

Huggies diaper size and weight chart guide

The right diaper size for your baby

Diapers come in nine sizes for baby, ranging from preemie to size 7. Remember, every child is different, so while it is nice to be able to ask friends and family about how their child's diapers fit, it's truly best to go by weight and appearance. Your baby will be weighed regularly at the pediatrician's office, or you can buy a scale to weigh your baby at home. If you don't want to buy a scale, you can use this handy trick: step onto your bathroom scale without your baby. Record your regular weight. Then, step onto it with your baby and record the difference. That's what your baby weighs!

Now that you have the right size, use this handy chart to find out what size your baby should be wearing by weight.

Diaper Sizes by Weight	
Diaper Size	Baby Weight, in Pounds
P Preemie	< 6 lbs.
N Newborn	< 10 lbs.
1 Size 1	8-14 lbs.
2 Size 2	12-18 lbs.
3 Size 3	16-28 lbs.
4 Size 4	22-37 lbs.
5 Size 5	> 27 lbs.
6 Size 6	> 35 lbs.
7 Size 7	> 41 lbs.

Getting the right fit

Getting the right fit on your diaper is super important, not only for your baby's comfort but also to help prevent leaks and blowouts. Diapers should:

- Fit snugly below the belly button.
- Fit snugly around the legs without being too tight. You want a tight seal, but not one that will hurt your baby. Run your finger along the legs to flare out the diaper. This will be comfortable and protect against leaks and blowouts.
- Cover baby's bottom completely.
- Have about a two-finger gap between your baby's skin and the diaper. Take two fingers and slide them in between your baby's stomach and the diaper length-wise. If you can't fit them, the diaper is too tight. If you can fit three fingers, it's too loose.
- There are "tabs" on the back of the diaper that you will use to fasten the diaper shut under baby's belly button. Some diapers have sizing indicator images in the front of the diaper to show when it's time to size up again. Once that image beneath the fastened "tabs" starts to show, it might be time to size up. If the two tabs are meeting in the middle of the diaper, the diaper is most likely too big.
- When you take the diaper off your baby, there should be no red marks on their skin.

Remember, this is all a general guide—you might have a long and lean baby that needs to size down in diapers or a baby who needs to go up one size because he or she is just simply more comfortable.

Blowouts, leaks, and diaper rash

Using the right-sized diaper is super important to [help prevent blowouts and leaks](#), which can happen when a diaper is too small or too large. Consider getting a [diaper with a pocketed waistband](#), which can also help to prevent blowouts. And just know, sometimes blowouts just happen—there's nothing you can do about it! Having the diaper fit well is also important to help manage the top two causes of [diaper rash](#): moisture and mess. A diaper that is too tight can hold moisture too close to the skin, resulting in irritation

How many diapers you need

Knowing how many diapers you will need in a given day can help you plan ahead. Here's a chart to help you get organized:

Number of Diapers Per Day

Diaper Size	Average Number of Diapers Per Day	Approximately How Long You'll Use Them	
P	Preemie	As needed	Varies
N	Newborn	8	About 1 month
1	Size 1	6	About 1.5 months
2	Size 2	5	About 3 months
3	Size 3	5	About 7 months
4	Size 4	4	About 8 months
5	Size 5	4	About 6 months
6	Size 6	4	About 3.5 months
7	Size 7	Varies	Varies

When to size up in diapers

There are a few signs to know when your baby needs to change diaper sizes:

- The diaper doesn't fit snugly around the belly button and might be much lower.
- The legs are too tight and leave red marks on your baby.
- The diaper doesn't cover baby's entire bottom.
- You cannot fit two fingers length-wise in between your child's stomach and the diaper.
- The color beneath the fastener strips is starting to show.
- There are red marks anywhere on your baby.
- You've had an increase in blowouts or leaks.

Which Huggies® diaper is right for you?

Now that you know all about how a diaper should fit, it's time to [find the right Huggies® diaper](#) for your family. Here are some of Huggies®' most popular diapers.

[Huggies® Special Delivery™](#): New babies have extra delicate skin, and Huggies® Special Delivery™ diapers are our perfect fit for a newborn's needs. Soft and dermatologist-tested, they will make you feel confident in your diaper choice. They're also made with responsibly sourced (with FSC® certified pulp) materials and plant-based materials (20%+ plant-based materials by weight). Huggies® Special Delivery™ comes in sizes N-6, so if you end up loving these diapers, you can use them until they're ready for [Pull-Ups®](#) training pants.

[Huggies® Little Snugglers®](#): Huggies® Little Snugglers® are a great option for new parents, as these diapers have everything you want to have the confidence to bring baby home. They have a GentleAbsorb® liner for sizes N-2 and have Huggies Leak Lock© system for outstanding protection. The wetness indicator lets you know when it's time for a diaper change, and there's a pocketed-back waistband for sizes N-2 to help control those blowouts. Available in sizes P-6, it's a great diaper option for newborns. There's even an umbilical cord cut out for comfort in sizes P and N!

[Huggies® Little Movers®](#): Your baby is active as he or she gets used to the world around them. Whether that means crawling, walking, or running, Huggies® Little Movers® can help your active baby stay comfortable and dry thanks to double-grip strips and a curved shape. Available in sizes 3-7 it also offers our best fit so baby can explore comfortably.

[Huggies® Overnites](#): Your baby sleeps up to 14 hours a day—and that means having a diaper that can really take care of those 12 or so hours between morning and night. With extra absorbency and softness, Huggies® Overnites are our perfect diapers to help keep baby comfortable and protected all night, so you can sleep easy.

[Huggies® Snug & Dry™](#): The short of it: you want diapers that help keep your baby dry at a great price. Huggies Snug & Dry™ is for parents who want to focus on keeping wetness absorbed, leaks from happening, and baby comfortable. Available in sizes 1-6.