

# Making a gDiaper insert

Materials: I chose to use microfiber as an absorbent layer because it was easy for me to get and inexpensive. I bought an 8 pack of 14"x14" auto cleaning cloths and this was enough for 8 of my inserts. Microfiber is so absorbent that it will dry our your baby's skin if it rubs against it, possibly causing a rash, so it's best to cover it with another layer of fabric.



I picked fleece for the top layer to provide a dry feeling for the baby. I was worried about daycare or babysitters possibly putting the insert in the diaper upside down, so I choose 100% cotton flannel for the bottom layer to completely enclose the microfiber.

PREWASH all of your fabric!

Pattern: I made the pattern for my inserts out of newspaper. You can print out the last page of this tutorial and trace it onto newspaper also. (Just ignore any clipping which might happen at the edge of the image and print it out at 100%) The larger shape is half of a M/L gDiaper insert and the smaller one is half of the size small. Just place the straight edge along a fold in the newspaper to make it twice as long.

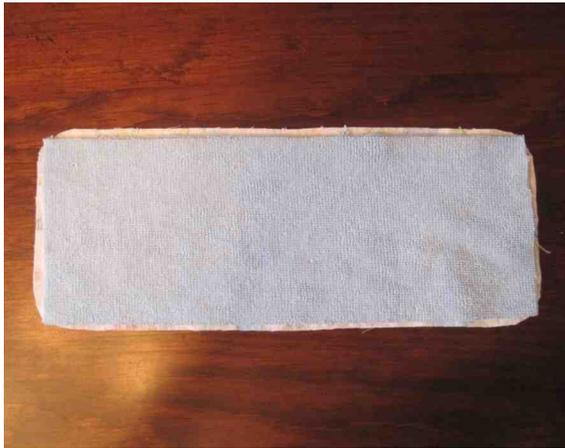
M/L is 5.25" x 13"  
S is 4.5" x 11"



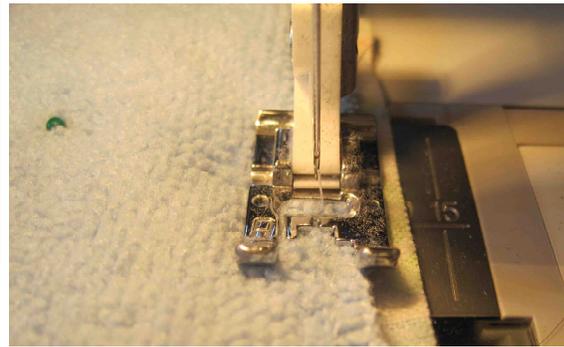
Cutting: Pin the pattern to your fabric for the top and bottom layers of your insert and cut it out.

Cut out 2 layers of microfiber in 4.75" by 12.5" rectangles (4"x10.5" for smalls)

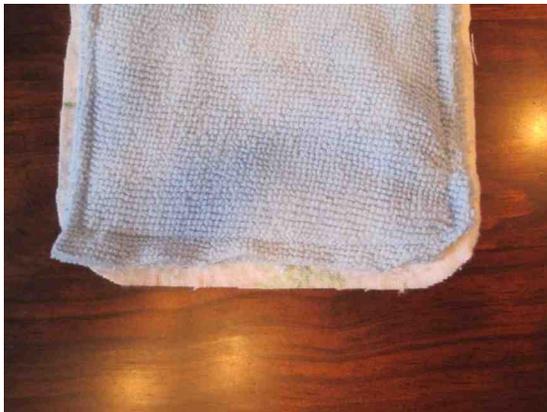
Sewing: Lay the 2 layers of microfiber down on the WRONG side of the bottom layer, centering them.



Stitch  $\frac{1}{2}$ " from the edge of the bottom layer. This should be about  $\frac{1}{4}$ " from the edge of the microfiber. It's important to stitch through all 3 layers the entire way around.



Trim off any microfiber that you can see from the other side of the flannel, like at the corners.



Place the fleece on top of the microfiber layers, right side up. Pin in place and sew around the edges with a zig-zag stitch.



This is what the insert looks like in a size medium gDiaper.



5.25 x 13

4.5 x 11

fold