



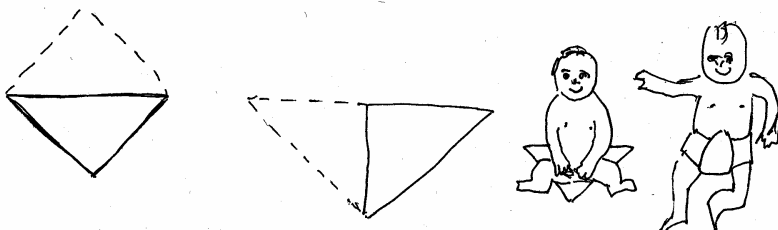
Folding Flat Nappies

Different folds work for different people. Try them out and see which works best for you – some give a neater silhouette than others, each gives different levels of absorbency in different places. Put the absorbency where you need it – usually at the front for boys and between the legs for girls. As your baby grows and changes shape, you may find that you need to change the type of fold – this is where flat nappies come into their own, because they are so versatile and can be customised to fit. If you have trouble following the instructions, ask for a demo!

For all folds, secure in place with a nappy nipper, pins or just a close-fitting wrap. If poo containment is an issue, or if the nappy seems too bulky round the legs to fit inside a wrap, roll the leg edges inwards against the thighs after fastening (easiest when using nippas or pins). It should be snug, not flappy. If flappy, you probably need to do the nappy up more tightly.

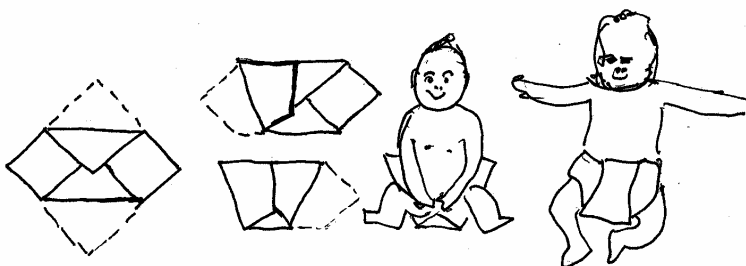
If using muslins on a newborn, fold into quarters first to make a small square and then use the terry folds shown below. Muslins usually last for the first 3-4 weeks before either being too small or requiring boosting.

The Triangle (for small babies)



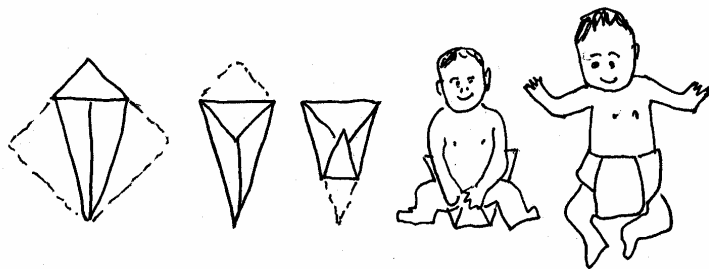
- 1) Fold the nappy in half to make a triangle.
- 2) Fold the nappy in half again to make a smaller triangle (omit this step if using a tiny terry/quarter folded muslin).
- 3) Place the baby on the folded nappy and join the three corners. If using a pin, pin horizontally across the baby's tummy inside the first fold to prevent the pin sticking into the baby if it comes undone.

The Neat Nappy



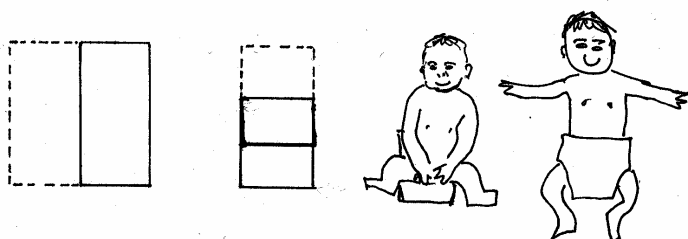
- 1) Spread the nappy out in a diamond shape, folding up the bottom so it is level with the other corners of the diamond.
- 2) Fold down the top corner so that it just overlaps the bottom corner.
- 3) Fold in the left corner so that the top edge is level with the top fold.
- 4) Fold the right corner in the same way
- 5) Place the baby on the folded nappy and join the corners.

The Kite



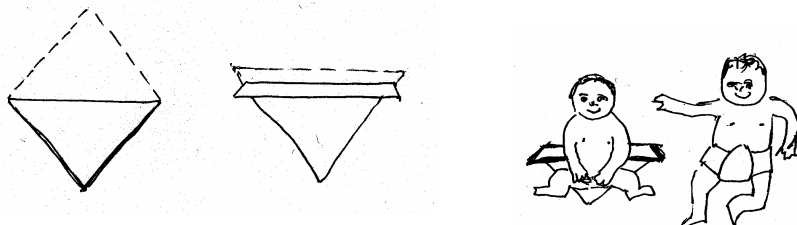
- 1) Spread the nappy out in a diamond shape, and fold the left and right corners in to the middle.
- 2) Fold down the top corner to form an elongated triangle.
- 3) Take the bottom corner up to meet the top corner.
- 4) Place the baby on the folded nappy, and join the sides.

The Rectangle (for small babies)



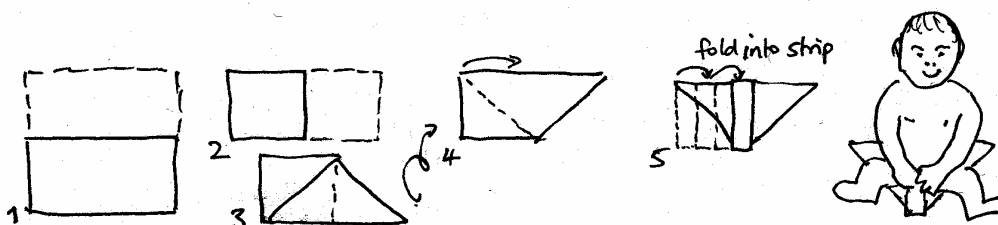
- 1) Fold the nappy in half to make a rectangle.
- 2) Fold the top third down for a girl and the bottom third up for a boy.
- 3) Place the baby on the folded nappy and join the corners.

The Triangle (for older babies)



- 1) Fold the nappy in half to make a triangle.
- 2) Fold down the top edge, adjusting the size to suit your baby.
- 3) Place your baby on the folded nappy and join the three corners.

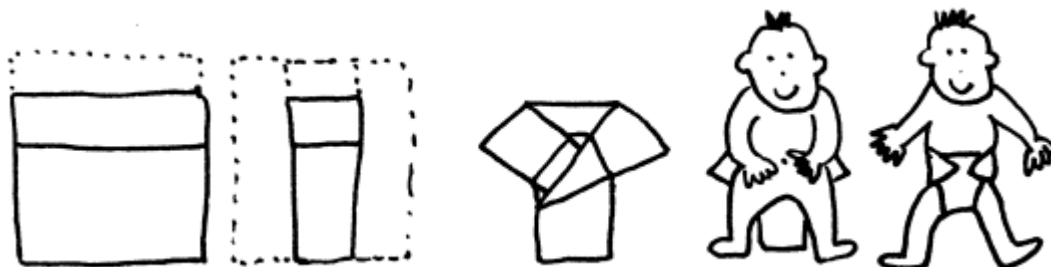
The Chinese Nappy



- 1) Spread the nappy out in a square shape, folding the top half down over the bottom to form a rectangle.
- 2) Fold in half again from right to left, so that there are now two double folds along the top.
- 3) With your left hand hold down the bottom three layers of the lower left hand corner, and with your right hand pick up the fourth lower left hand corner on the top layer and pull it across to the right as far as it will go so that you now have a square with a triangle attached.
- 4) Turn the nappy over so that the longest edge of the nappy is at the top.

- 5) Take the top two layers on the left and fold them over three times from left to right to form a central long thick rectangular strip, leaving the triangle underneath.
- 6) Place your baby on the triangle with the centre of the rectangle between the legs.
- 7) Fold the corners of the two triangles over the rectangle and fasten.

The Poo Catcher



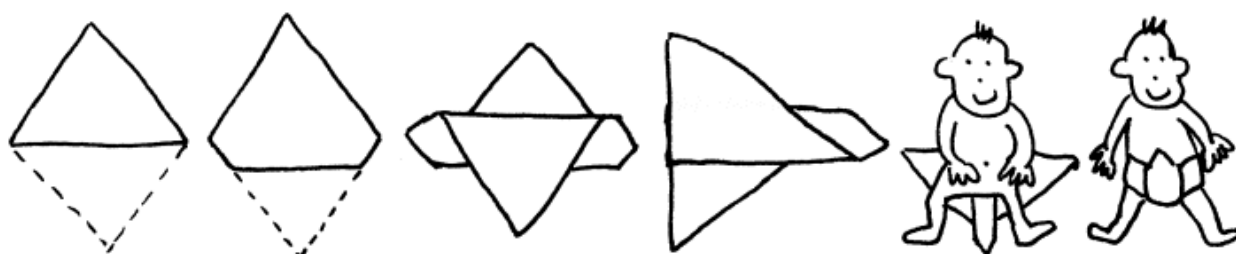
- 1) Spread the nappy out in a square shape, folding down the top quarter to form a rectangle.
- 2) Fold the left, then the right side in about a third to form a rectangle again.
- 3) Fold out the right flap diagonally, then carefully pull out the left flap diagonally so that you have a fan shape at the top and rectangle at the bottom.
- 4) Place your baby on the nappy and fold the rectangle up between the legs.
- 5) Fold the corner flaps over your baby's sides towards the rectangle and fasten.

Newborn Navel Fold (best with a muslin)



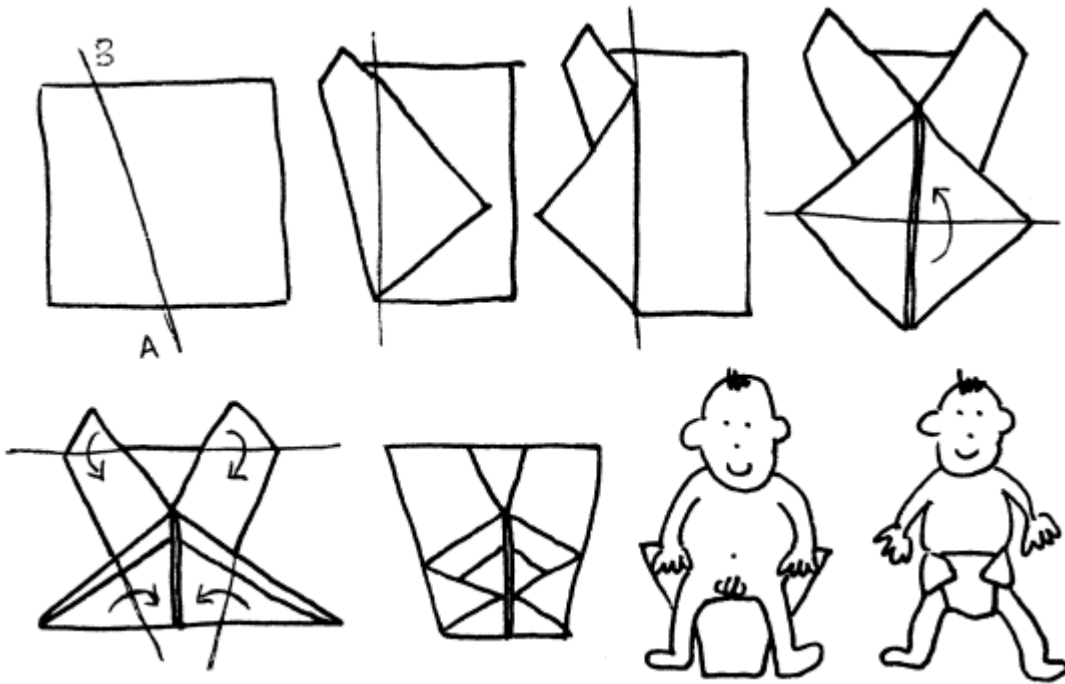
- 1) Spread the nappy out in a diamond shape and fold the top half down to make a triangle.
- 2) Fold into another smaller triangle.
- 3) Turn the nappy round so that the longest edge is at the top.
- 4) Place your baby on the triangle and fold up the bottom tip of the triangle between the legs.
- 5) Bring the sides of the nappy across the front of baby, then fold the points downwards and fasten.

The Gaynor Fold



- 1) Spread the nappy out in a diamond shape and fold the bottom half over the top half to form a triangle.
- 2) Holding the top tip of the triangle, pull a couple of inches further up so the tip of the top triangle is slightly higher than the tip of the triangle underneath.
- 3) Pull the tip of the top triangle half way down to make a diamond, leaving a pad in the middle.
- 4) Pull the left tip across to cover the right so that you have a triangle again (with a pad down the middle).
- 5) Turn the nappy round 90 degrees to the right so the middle pad runs top to bottom.
- 6) Place your baby on the nappy and fold the pad up between the legs.
- 7) Fold the corners of the triangle over the pad and fasten.

Maria's Boy Fold (advanced origami (!) but gives superior absorbency at the front)



- 1) Spread out the nappy with one of the flat edges (ie not a corner) towards you.
- 2) 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.
- 3) Fold the top layer back along the midline of the nappy.
- 4) Repeat on the other side so that you have a "fishy" shape.
- 5) 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.
- 6) The flaps at the front can be left sticking out and folded round the baby, or you can fold them in towards the centre to get even more absorbency at the front.
- 7) Tidy the nappy up by tucking the top "ears" backwards between the two layers at the top.
- 8) Place your baby on the nappy and fasten.
- 9) If when you come to fasten the nappy you find you've made it a bit too narrow at the back, ease a little more fabric out of the folds at the top corners when you're doing it up.

Pad Fold

Fold corners of nappy into centre, making a smaller square. Fold into 3 making a rectangle, which can be tucked into a close-fitting wrap and done up.