

Diapers for Haiti Pattern and Sewing Instructions Made from recycled t-shirts

Supplies: t-shirts, 1/4" or 3/8" elastic, 1" Velcro

Check that the t-shirts are at least 80% cotton.

Wash and dry the t-shirts. Use dark colored shirts for the outside of the diaper, and light colors for the inside of the diaper. Stains are ok, but be sure to cut around any holes.

Sometimes you can get a nice design on the diaper, but see the cautions below. You can often get two full diapers out of a large t-shirt if the pattern is carefully placed. Sleeves often provide two "soaker pads"



and long sleeves are sometimes large enough to cut into a diaper.

Cut two hour-glass-shaped pieces and two-three rectangular soaker pads (4" x 11") for each diaper. Be sure to avoid seams and collars as they will cause discomfort to baby.



Please avoid stretchy shirts as they will make diapers which are too "saggy."

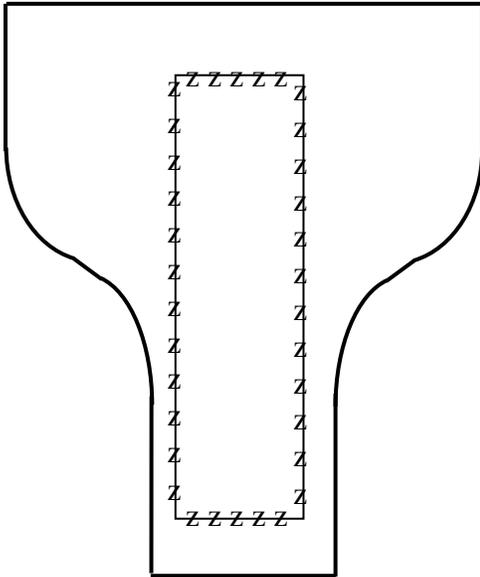
Also avoid using plastic-y screen prints as they will hold moisture against baby and cause diaper rash quickly in the hot climate. (Ink-printed pictures are ok.)



You can lay the pattern vertically or horizontally, but please avoid the diagonal.

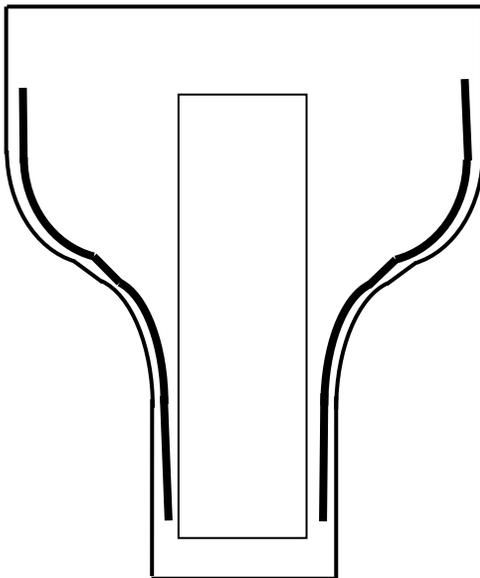
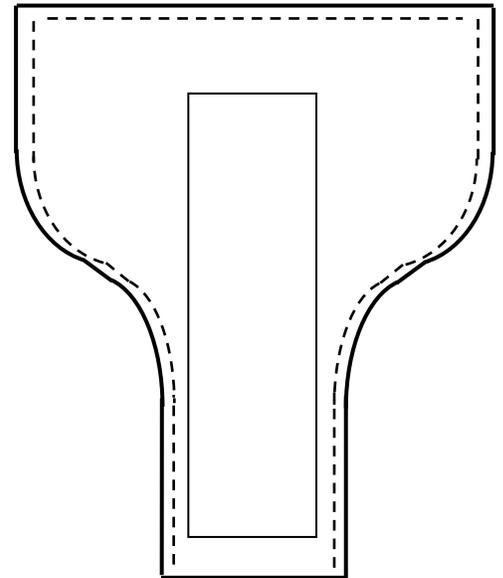
The finished diapers are two-layers thick so they will air-dry quickly after laundering.

To sew:



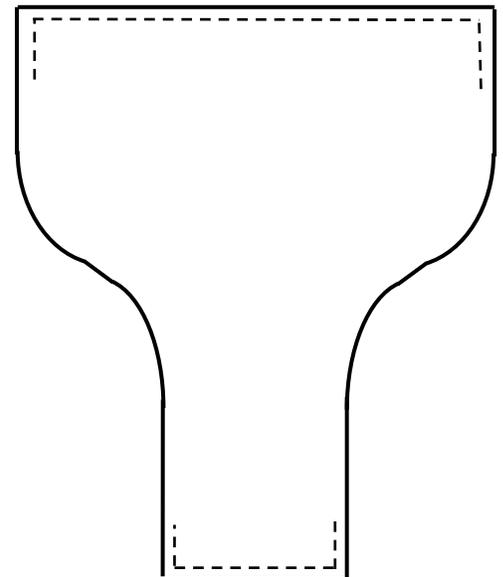
Center two (or three if the fabric is thin) rectangular soaker pads to the inside hour-glass shape. Sew them only on the one light-colored layer using a zig-zag stitch.

Align the piece with soaker pads to the outer hour-glass-shaped layer. (Soaker pads will be showing) and use a straight stitch to sew the two pieces together. Sew around the diaper leaving the short straight side open.



Stitch elastic around the curved sides (leg holes). Start about 2" from straight side. Use zig-zag and tack the end of the elastic to the diaper. Stretch the elastic very tightly while stitching to get a good "gathering" around the leg. Stitch to within 2" from the other straight side. Repeat on the other side.

Turn diaper right-side-out through opening on short straight side. The soaker pads will now be on the inside. Pull corners square on the long straight



side.



From where the elastic stops on one leg, use straight stitch and top stitch around the long straight side of the diaper to where the elastic begins again.

Pin the cut edges of the short straight side inward and topstitch – again from where the elastic ends on one leg to where it begins on the other.

Cut a four-inch strip of Velcro. Sew the “prickly” piece on the outside across the short straight side of the diaper. Cut the “fuzzy” piece in half. Sew about ½” of the Velcro on the outside of the long straight edge so it will lap over the “prickly” part in the front of the diaper. We use a straight stitch and sew a square around the edge of the Velcro and an X through the square. Round off the edges of the “fuzzy” Velcro flaps with a scissors.

We bundle 10 finished diapers together tying them with the hem cut off a t-shirt. It’s easier to keep track of how many you have when they are bundled.



There is a video of the sewing process at <https://youtu.be/BkI14v6EfgE>

Midwives for Haiti (M4H) is an organization which uses these cloth diapers in baby-packs in the rural areas of Haiti. Please check out their website: <http://midwivesforhaiti.org/>

When you have diapers completed, you can contact Brett at Midwives for Haiti (info@midwivesforhaiti.org or midwivesforhaiti@gmail.com or by phone: 804-545-6882) to receive information about where to ship your diapers. For example, you may be told when the next M4H volunteer is going to Haiti and ship your diapers directly to her to take along – or whether you should ship them to the M4H Richmond, VA location.

Any questions? I’ll be glad to help as best I can.

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Pattern – Cut twice as large as this: (mark off a grid of 1" by 1" squares and sketch a copy)
Actual Height is 15", Actual Width is 12.5"
Also cut a pattern of a rectangle which measures 4" by 11" for the soaker pads

