

# MODERN NAPPIES

Modern cloth nappies (MCNs) have transformed from the old-fashioned folded cloth nappies, commonly known as terry towels. They are now more user-friendly, compact, and available in a wide range of stylish designs. Whilst folded nappies can be useful for the newborn stage, MCNs come with improved designs and adjustable fastenings, making it easier to fit and use.



## How do I choose a style of nappy?

There are various styles of reusable nappies available in the market, and choosing the right one for your child doesn't have to 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.

## LEARN MORE

The Nappy Project is a joint project between 14 Victorian Councils. It offers free resources to make it easier for families to use reusable nappies and save money and reduce waste.

Visit the website for more information, including videos and resources:

[thenappyproject.com.au](http://thenappyproject.com.au)



Resources



Workshops

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## GETTING STARTED



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.

[www.TheNappyProject.com.au](http://www.TheNappyProject.com.au)

All information is correct as of July 2023



the  
nappy  
project

TIME FOR A CHANGE

# NAPPY SIZES

Choosing the right nappy size for your baby will depend on age and weight. Each brand may offer their own recommendation for the best fit of your baby. You can choose a fixed-size nappy or an adjustable nappy, such as a one size fits all (OSFA).



## Newborn

1.5-8kg  
0-3 months  
approx.



## Sized

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



## OSFA

3.5-16+kg  
3 months to  
toilet training



# NAPPY TYPES



## All-in-one (AIO)

AIO nappies are the closest in design to disposable nappies. They consist of a waterproof outer layer and an absorbent inner layer sewn together. They require no inserts, assembly or stuffing. Use as one piece, wash as one piece. Wash after each use.



## All-in-two (AI2)

AI2 nappies have two main components – an absorbent insert and a waterproof outer shell. The insert can be either snapped in place or laid on top of the shell. The shell can be reused multiple times as long as it remains clean and dry. Wash the inserts after each use.



## Pocket nappies

Similar to an AI2 nappy, however with a pocket that you can place the insert inside. You can increase the absorbency by adding extra inserts. Wash the shell and inserts after each use.



## Fitted nappies

Shaped nappy with multiple layers of absorbent materials such as bamboo, hemp, or cotton. Layers are sewn together to create a contoured shape. Wash after each use. They require a separate waterproof cover.



## Pre-folds

Fabric squares that can be folded into different shapes to suit the size of baby. Secure them with a safety pin or fastener, such as a snappi, and cover with a waterproof cover. Wash after each use.

