

## Diaper Size and Weight Chart

At Pampers, we know how important it is to get the perfect fit in a diaper. With our handy sizing chart, find out what size diaper is right for your baby based on their weight, and which of our diapers are available in that size

### Select your baby weight and get information on:

- Your baby's diaper size
- Average number of diapers you will need every day
- Useful tips to get the right fit
- Timing on when to size up

### Choose the Right Diaper Size

Size is a huge part of finding the right diaper fit for your baby. As you know, babies come in all different shapes and sizes. And just like clothing, diapers fit every baby differently. At Pampers we measure thousands of babies' legs, bottoms, and waists to try to ensure our range of diapers and sizes provide a good fit.

Pampers diaper sizes are organized by weight, and since no two babies are the same shape you will notice some overlap between sizes. In most cases, your baby should be within the weight range for the size you are using. Check out the [weight range](#) for each size of Pampers Swaddlers, Cruisers, and Baby Dry.

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### Ensuring the Diaper Fits Well

When a diaper fits well, it should appear straight and equally proportioned on your baby. Also check:

- The waist is snug with the diaper just under the belly button.
- The leg cuffs wrap neatly around your baby's legs and bottom. After putting on the diaper, run your fingers around these edges to make sure the cuffs are pulled out. Cuffs being tucked inside are a common cause of leakage.

- Stretch: The tapes should be fastened symmetrically on the colored waistband on the front of the diaper. Pampers diapers have flexible sides which adapt to the baby's shape and movement and help you create a custom fit.

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### **Why Do Diapers Leak?**

A diaper that is too small can be prone to leaking because there isn't enough absorbent material for the volume of pee. If your baby is reaching the upper end of the weight range for the diaper size she is currently wearing, it is probably time to move to the next size. Other signs that your baby's diaper is too small:

- Diaper isn't covering your baby's bottom completely
- Red marks around the waist or thighs and signs of chafing, which may indicate the diaper is too tight
- Diaper is soaking through

Bigger diapers are capable of handling more waste as they have more absorbent material. However, diapers may also leak because they are too big. Make sure that the diaper fits snugly around the waist and thighs by running your fingers around the edges and checking that there are no gaps. If you prefer to have a diaper that is loose-fitting, you may experience leakage as urine and poop comes out through the gaps before it can be absorbed.

### **Avoid the Dreaded Blowout**

It's every mom's worst fear — poop all over your new baby's body, clothes, hair, and maybe on you. Blowouts tend to happen at the back of the diaper where it is hard to create a seal. In many cases blowouts happen because of the wrong size diaper or diapers that aren't fully snug on the baby. It can be hard to ensure a good diaper fit when changing a wriggly baby! Blowouts will happen, so always carry a spare change of clothes for your baby.