



## 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.*



## 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.*

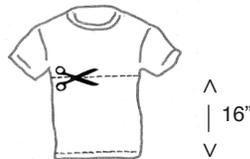
# T-Shirt Diapers Guide

Please follow these directions carefully

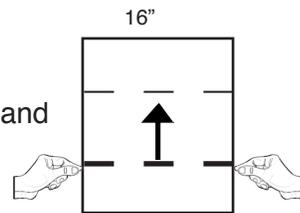
1. Cut hem off bottom of t-shirt. T-shirts that are adult size large or larger and at least 50% cotton are best. Any **lighter color** is welcome (some dyes in bright or dark colors can irritate newborn skin) and writing can be folded toward the inside.



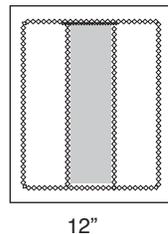
2. Cut body of t-shirt off just below sleeves. Your piece should be about 16" tall.



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:

GLOBAL HEALTH MINISTRIES  
7831 HICKORY STREET NE  
MINNEAPOLIS, MN 55432

Phone: (763) 586-9590 • Fax: (763) 586-9591  
E-mail: office@ghm.org • Website: www.ghm.org

# T-Shirt Diapers Guide

Please follow these directions carefully

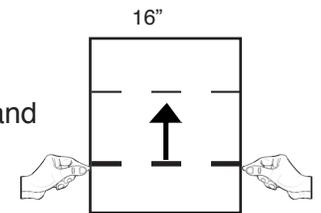
1. Cut hem off bottom of t-shirt. T-shirts that are adult size large or larger and at least 50% cotton are best. Any **lighter color** is welcome (some dyes in bright or dark colors can irritate newborn skin) and writing can be folded toward the inside.



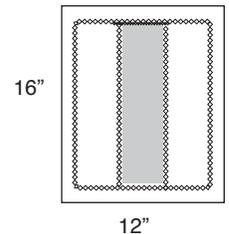
2. Cut body of t-shirt off just below sleeves. Your piece should be about 16" tall.



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:

GLOBAL HEALTH MINISTRIES  
7831 HICKORY STREET NE  
MINNEAPOLIS, MN 55432

Phone: (763) 586-9590 • Fax: (763) 586-9591  
E-mail: office@ghm.org • Website: www.ghm.org