

Flat Nappy Folds



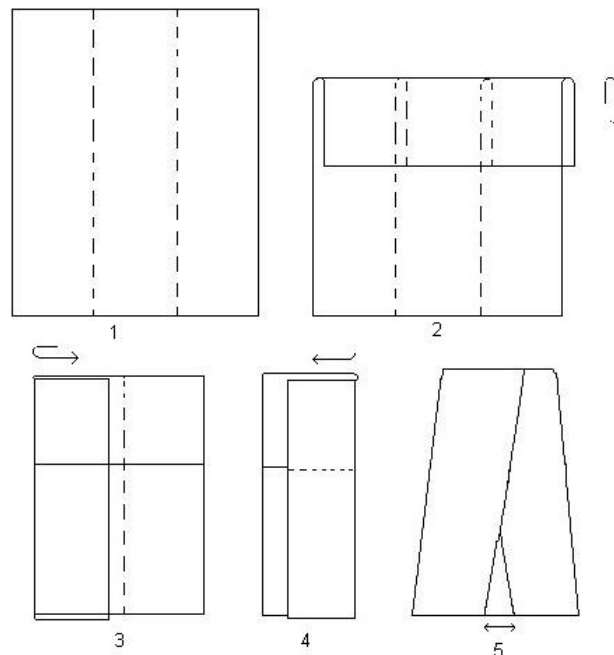
The Boy Fold (Using a Prefold)

Because of the first step, it retains its fanned and folded shape well

As it provides the bulk at the front, it is especially good on boys

Best used with a wrap designed specifically for prefolds, as these are shallower cut than other wraps which might also work, so they hold the prefold in place better.

1. Lie prefold in front of you with centre panel in the middle
2. Fold over around 2" towards you
3. Fold over the left hand panel of the prefold towards the right hand side
4. Fold over the right hand panel of the prefold towards the left hand side and tuck into the opposite fold. This keeps the pad folded shape secure
5. Fan the edges so that there is a larger area of prefold under baby's bottom. Turn the whole thing over, place into wrap, and place a liner on top



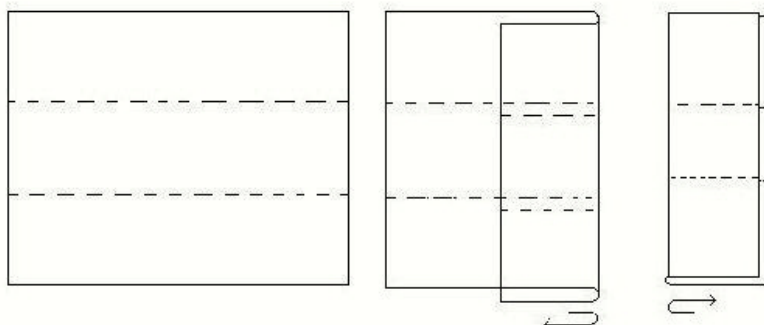
The Girl Fold (Using a Prefold)

The standard way of folding a prefold into a wrap designed for this type of nappy.

This gives a thicker section in between the legs, and so is especially suitable for girls

Folding a prefold this way means that there is no fanning of the prefold under the bottom area (because nothing to fold the front in place as you spread the back), so is probably better kept for heavier wetting girls, and use the boy fold for better bottom comfort with average wetters.

Have the thicker section running from left to right and then fold it into thirds



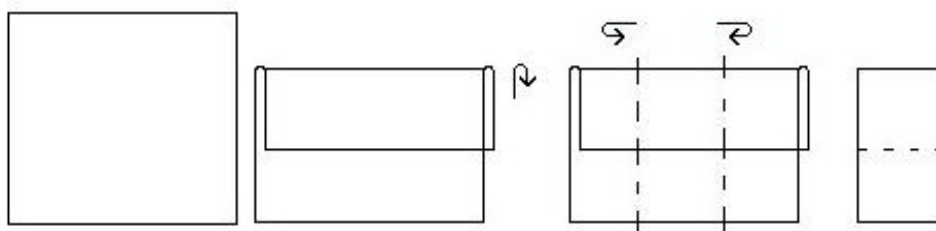
Pad Folding a Terry

This produces no extra thickness in the middle, unlike a prefold

If using a standard modern (ie thin) terry, fold down one end first to reduce length as required (and provide bulk at front) and then fold into thirds. Flare bottom end for comfort

If using one of the thicker quality terries (such as bright bots), use the smaller size 50cm x 50cm (for an older child, or 40cm for a newborn) so that no end folding is required - otherwise the pad fold may be too thick

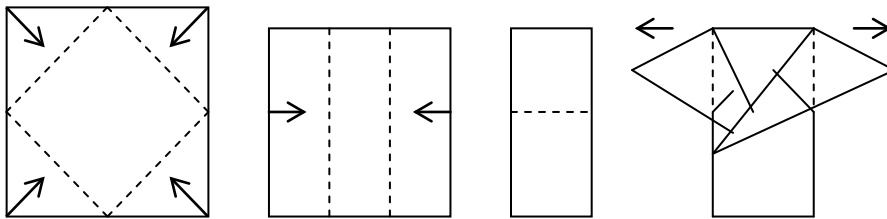
If using a 50cm nappy with a small baby (and wrap), it may be better to fold down length, then into half and then half again (ie into quarters, not thirds), thus reducing the width between the crotch. But this provides no bottom flaring



The Cone fold (similar to the poo catcher)

Works well on small babies right up to larger kids. Provides absorbency where it's most needed, slim on hips.

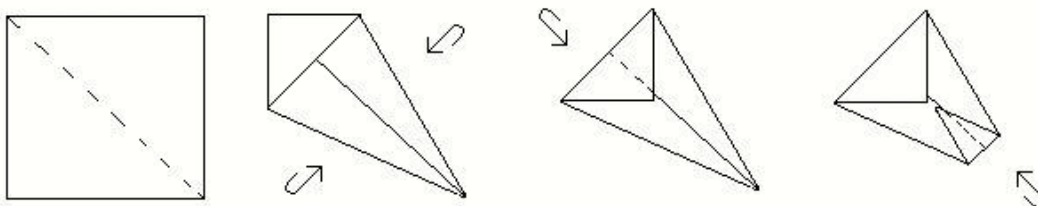
1. Lay the terry flat and fold all four corners into the centre, to make a smaller square.
2. Move the diamond shape round so you're looking at a square shape again.
3. Fold in 1/3 from the left and 1/3 in from the right.
4. Holding this pad lightly about halfway down on the left, fold out the right flap and do the same for the left flap underneath



The Kite Fold

Quite a large fold, more bulky round the legs. Limited absorbency, but good to use to support a pad for overnight use. When on, tuck terry in underneath the legs to provide better containment and a neater fit.

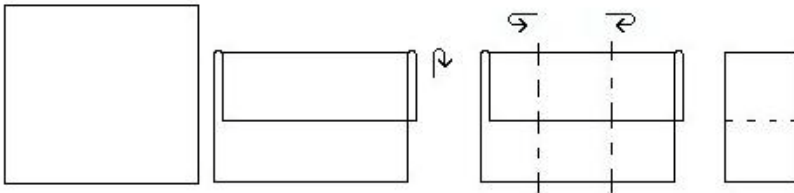
1. Lay terry flat, and imagine a diagonal line running from top left to bottom right corner.
2. Fold bottom left and top right corners in to meet on your imaginary line.
3. Fold top left corner down towards bottom right.
4. Fold bottom right corner up as far as needed, adjust to suit baby's size.



The Pad Fold

Good for older babies (4-5 months plus) used inside any velcro-fastening gusseted nappies. Very absorbent, yet neat - no excess fabric over baby's hips. Excellent inside another shape folded terry as a mighty booster for an overnight nappy. May suit a boy best, as thicker fold is at one end.

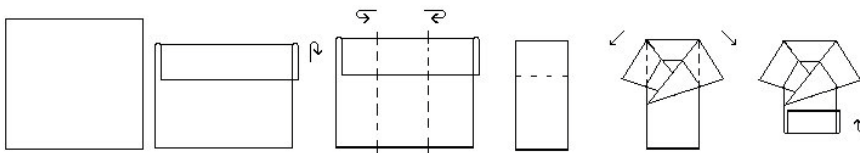
1. Fold over the top 1/3 (along a horizontal line)
2. Fold the nappy (along the vertical line) into quarters or thirds depending on the width of nappy required



The Poo Catcher

Does what it says! Good for pre-weaning babies

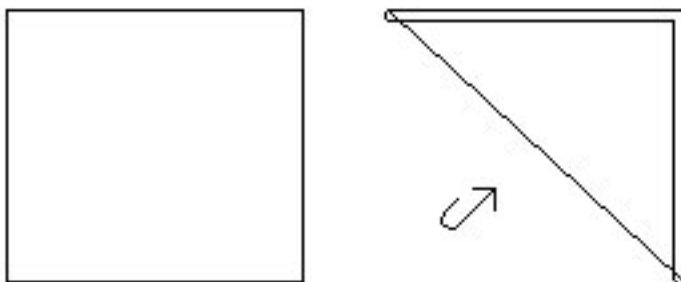
1. Lay the terry flat in front of you and fold down approximately 1/4 along the back end
2. Fold in 1/3 from the left and then 1/3 in from the right
3. Holding this pad lightly about halfway down on the left, fold out the right flap and do the same for the left flap underneath
4. Fold up the front end as much as is required for your baby's size



The Triangle Fold

The largest and least absorbent of terry folds. Could be used to support a pad for night time use

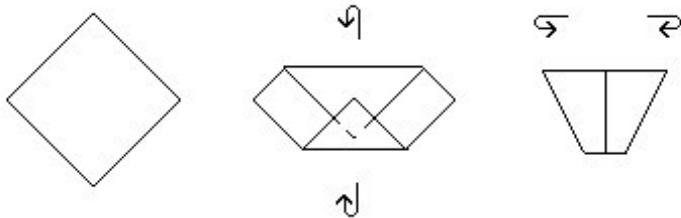
1. Fold nappy in half - making a triangle!
2. When centre point is between baby's legs, and sides brought round to fasten, you can tuck in under the legs, to reduce bulk and improve containment.



The Neat Fold

Essentially the same as the kite, just folded in a different order

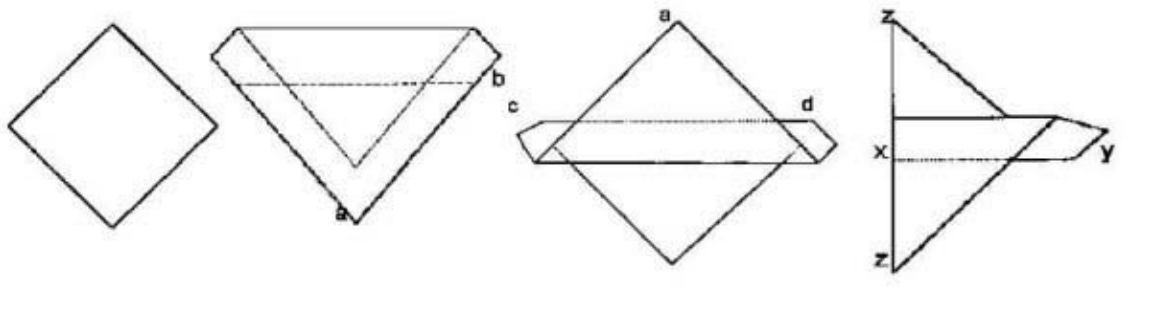
1. Lay terry flat, so that a corner is nearest you
2. Fold the top and bottom corners towards the centre. How far you fold depends on the size of nappy required
3. Fold the right and left corners in to meet at the middle of the waistband (uppermost) edge



Gaynor's Terry Fold (for girls)

As this gives a very trim fit around the legs and upper thighs, it is probably better for a girl than a boy.

1. Place nappy in front of you
2. Bring top corner down to bottom corner and then overlap by about 4"
3. Take bottom corner **a** back up, folding nappy at **b** (other dotted line is underneath)
4. Fold **c** over to **d** to give a triangle with a bit sticking out!
5. **X** is a pad of 6 thicknesses and tuck the ends(**y**) in to make it tidier.
6. Put baby's bottom on **x** with legs astride **y**, bring **y** up between legs and bring corners **z** around waist to pin or nappi nippa

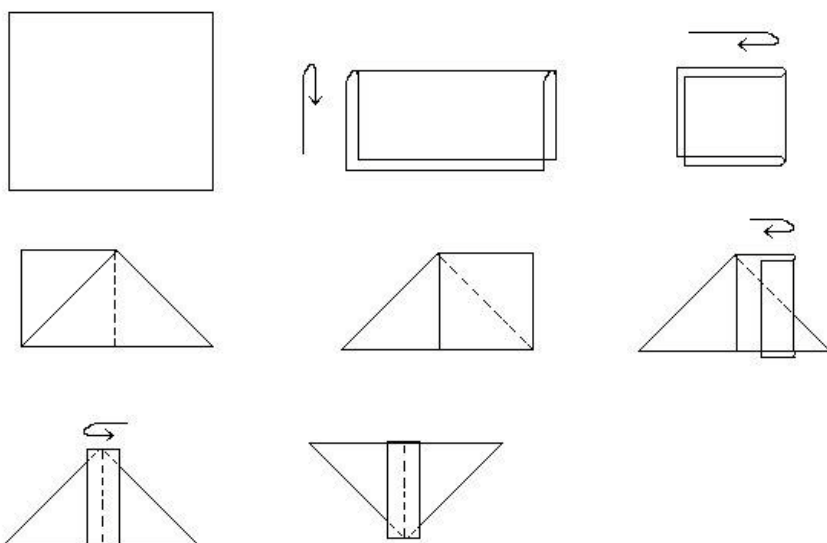


The Bat/Butterfly/Chinese Fold

Good for newborns - small yet all encompassing - helps to contain runny poo

Very absorbent

1. Fold terry into quarters, have corners at the top left
2. Using left hand, hold down bottom 3 corners
3. With right hand pull top corner out to the side
4. Without disturbing the folds, turn the whole nappy over
5. Fold one third of the square part in. The distance remaining should be half of the amount folded
6. Turn nappy round so the bottom of the triangle goes between baby's legs.



This fold can be enlarged to fit an older child - support the bottom waist edge of the nappy with one hand, using the other hand pull the rectangular pad sharply down to increase overall back to front length.

