

# Fact sheet: How to choose a style of reusable nappy

There are various styles of reusable nappies available in the market, and choosing the right one for your child can be overwhelming. Don't worry! This guide introduces the different styles of reusable nappies and provides you with simple tips to help you make an informed decision.

## All-in-one (AIO) nappies



All-in-One nappies are the closest in design to disposable nappies. They consist of a waterproof outer layer and an absorbent inner layer sewn together.

AIO nappies are easy to use, as they require no assembly or stuffing. They come in various sizes and have adjustable closures, such as snaps or Velcro, for a secure fit. These nappies are a great choice for busy parents or daycare settings.

## All-in-two (AI2) nappies



AI2 nappies consist of two main components - an absorbent insert and a waterproof outer shell.

The insert can be either snapped or laid on top of the shell.

The shell can be reused multiple times as long as it remains clean and dry.

## Pocket nappies



Pocket nappies have a waterproof outer shell with a pocket opening where you can insert an absorbent insert or booster. They offer flexibility, as you can adjust the absorbency to suit your baby's needs by adding or removing inserts.

Pocket nappies are quick to dry and are available in different materials, such as microfiber, bamboo, or hemp. They are a popular choice for their versatility and ease of use.



### Fitted nappies

Fitted nappies are highly absorbent and snug-fitting nappies that require a separate waterproof cover. They are made from natural fibres like bamboo, hemp, or organic cotton.

Fitted nappies provide excellent containment, making them ideal for heavy wetters or overnight use.

They require an extra step of putting on a cover, but they offer superior leak protection and are an excellent choice for long periods.



### Pre-fold nappies

Pre-fold nappies are rectangular-shaped, multi-layered cloth pieces. They require folding and fastening with pins or fasteners before putting on a waterproof cover. Pre-folds offer excellent absorbency and are budget-friendly. They come in various sizes, allowing for a customized fit. While they may seem intimidating at first, pre-folds are a reliable and economical option.

<p>Snappi fastener</p>	<p>Safety pin fastener</p>	<p>Boingo fastener</p>

# Nappy sizes

Nappies can come in fixed sizes or adjustable sizes.

Fixed sizes suit a child at a set point in time, and like clothes, you move up to the next size as baby grows.

Adjustable sizes cover the baby for the majority of their nappy wearing years. Depending on the size of your child at birth and at toilet training, you may need to explore sized nappies for very small babies (less than 3kg) and very large toddlers (over 20 kg).



## Newborn fixed size nappies

Suits: 1.5-8kg or  
0-3 months approximately



## Sized nappies

Small: suits 4-7kg approx  
Med: suits 6-11kg approx  
Large: suits 9-16kg approx



## One size / adjustable nappies

One size fits all (OSFA) or One Size fits most (OSFM) are designed to see baby through to toilet training.  
Suits babies 3.5-20kg approx.

Nappy sizes are a guide only, and you may need to consider other factors such as baby's height or build when getting the right fit. Sizing may also differ between brands, so you may need to try a few brands before you find the right one for you. Consider borrowing nappies from a [nappy library](#) or friend to try different brands before investing.

**LEARN MORE**  
[thenappyproject.com.au](http://thenappyproject.com.au)



**the  
nappy  
project**

This project is supported by the Circular Economy Councils Fund. The Fund is delivered by Sustainability Victoria under the Victorian Government's circular economy policy, Recycling Victoria: a new economy.

## Choosing an insert

You will hear references to bamboo, hemp, cotton or microfibre inserts, along with blends of materials. So let's learn what the differences are.



### Bamboo Inserts:

**Material:** Made from natural bamboo fibres.

**Pros:** Super absorbent, soft and breathable, good for sensitive skin.

**Cons:** Can be slow to dry, might lose some absorbency over time. Can develop ammonia buildup.



### Hemp Inserts:

**Material:** Made from hemp plant fibres.

**Pros:** Highly absorbent, durable, environmentally friendly. Very efficient crop. Natural and compostable at end of life.

**Cons:** Initially less soft, can take some washes to reach max absorbency. More expensive



### Microfibre Inserts:

**Material:** Synthetic fibres that wick away moisture quickly.

**Pros:** Very fast to achieve absorbency, dries quickly, affordable.

**Cons:** Might compress over time, potential for compression leaks. Potential micro plastic impacts on waterways.



### Cotton Inserts:

**Material:** Made from natural cotton fibres.

**Pros:** Soft, comfortable, and absorbent, suitable for most skin types. Natural and compostable at end of life.

**Cons:** Takes longer to dry compared to some other materials, might require more layers for heavy wetters. Very thirsty crop with a high water footprint.

*Remember, what's best can depend on your bub's needs and your preferences, so feel free to experiment to find what works best for you both!*

# Considerations

## 1. Absorbency

Consider your baby's needs, such as their age, weight, and frequency of nappy changes. Newborns may require more frequent changes and lighter absorbency, while older babies might need higher absorbency for longer durations.

## 2. Material

Look for nappies made from natural, breathable materials like organic cotton, bamboo, or hemp. These materials are gentle on your baby's skin and environmentally friendly.

## 3. Ease of Use

Consider your lifestyle and how much time you can dedicate to nappy changes. Some styles, like AIO or pocket nappies, are quicker to put on, while others, like pre-folds or fitted nappies, require additional steps.

## 4. Cost

Compare the costs of different styles, considering the number of nappies you will need, additional inserts, and accessories like covers or boosters.

Choosing the right style of modern cloth nappy for your baby doesn't have to be daunting. Assess your baby's needs, consider factors like absorbency, material, ease of use, and cost, and make an informed decision. Remember, every baby is unique, so don't be afraid to try different styles to find the one that suits your baby and your lifestyle best.