

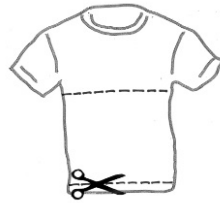


T-SHIRT DIAPERS

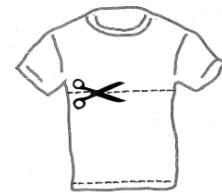
Cloth diapers are included in GHM Newborn Kits, which are often used by health workers as a gift to encourage women to seek prenatal care during their pregnancies. We know it can be challenging to find cloth diapers in stores, but, old t-shirts make excellent cloth diapers! We like the idea of making good use of something that might otherwise be discarded, 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.

Note: T-shirts that are size large or larger and at least 50% cotton are best. Any lighter color is welcome, and writing can be folded toward the inside.

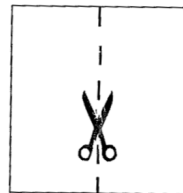
Step 1. Cut hem off bottom of t-shirt.



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



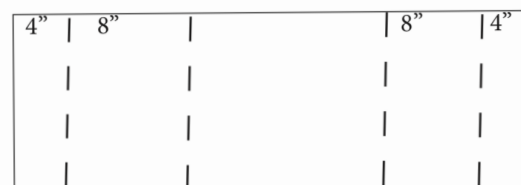
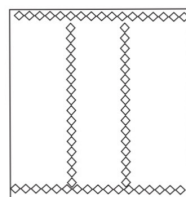
Step 3. Cut up the center of the front of this piece and lay out into a rectangle. The rectangle should be about 16" x 36."



Step 4. Fold the left edge over 4 inches, then fold over another 8 inches. Do the same from the right edge; the layers will overlap in the middle. You now have a rectangle that is double thickness on the sides and five layers thick down the middle.



Step 5. 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 MAIL OR DELIVER TO:

GLOBAL HEALTH MINISTRIES
7831 HICKORY STREET NE
MINNEAPOLIS, MN 55432