



Cloth Diaper Consultation Worksheet



Your Name: _____ Date: _____

Ages of children in diapers: _____

Why do you want to use cloth diapers? _____

How familiar are you with using cloth diapers? _____

Do you (check all that apply)

Stay At Home Hire a Baby Sitter while you work Use Daycare

Have family watch your child/ren Work at home (no babysitters)

If you work outside of the home, how many hours/day and days/week? _____

How often do you use a babysitter for personal outings? (hours/week) _____

If you use a babysitter or daycare, are they open to using cloth diapers? _____

How much (approximately) do you have to spend on cloth diapers? _____

How often do you plan to wash diapers? _____ Do you have a washer/dryer? Y / N

Do you mind folding diapers? Y / N Would you buy used diapers? Y / N

Do you have a preference on:

The style of diaper? _____

The style of cover? _____

The fabric? _____

The way a diaper fastens? _____

Simple Suggestions

- For **multiple children in diapers**, consider one-size diapers, or plan your purchases in gender-neutral colors so your diapers can be handed down through your children.
- For **daycare and/or frequent baby sitters**, consider all in ones, pockets (pre-stuff them), fitted diapers (with hook and loop or snap closure cover). How many you'll need will depend on how many diaper changes will occur while out of your care. For all day, consider 5-12 (depending on the age of your child) and wash every day or two. For a few hours, a diaper or two may be sufficient. Of course you will still need other diapers to use at home – it can be the same style or something like prefolds if finances are a concern. If your care provider is uncertain about cloth diapers, leave a copy of The Cloth Diapering Handbook with them, and give them a short tutorial yourself on the type of diapers you will supply.
- For **parents new to cloth diapers**, consider contours, fitteds, pockets, all in ones or all in two's.

These diapers require no folding, and only the contours and fitteds require covers.

- For the **Stay at home or work at home parent**, just about any diaper will work for you. What is your preference?
- For the parents who plan to **wash frequently** you can get away with a days worth of diapers if you don't mind washing every day. Typically, parents find it easiest to wash every 2-3 days (any longer is not recommended), so buy enough diapers to get through each day.
- For **parents without a washer/dryer**, your best bet will be to go with the easiest diapers to wash and dry so they wash easily and dry quickly at a laundromat. This would include flatfolds, prefolds, pocket diapers, all in two's, most one-size diapers and contour diapers. You can even get away with washing them, and then bringing your still-wet diapers home to hang dry. Your best bet for this would be flatfolds first, and prefolds second.
- For the **parent or caretaker who doesn't mind folding**, flatfold diapers or prefold diapers can work for you. There is more effort involved with these diapers, but they wash and dry easily and are very affordable.
- For **parents who have a large budget**, you may enjoy the luxury of new all in ones, pocket diapers, wool in ones and other higher-end diapers.

What about covers?

The cheapest covers are nylon and vinyl. Next is Polyurethane Laminate covers (PUL) which are the most common. After this you'll also find fleece and wool covers. The style of diaper can be pull-up (can leave feces on the legs if there has been a blowout inside the cover), hook and loop (can wake and startle a sleeping baby, but is otherwise adjustable and convenient), and snap (front and side). Obviously a cover that opens and closes is preferably for daycare and babysitters. You don't need to change covers with each diaper change, but it is helpful to leave at least two with a care provider and at least two on hand at home.

Quick Change Key:

Generally, your infant will wet or dirty a diaper 10-12 times per day. Older babies will wet/dirty about 8-10 times per day. A toddler will wet/dirty about 5-8 times per day.

What is YOUR preference?	How many changes per day will occur out of your care?	What does your care provider request for diapers, covers, and fasteners (if applicable).	# of diapers needed for care provider for ONE day:
			# of diapers for home use during ONE day:
			How often you'll wash: Add number of diapers and multiply by the number of days between washings:
			Total # of diapers and styles needed:

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