



# Diaper Choices

*Choosing the right fit for your family*

All new parents must decide on the right diaper for them and their baby. This handout describes the different types of diapers and gives basic information about diaper services.

Please ask your pediatrician if you have questions.

## Disposable Diapers

### Popular Brands

- Huggies
- Pampers
- Luvs
- Seventh Generation
- Earth's Best
- Tushies
- Private label brands such as Kirkland (Costco), Up & Up (Target), WalMart

### Where to Buy

- Grocery stores
- Natural food stores
- Online
- Price clubs

### Cost

The costs of disposable diapers range from about \$10 to \$40 for a box of 40 newborn-size diapers.

Pros	Cons
<ul style="list-style-type: none"><li>• Easy to use and very absorbent, especially helpful at night</li><li>• Fit snug around baby</li><li>• Easy to use while traveling</li><li>• Affordable, especially if bought in bulk at Costco or Sam's Club</li></ul>	<ul style="list-style-type: none"><li>• Chemicals used in manufacturing may irritate newborn skin – most babies do not have a problem</li><li>• Create a lot of environmental waste – the Environmental Protection Agency reports that waste from disposable diapers totals over 3.1 million tons every year</li></ul>

## Cloth Diapers

There are different types of cloth diapers. These include:

- Prefolded cloth inserts that are used along with a waterproof cover
- All-in-one styles that have inserts and covers together

Cloth diapers come in sizes ranging from newborn to toddler. You can also buy “one-size fits all” types that adjust with snaps or Velcro as your baby grows.

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Perinatal Education:  
206-598-4003

Maternal and Infant  
Care Clinic:  
206-598-4070

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### Popular Brands

- Fuzzi Bunz
- Bumgenius
- Diaperaps
- Real Nappies
- Sage Diapers
- Kushies

### Where to Buy

- Online (*Amazon.com*)
- Retail stores in Seattle: Birth and Beyond, Kid’s Club, and Kids on 45th

### Cost

The costs of cloth diapers vary widely. All-in-one diapers cost about \$15 to \$20 each. Prefolded diapers, that are used inside of a cover that snaps or closes with Velcro, usually cost less – 12 prefolded inserts cost about \$20. Quality Velcro covers are about \$10 each.

Pros	Cons
<ul style="list-style-type: none"> <li>• Much more absorbent now than in the past</li> <li>• Many fabric options including polar fleece, wool, and bamboo</li> <li>• Washing your own cloth diapers is cheaper than buying disposable diapers</li> <li>• Very little environmental impact</li> </ul>	<ul style="list-style-type: none"> <li>• Costly at first, often over \$100</li> <li>• Many daycares and caregivers will not use cloth diapers</li> <li>• Need to be changed more often, especially at night</li> <li>• May be inconvenient to use and clean while traveling</li> </ul>

### Hybrids

*gDiapers* are “hybrid” diapers that have a waterproof Velcro cover and an insert that is thrown away after use. The insert can either be flushed down the toilet (break up the contents with the plastic wand that is included) or composted. The cloth cover can also be used over prefolded cloth diapers.

These hybrids are well-made and absorbent, but they need to be changed more often than disposables. To learn more, visit [www.gdiapers.com](http://www.gdiapers.com) and watch the instruction video.

### Diaper Services

Diaper services deliver and collect quality cotton diapers and waterproof covers once a week. The company provides a diaper pail. The cost depends on how many diapers are used, but it is usually about \$70 to \$80 a month. See [www.seattlediaper.com](http://www.seattlediaper.com) for more information.