

## Diaper Choices

*The right fit for your family*

*This handout describes different types of diapers for babies. It includes the pros and cons for each type, and gives popular brand names.*



*Ask your pediatrician if you have questions about the best diaper for you and your new baby.*

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

#### Where to Buy

- Grocery and natural food stores
- Online
- Price clubs

#### Cost

It costs about \$10 to \$40 for a box of 40 disposable diapers.

Pros	Cons
<ul style="list-style-type: none"><li>• Easy to use, absorbent</li><li>• Fit snugly around baby</li><li>• Easy to use when traveling</li><li>• Affordable, especially if bought in bulk</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. Waste from disposable diapers totals over 3.1 million tons every year</li></ul>

## Cloth Diapers

Types of cloth diapers 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.

### Popular Brands

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

### Where to Buy

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

### Cost

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. A dozen (12) prefolded inserts cost about \$20. Quality Velcro covers are about \$10 each.

Pros	Cons
<ul style="list-style-type: none"><li>• Very absorbent</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>• Low 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 harder 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 cost depends on how many diapers are used, but it is usually about \$20 to \$25 a week.

Here are the websites of two diaper services in the Puget Sound area:

- <http://babydiaperservice.net/>
- [www.diaperstork.com](http://www.diaperstork.com)

### Questions?

Your questions are important. Call us if you have questions or concerns.

Perinatal Education:  
206.598.4003

Maternal and Infant Care  
Clinic: 206.598.4070