
Apply snap sockets positioned as shown on the pattern according to the manufacturer's directions (sorry, no photos of snap application).



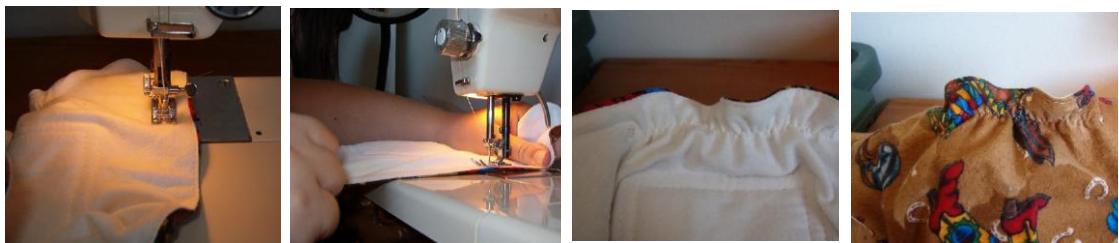
5. Stitch Diaper together.

* **Serger Method.** Lay diaper inner and outer layers wrong sides together (WST). Serge around edges, cutting off a scant $\frac{1}{4}$ inch, being sure to stretch the elastic on the inner layer to match the outer layer. Secure loose end of serging (sorry, no photos of serging).

* **Turn and Topstitch Method.** Lay diaper inner and outer layers right sides together (RST). Stitch around edges with a $\frac{1}{4}$ inch seam allowances, leaving a five inch opening at the front of the diaper for turning. Stretch the elastic on the inner layer to match the outer layer. Trim the corners of the front and the wings, so that these areas will lay better when turned. Turn diaper right side out and top stitch approximately 2 inch from edge, stitching the opening closed as well.



6. Stitch Back Elastic. Starting at one tacked end of back elastic, tack again and then stitch through elastic and both layers of the diaper with a medium to narrow width and long length zig zag. Stretch the elastic to the full extent possible while stitching.



7. Apply Hook and Loop Tape OR Snap Studs to the Wings.

Hook and Loop Tape.

Round corners of the hook and loop tape squares. Sew the hook square to the inside of the wing according to the directions for the front loop tape ([step 4](#)). Apply the loop tape square an $\frac{1}{2}$ inch from the hook tape in the same manner. Repeat for other wing. On the outside of one wing, apply the square of loop tape, if desired. I didn't do so here, because the baby was already fitting well into the little size.

Snap Studs.

Apply snap studs to the inside of the wings, positioned as shown on the pattern. Apply two snap sockets to the outside of one wing, as shown on the pattern, if you desire (sorry, no photos of snap application).



Congratulations on finishing your Mama Bird fitted diaper!



Fitted diapers are generally used with a diaper cover over, as they will wick wetness onto the baby's clothing otherwise. However, when the weather is warm I usually keep my babies in a fitted diaper and a T-shirt, changing them as soon as they wet.

Mama Bird fitted diapers differ from others in the construction of the leg elastic. As you can see from the photo of the inside of the finished diaper, the elastic pulls up and away from the soaker forming a little side wall to keep messes inside. I have tried numerous leg elastic methods and have found this one to be the best balance between leak containment and bulkiness.

Above my baby is approximately three months old and twelve pounds wearing a size little diaper.

If you have any questions, please feel free to [e-mail](#) me. I am a homeschooling mother of four, with number five on the way, so please be patient with me in getting back to you.

Thank you,
Robin E.