



Baby Care Kit distribution in Zambia.

Diaper Tip Sheet

for LWR BABY CARE KITS

With the popularity of disposable diapers in the United States it can be difficult to find cloth diapers to include in LWR Baby Care Kits. If you are having trouble finding cloth diapers in stores, you may find new or like-new diapers at yard sales or online through websites such as Craig's list. Several kit-makers have recommended alltogetherdiaper.com as a good source for diapers, pins and even socks. The site offers discounts on items to be donated to humanitarian aid and relief organizations.

Also spread the word in your congregation; someone may have cloth diapers stored away that they would be happy to donate. As long as the diapers are in like-new (no stains or holes) condition they can be included in the Baby Care Kits.

Otherwise, diapers can be made from flannel by using pinking shears to cut pieces approximately 22" X 27". If the flannel is especially lightweight, consider making the diapers two layers thick. It may also be necessary to zig zag the edges to prevent raveling. ►



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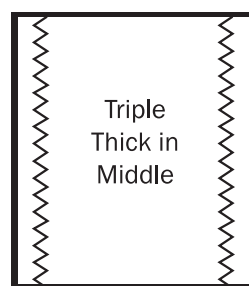
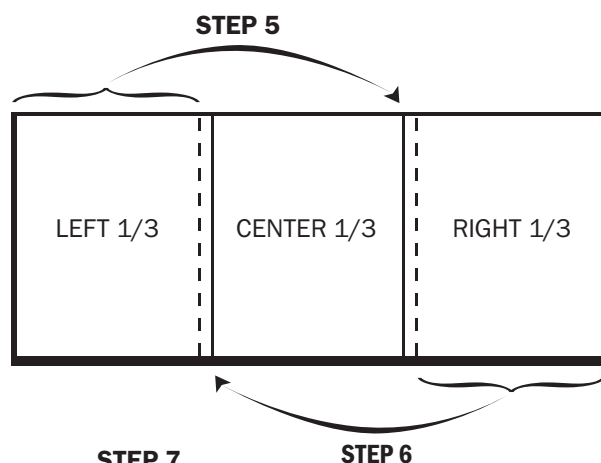
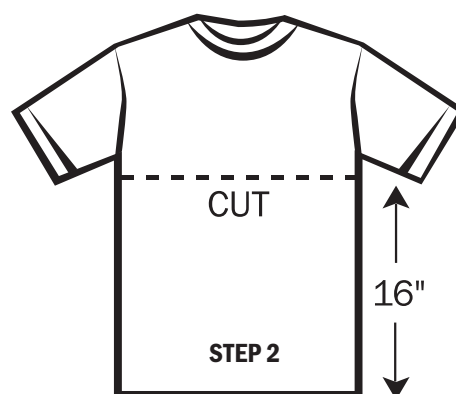
Lutheran World Relief is a ministry
of U.S. Lutherans, serving communities
living in poverty overseas.

Another alternative is to recycle used T-shirts into diapers with these easy instructions adapted from a pattern created by the ELCA Northeastern Minnesota Synod:

T-shirts should be 50% to 100% cotton, size Large or bigger. New or gently used T-shirts (no stains or tears), in any color is fine.

- 1** Cut off hem of T-shirt.
- 2** Cut off body of the T-shirt, below the sleeves as pictured to create a piece about 16" tall.
- 3** Cut up the center of the front of the T-shirt to create a long rectangular piece of fabric.
- 4** Trim fabric to measure 16" X 36" or 16" X 39" depending on the length available.
- 5** Fold the left third of the piece of fabric over to cover the center third. If there is a design on the t-shirt, fold so it is on the inside.
- 6** Fold the right third of the piece of fabric over to cover the center third, creating a three-layer piece.
- 7** Fold over the raw edge of the top layer and zig zag stitch where the three thicknesses meet on the left and right side.
- 8** Zig zag stitch the top and bottom so the diaper is closed on all sides.

Finished diaper is 12-13" X 16".



Complete instructions for assembling an LWR Baby Care Kit are available online at lwr.org/babycarekits or call 800.597.5972 to request a free copy of the Quilt & Kit Ministry Guide.

