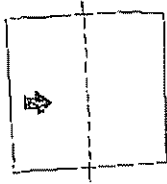


How to fold your Terry Nappies

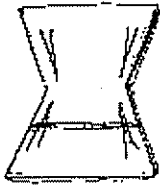
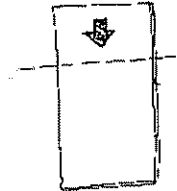
Square Fold

This one is great for tiny babies, and best of all for girls – although to make it a better nappy for boys, at step 2 simply fold the bottom section up until it's the right length for your baby, instead of the top section down! (Boys tend to be wetter at the front, girls are wetter in the middle/at the back).



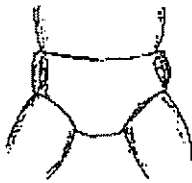
Fold the nappy in half lengthways.

Then, taking the nappy lengthways, fold the top section down until it's the right length for your baby. (To begin with, you might need to fold it into quarters).



Pinch the nappy inwards in the middle, to make a rough hourglass shape.

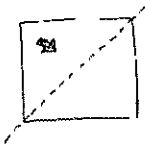
When you put baby onto the nappy, bring the front piece over onto the top of the legs, to maintain the hourglass shape.



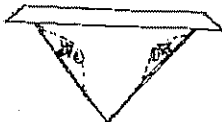
The nappy is then simply fastened by a nappy nipper stretched across it, or a pin at either side.

The Triangle Fold

This is a great general purpose fold which suits girls and boys, large and small. The only people I wouldn't recommend it for are wrigglers.

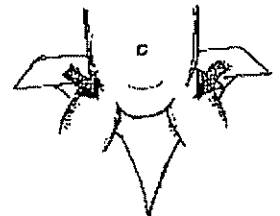


Take your nappy and fold it into a basic triangle shape. Then roll the top of the triangle down, until it is the right size for your baby (you will be able to do this automatically very quickly!)

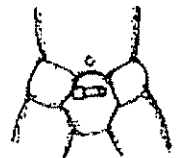


Gently roll in the sides of the nappy, round where the baby's thighs will be.

Then fold each side across baby's thighs, so that they're touching in the middle, and tuck them under baby's bottom to form a booster.



Next, pull up the middle part of the nappy, between the baby's legs. To make it look beautiful, tuck the central flap in behind the side pieces, and pin centrally, making sure that you catch both sides.

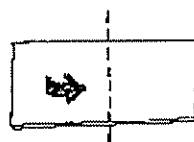


Easy Fold or Chinese Fold, or Origami Fold

This is a very good nappy and booster all-in-one, although I find it too small for older babies. Also the fold most commonly demonstrated at NCT classes!



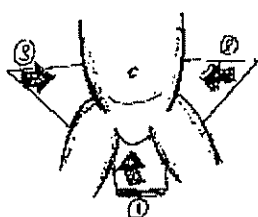
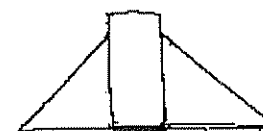
Fold the top half of the nappy down over the bottom half to form a rectangle. Now fold in half again, from left to right, so that there are two double folds across the top.



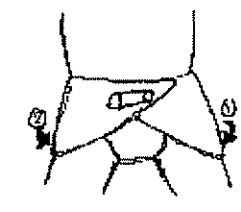
With your right hand, hold down the bottom three layers (1) of the lower right hand corner, and with your left hand pick up the top layer and pull it across to the left (2) as far as it will go, to make the shape on the right.



Flip the nappy over, and take the top two layers (the square part) of the nappy and fold them three times from left to right to form a central long thick rectangular strip, leaving the triangle underneath. Turn the nappy so the long side of the triangle is at the top.

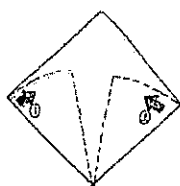


Place the baby on the nappy with the centre of the rectangle between the legs. Fold the centre of the rectangle up, over the baby, and fold the corners of the triangle over the rectangle and fasten with a pin or a nappy nipper. Finally, roll in the edges of the nappy around the tops of baby's legs, to make a neat finish.

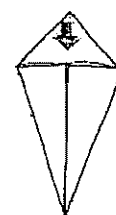


The Kite Fold

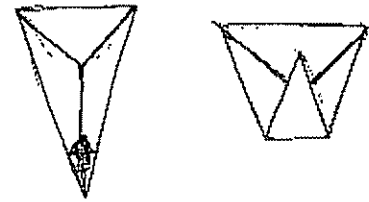
This seems to be the fold that most people know. I have to say, I don't find it particularly efficient, since there aren't enough layers of fabric in the crucial places. That said, it does seem better on smaller babies.



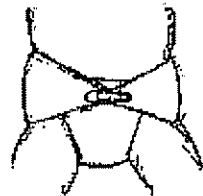
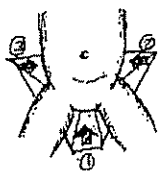
Spread the nappy out into a diamond shape and then fold the left and right corners into the middle. Then fold the top corner down to form a long thin triangle.



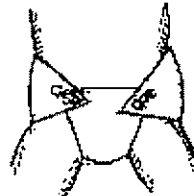
Take the bottom corner of the triangle, and fold it up until it meets the top corner of the nappy.



Place baby on the nappy, and fold the central panel up between the legs. Fold in the sides to meet across the middle and fasten with a pin, a nappy nippa or this one can be held in place with a wrap.



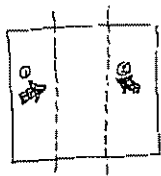
Baby



Toddler

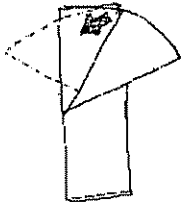
The T Fold

This is a tricky one to learn, I found, but really excellent for small and medium sized heavy-wetting boys. It is not very broad across the bottom and so is perhaps best used when you're not expecting poo.



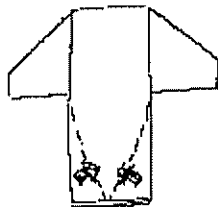
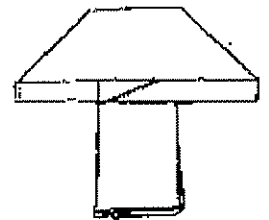
Fold the nappy into thirds lengthways.

Next, pull the top corner across and out, to form one side of the T.



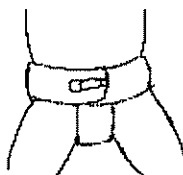
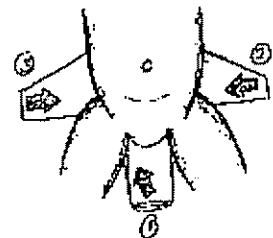
Now fold the second corner, which is now exposed, out to make a symmetrical shape.

Straighten up the nappy so it's a good T shape, and adjust so it will be wide enough round your baby's waist. Take some time over this, as it is the key to a successful fit.



Turn the nappy over, and roll in the edges of the 'tail' so that you have a thick pad at the front.

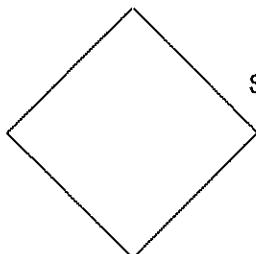
Place the baby on the nappy, and pull up the material between the legs, and then at either side.



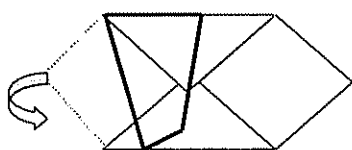
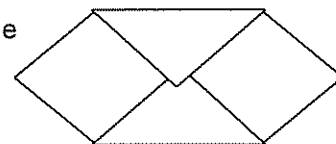
Now either pin the nappy centrally, making sure you have caught all three layers, or use a nappy nippa.

The Neat Nappy

This is very adaptable for all sizes, and remarkably durable!

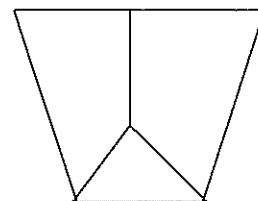


Spread the nappy out in a diamond shape, and bring up the bottom point until it is level with the side corners of the diamond. Fold down the top point until it meets the bottom.



Fold in the left hand corner, so that the top edge is level with the top fold.

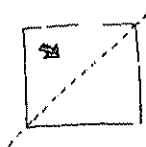
Repeat with the right hand corner.



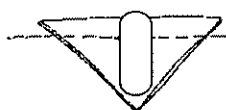
Place baby centrally on the nappy. Bring the central part of the nappy up between baby's legs, and stretch the corners to meet in the middle fasten either with one or two pins, or with a nappy nipper.

The Newborn Fold

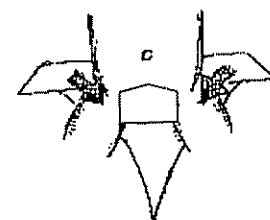
This is very similar to the triangle fold, but if you do this one with a muslin nappy, it is much less bulky for a newborn baby.



Take your muslin square and fold it into a triangle. Then, take the top left-hand corner of your triangle, and fold the nappy in half again to form a smaller triangle. Next, fold down the back of the smaller triangle, as before.



Take a terry booster, and lay it onto the triangle. Lay the baby onto the nappy, and pull the booster up over baby's bottom. Then take the sides of the triangle, and tuck them down over the booster.

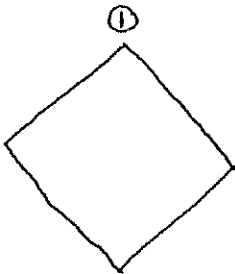


Then simply pull up the centre of the muslin, and pin firmly together, to hold the booster in place. Roll the edges of the nappy in around baby's thighs to make a poo barrier! This is a lovely absorbent, but not at all bulky nappy for a newborn baby, and will last a good 2-3 months.



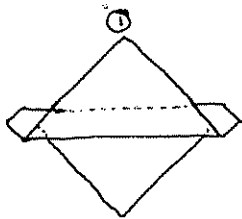
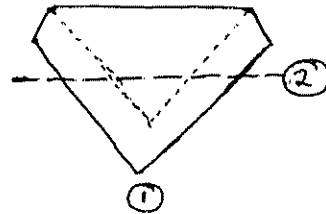
Gaynor's Fold

A great fold, especially on girls and heavy wetters, this gives you six layers of terry between the legs, and if you remember to roll in the nappy at the thighs when fastened, you'll find it's very good for poo containment too. This is one of my all time favourites especially when they outgrow the newborn fold.



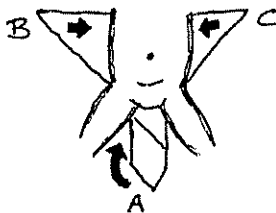
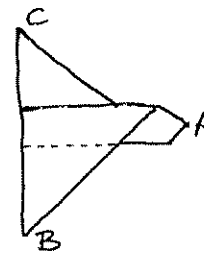
Start with your terry square laid out like a diamond.

Take top corner (1) and fold the nappy in half, pulling corner (1) down so that it overlaps the underneath half by about 4 inches.



Take the bottom corner (1) back up, folding the nappy at line (2).

Fold the nappy in half in the other direction, so you end up with a roughly triangular shape.



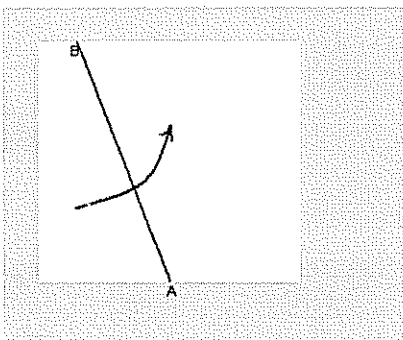
It helps to turn the nappy around at this stage so that the straight edge of the triangle is away from you and point A is pointing towards you!

Place baby on the nappy, you now have a folded pad 6 layers thick between baby's legs. Bring corner A up between the legs, and corners B and C around the waist, and use pins or a nappy nipper to secure it in place.

Tuck the nappy in at the thighs to improve containment!

Maria's Terry Fold for Boys

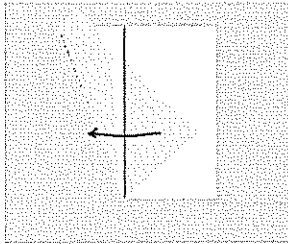
This one takes a while to learn, but seems to be a winner on the boys we've tested it on! Because it starts with a flat edge at the back, it doesn't waste fabric where it's not needed. It has 6 or 8 layers of terry at the front but only 1 or 2 at the back. So maybe not recommended if your boy does runny poos, but otherwise it's a winner. Despite its thickness at the front, this fold gives a really neat nappy with a fantastic fit – if your boy has a fat tummy, you can keep the nappy short in the rise and fasten it under his tummy. With the legs rolled in well I think it's slimmer than most fitted nappies. Try it and see what you think!



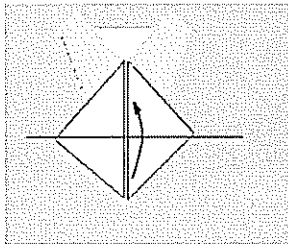
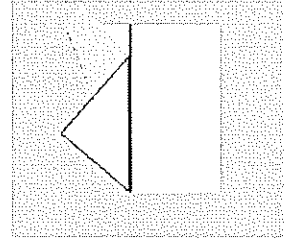
Lay out the nappy with one of the flat edges (ie, not a corner) towards you.

Fold along line AB: this is a line running from point A (the centre of the edge nearest you) to point B (3 or 4 inches from the top left hand corner).

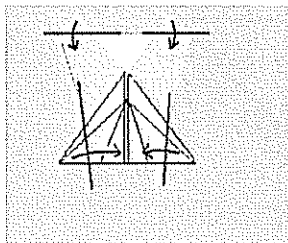
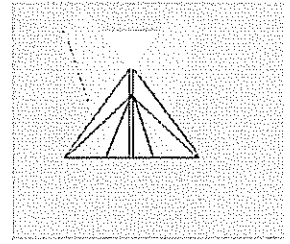
Adjust for a bigger baby by taking point B closer to the top LH corner, and for a smaller baby by taking it closer to the centre of the top edge.



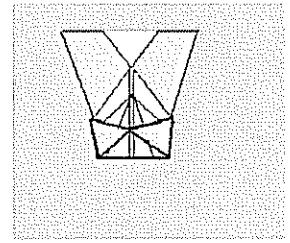
Now fold the top layer back along the midline of the nappy, as shown (left) and repeat on the other side until you have a 'fishy' shape..



Fold the bottom corner of the nappy up. Adjust the rise by folding more of the nappy up, giving a shorter nappy for a small baby, or by folding less of it up to give a longer nappy for a bigger baby. The flaps at the front can be left sticking out and folded round the baby..



.. but if you fold them in towards the centre, you get even more absorbency at the front. Tidy the nappy up by tucking the top "ears" backwards between the two layers at the top, and there you have it: very similar to the kite fold in shape, but with only 1 or 2 layers of fabric at the back, and 6 or 8 layers at the front, just where your boy needs it.



For best results, fasten with a Nippa and roll the legs in just before you fasten it.

If when you come to fasten the nappy you find you've made it a bit too narrow at the back, no need to fold the whole thing again - you can simply ease a little more fabric out of the folds at the top corners when you're doing it up.