

# Pampers Nappy Size and Type Guide

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You have probably seen rows and rows of colourful nappy packs, and you may be wondering which one is right for your baby. It can also be tricky to figure out which nappy size your baby needs. Usually you can pick the right-sized nappy based on your baby's weight and stage of development, but it's also important to choose based on the features that are more important to you and your baby. Read on to find out how.

## Nappy Size Guide: How to Choose the Right Size

When it comes to nappies, it's important to get the right fit. With this handy chart, you can find out what size is right for your baby based on her weight. It lists the nappy sizes in the top row (Pampers go from 0 to 7), and the products available corresponding to the baby's weight in the main section. Underneath that, the chart shows how many nappies you'll likely need a day – so you can easily plan ahead.






**Pampers**

Get the right fit for your baby!

Size: 0 1 2 3 4 4+ 5 5+ 6 7 8

Extra night absorption

Extra night absorption

<b>PURE</b>	 <b>Pampers Pure™</b> 0% Compromise 100% Pampers Dryness		2-5 kg 4-11 lbs	4-8 kg 9-18 lbs	6-10 kg 13-22 lbs	9-14 kg 20-31 lbs		11+ kg 24+ lbs					
<b>PAMPERS' BEST</b>	 <b>Premium Protection™</b> Our best comfort and protection	<3 kg <6 lbs	2-5 kg 4-11 lbs	4-8 kg 9-18 lbs	6-10 kg 13-22 lbs	9-14 kg 20-31 lbs		11-16 kg 24-35 lbs		13+ kg 29+ lbs			
	 <b>Premium Protection™ Nappy Pants</b> Our gentlest touch on skin	Try Easy-on Pants				6-11 kg 13-24 lbs	9-15 kg 20-33 lbs		12-17 kg 27-38 lbs		15+ kg 33+ lbs		
<b>PAMPERS' BASIC</b>	 <b>Baby-Dry™</b> Up to 12 hours of dryness				6-10 kg 13-22 lbs	9-14 kg 20-31 lbs	10-15 kg 22-33 lbs	11-16 kg 24-35 lbs	12-17 kg 26-38 lbs	13-18 kg 29-40 lbs	15+ kg 33+ lbs	17+ kg 37+ lbs	
	 <b>Baby-Dry™ Nappy Pants</b> Up to 12 hours of dryness in pants	Try Easy-on Pants				6-11 kg 13-24 lbs	9-15 kg 20-33 lbs	9-15 kg 20-33 lbs	12-17 kg 27-38 lbs	12-17 kg 27-38 lbs	15+ kg 33+ lbs	17+ kg 37+ lbs	
Average no. of nappies per day:			8		7				5				

To find out which nappy your baby needs, take a quick glance at the above chart or consult this list, which is based on the baby's weight:

- 1.5kg-2.5kg: size 0
- 2-5kg: size 1
- 4-8kg: size 2
- 6-10kg or 11kg: size 3
- 9-14kg or 15kg: size 4
- 10-15kg: size 4+ for higher absorbency overnight
- 10-15kg: size 4+ for higher absorbency overnight
- 11-16kg or 17kg: size 5
- 12-17kg: size 5+ for a higher night-time absorbency
- 13+kg or 15+kg: size 6
- 15+kg: size 7

Besides weight, your baby's body type can also play a role when choosing the right nappy size. Slim and long babies may require a smaller size nappy – that's why there are overlaps between the size and weight categories above.

If the nappy is leaking, it may be a sign that your baby needs a more absorbent nappy, not necessarily the next size up. Pampers has a + sized range of nappies for just this reason. If your baby needs more absorbency over longer periods like night-time sleep, but isn't ready for the next size up, consider choosing a nappy in size 4+ or 5+.

How many nappies does a newborn use? Quite a few in the beginning, but the amount gradually decreases as she grows. That's because the younger your baby is, the more often she will need to feed. This means more frequent peeing and pooing, which matters because smaller nappies can absorb less than bigger sizes. So, while you're using sizes 0, 1 or 2, you may need about eight nappies per day. For size 3 you'll need about seven, while for sizes 4, 4+, 5, 5+, 6 and 7 you'll need about five nappies a day.

Remember, these are just guidelines – it's up to you to judge how often you'll need to change those nappies.

## How to Pick the Right Nappy for Your Baby

### Newborns

For newborns, choose a nappy that is

- extra soft on the new baby's delicate skin
- highly absorbent, so that the baby's skin remains nice and dry
- comfortable – it doesn't rub against the umbilical cord stump
- easy to put on and fasten, even for beginner parents

[Pampers Premium Protection New Baby](#) ticks all these boxes, being the only newborn nappy approved by the British Skin Foundation.

Pampers donates [Pampers Preemie Protection](#) in sizes -3, -2 and -1 to NICUs across the country. These nappies are the #1 choice of parents of premature babies in hospitals. It's also the world's smallest nappy, which has been specially designed with preemies' developmental needs in mind. If your little one was in a hurry to meet you, it might be helpful to know that you can buy Pampers Preemie Protection in-store in size 0 as well.

### Growing Babies

When your baby gets a little bigger, you have the choice between [Pampers Baby-Dry](#), the classic nappy that gives you up to 12 hours of dryness, or [Pampers Premium Protection](#), which provides even more comfort and protection than our standard nappies.

### Wiggly Babies

When your baby reaches the squirming, crawling stage, consider switching to nappy pants that are easier to put on and can also be taken off in a snap, ensuring hassle-free nappy changes. There are two types: the classic [Baby-Dry Nappy Pants](#) and [Premium Protection Active Fit Pants](#) that offer an even gentler touch on your baby's skin. Both are available in sizes 4, 5 and 6, while Baby-Dry Nappy Pants are also available in size 3.

## When to Switch Nappy Sizes

These are some of the signs your baby may be ready for the next size up:

- The tapes don't reach the middle of the landing zone, instead they only reach the edges of the waistband



- You can't fit two of your fingers under the waistband of the nappy



- Your baby shows signs of discomfort due to the nappy being too small
- [Nappy rash](#) develops overnight because nappies that are too small hold wetness close to the skin
- The nappy isn't covering her buttocks completely
- Red marks appear on her tummy or thighs indicating that the nappy is too tight



- The nappy starts to leak pee or poo. Should a dreaded “nappy catastrophe” happen, then it’s probably time for the next size up. However, nappies may also leak if they’re too big.

## How to Ensure a Leak-Proof Fit

To begin with, the nappy should look straight and equally proportioned on your baby. Then you’ll also want to check that:

- If your baby is a boy, his willy is pointing down not up inside the nappy
- The waistband sits just under the tummy button
- The tapes are fastened symmetrically on the coloured waistband, only tight enough to fit a finger between tummy and nappy
- The leg cuffs wrap neatly around your baby’s thighs. After putting on the nappy, run your fingers around these edges to make sure that the cuffs are pulled out. Cuffs being tucked inside is a frequent cause of leakage.

You might be wondering [how to put on a nappy](#) but don’t worry, soon enough it will become second nature. It may even start to feel like you’re changing a never-ending number of nappies, and each time your baby goes up a size you’ll be amazed at how fast she’s growing. You’ll be buying lots of nappies for her during the months or years to come. Join [Pampers Club](#), so both you and your baby can be rewarded along the way.