

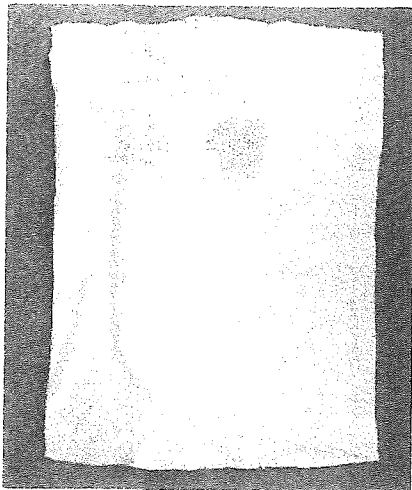
**Global  
Health  
Ministries**

*Helping the hands  
that heal*

## Making T-Shirt Diapers

Global Health Ministries' partners have told us they would like cloth diapers included in the Newborn Kits we send overseas. Health workers often use these kits as a gift to encourage young women to seek prenatal care during their pregnancies. We know it can be challenging to find cloth diapers in stores. But, old t-shirts make excellent cloth diapers!

We like the idea of making good use of something that might otherwise be disposed of, so here are simple instructions for recycling your old t-shirt into something useful for a young woman in the developing world. Light, absorbent flannel also works well.



*Many thanks to GHM friend  
Cindy Konewko for her help with  
this pattern.*

## T-Shirt Diapers Guide

*Please follow these directions carefully*

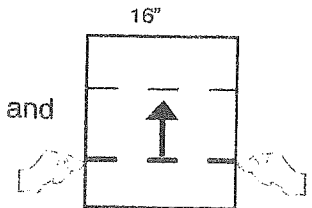
1. Cut hem off bottom of t-shirt. T-shirts that are adult size large or larger and at least 50% cotton are best. Any lighter color is welcome (some dyes in bright or dark colors can irritate newborn skin) and writing can be folded toward the inside.



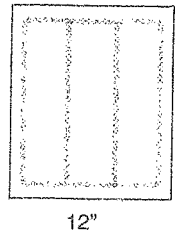
2. Cut body of t-shirt off just below sleeves. Your piece should be about 16" tall.



3. Rotate shirt so that the closed ends are at the top and bottom. Grab the cloth about a third of the way up on opposite sides, lift and fold up, so that the cloth is double thickness in the middle. After folding, the piece should be about 12" x 16".



4. Sew around center panel with zig zag stitch to secure. Sew edges of t-shirt material, so diaper is closed on all sides. The finished diaper should be about 12" x 16".



Please send two diaper pins with each Newborn Kit. Thank You!

**PLEASE MAIL OR DELIVER TO:**

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