Recycle used T-shirts into diapers

*Instructions adapted from a pattern created by the ELCA Northeastern Minnesota Synod*

T-shirts should be 50% to 100% cotton, size Large or bigger. New or gently used T-shirts (no stains or tears) in any colour are fine.

2. Cut off body of the T-shirt, below the sleeves as pictured to create a piece about 16” tall.
3. Cut up the center of the front of the T-shirt to create a long rectangular piece of fabric.
4. Trim fabric to measure 16” x 36” or 16” x 39” depending on the length available.
5. Fold the left third of the piece of fabric over to cover the center third. If there is a design on the t-shirt, fold so it is on the inside.
6. Fold the right third of the piece of fabric over to cover the center third, creating a three-layer piece.
7. Fold over the raw edge of the top layer and zig zag stitch where the three thicknesses meet on the left and right side.
8. Zig zag stitch the top and bottom so the diaper is closed on all sides.

Finished diaper is 12–13” X 16”.

For complete instructions on how to assemble a Baby Bundle please visit www.clwr.org or call 1.800.661.2597