

KCK Snap On-Pull Off Cloth Diaper and Trainer Pattern

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Notions for Each SOPO Diaper

Size	Dimensions of the pattern (L includes the extra back elastic tab)			Inner Fabric	Outer Fabric	Soaker Dimensions (when inserted)	Elastic	Snaps	Optional Loop Tape (1.5" width)	Optional Hook Tape (1.5" width)
7	L* 31.9	nished Fraist 28-3 est rise: 28-3 est rise: 25.5	6" 26.5 " FW 23.25	30 x 24 32 x 26	30 x 24 32 x 26	8.25"X 26.5" 9.25"X 28.5"	3/8" wide B: 8.5" F: 6.5" L: 8.5" 3/8" wide B: 9" F: 7"	8-10 sockets 8-10 studs 8-10 sockets 8-10 studs	22" length 4 cuts of 1.5x1.5"FW 4 cuts of 1.5x4"-BW 24" length 4 cuts of 1.5x2"FW 4 cuts of	6.0" length 4 cuts of 1.5x1.5"FW 8.0" length 4 cuts of 1.5"x2"-FW
8		est rise: BW 27.2		35 x 28	35 x 28	10.25"X 30"	1. 7 L: 9" 3/8" wide	8-10 sockets	1.5X4"-BW 24" length	8.0" length
	Finished Fit: Waist 32-40" Longest rise: 30"						B: 10" F: 7.5" L: 10"	8-10 studs	4 cuts of 1.5x2"FW 4 cuts of 1.5X4"-BW	4 cuts of 1.5"x2"-FW
9	W	BW 29.0 nished F aist 34-4 est rise:	3"	37 x 29	37 x 29	10" X 32"	1/2" wide B:10.5" F: 8" L:10.5"	8-10 sockets 8-10 studs	28" length 4 cuts of 1.5x2"-FW 4 cuts of 1.5x5"-BW	8.0" length 4 cuts of 1.5"x2"-FW
10	L* BW FW 38.3 30.6 27.75 Finished Fit: Waist 36-45" Longest rise: 34"			39 x 31	39 x 31	10.5" x 34"	1/2" wide B: 11" F: 8.5" L: 11"	8-10 sockets 8-10 studs	30" length 4 cuts of 1.5x2"-FW 4 cuts of 1.5x5.5-BW	8.0" length 4 cuts of 1.5"x2"-FW

All measurements are in inches

 $L^* \!\!=\! \text{Length including the extra tab} \quad BW \!\!=\! \text{Back Wings} \quad FW \!\!=\! \text{Front Wings} \quad F \!\!=\! \text{Front Elastic} \quad B \!\!=\! \text{Back Elastic} \quad L \!\!=\! \text{Leg Elastic}$

*Special Notes: When making a back pocket opening you MUST cut the extra tab of fabric at the back of the diaper and you will need twice the amount of back elastic (B in the elastic column) as listed in the table. Always use 100% polyester thread when making diapers to prevent leaks. A ball point needle is highly recommended when sewing with PUL waterproof fabric. You will also need a ruler, scissors, a washable marker or marking pencil and pins. When sewing a back pocket opening, polybraid elastic (not clear elastic) is required. Please note that each size requires a different width of elastic and that size 3 requires 1" wide hook and loop whereas all the other sizes require 1.5" wide hook and loop. Be sure to follow the seam allowances posted in the instructions for the size diaper you are making; otherwise the diaper will not fit properly.

Printing Your Pattern

Make sure that your printer is set to print at 100% with **no scaling**. You may need to click "auto rotate and center". Check the print preview to make sure that it is printing in the correct orientation. Join the pages of the pattern according to the piecing diagram. Tape the pattern pieces together and make sure that the measurements on your pieced pattern match those in the sizing and notions table for the size diaper you are making. All measurements should be within .25" of the measurements in the notions table above.

Cutting Your Fabric

Always pre-wash any natural fabrics in hot water prior to sewing because shrinking will occur. Fabrics like PUL, suedecloth, and microfleece do not need to be pre-washed, but it's always advisable to remove residues. Lay your fabric on a flat surface and place your diaper pattern on the fabric. Trace the pattern onto your diaper outer and diaper inner fabric. If you plan to sew this diaper and use it in your home (you don't plan to sell it), you can make a traditional back pocket opening. If you choose this option, make sure to cut the extra tab of fabric between the back elastic tack points on both your diaper inner and outer fabrics. This will become the back elastic casing.

Make sure to mark the elastic tack points on the WRONG side of your fabric-this is the side that won't be facing out in your finished product. Cut the fabric to match the pattern exactly. **SEAM ALLOWANCES ARE ALREADY INCLUDED IN THE PATTERN**. I suggest that you wait to mark the snap placements until after the diaper is finished. Snaps will be added after you have completed sewing the diaper.

Sewing a KCK Snap On / Pull Off Diaper with a Back Pocket Opening

This style of pocket should be sewn for your personal use only and should not be sewn to sell for profit. Licensees may use the inner welt pocket opening (see instructions below)

To view a sew-along video for this diaper, please visit the sew-along page at www.kayalsclothkits.com

- 1. Sew the Elastic Casings: You must use polybraid elastic on the back pocket opening. Lastin (clear elastic) will not work in a casing. Fold the extra tab of fabric down towards the WRONG side of the diaper outer fabric so that the top of the casing is even with the cut line of the wings.
 - a. Use a straight stitch to sew down the elastic casing. Make sure to reinforce the stop and start points by reverse stitching over the first and last few stitches.
 - b. Do the same for the inner fabric.

2. Attach the back elastic:

- a. Measure and cut the amount of back elastic indicated in the sizing and notions table for the size of diaper you are making.
- b. Insert a safety pin into the elastic about ¼ of an inch from one of the ends of the elastic and close the pin. (Don't attach the pin too close to the end of the elastic otherwise you will lose the pin and have to open your seam and start all over).

- c. Push the pin into the outer fabric casing and keep pushing it further and further into the casing until the other end of the elastic is even with the casing edge.
- d. Tack the end of the elastic down by going sewing back and forth 3-4 times over the elastic (secure it well; you don't want to loose your elastic inside the casing).



- e. Continue pushing the safety pin towards the end of the casing, bunching and gathering the fabric as you go.
- f. Once the safety pin reaches the end of the casing, tack the elastic down well (sew back and forth across the elastic 3-4 times). **I suggest keeping the safety pin on the elastic until you have finished tacking both elastic ends to your fabric. If you loose the elastic as you are trying to tack it down it will be VERY DIFFICULT to retrieve the elastic without starting over.
- g. Trim the excess elastic.
- h. Repeat these steps for the back elastic of the inner fabric.



4. Sew the RIGHT (good) sides of the outer and inner fabrics together:

- a. Place the outer and inner fabrics RIGHT sides (good sides) together and the wrong sides facing out. The non-shiny side of PUL fabric is the right side. You may want to pin the pieces together to prevent shifting during sewing.
- b. Starting at one end of your pocket opening, sew the right sides together using the seam allowance in the table below for the size that you are making. Use a straight stitch. Continue sewing around the diaper until you reach the other end of your pocket opening. DO NOT SEW THE POCKET OPENING (WITH THE ELASTIC) SHUT!

6	7	8	9	10	
3/8"	3/8"	3/8"	1/2"	1/2"	

c. When you are finished, the two layers should be sewn together except for the back pocket opening. Trim any excessive fabric.

5. Attach Leg Elastic:

- a. Measure and cut the amount of leg elastic indicated in the sizing and notions table for the size diaper you are making.
- b. Tack one end of the elastic to one leg at the top leg elastic mark (you should have marked these directly on the WRONG SIDE your DIAPER INNER fabric).
- c. Pull the elastic taut and sew it to the diaper using a large zig zag or a three-step zigzag stitch. You should sew the elastic into the seam allowance. Continue to stretch the elastic as you sew. Use enough stretch on the elastic so that by the time you reach the bottom leg elastic mark you use the entire piece of elastic that you measured.

- d. Tack the end of the elastic to the bottom elastic mark.
- e. Repeat these steps again for the other leg.

6. Attach the Front Elastic: Please note that this procedure has changed slightly from the way it is demonstrated on the video.

- a. Measure and cut **HALF** the amount of front elastic indicated in the sizing and notions table for the size diaper you are making. For example, for a size zero diaper you will cut 1.75" of elastic to be placed on each front wing.
- b. Tack one end of the elastic to the first elastic mark on the first wing (you should have marked these directly on the WRONG SIDE your DIAPER INNER fabric).
- c. Pull the elastic taut and sew it to the diaper using a large zig zag or a three-step zigzag stitch. You should sew the elastic into the seam allowance. Continue to stretch the elastic as you sew. Use enough stretch on the elastic so that by the time you reach the second elastic mark on that wing you will have used the entire piece of elastic that you measured.
- d. Tack the end of the elastic to the second elastic mark. Repeat this process on the other wing. When you are finished you should have two short elastic segments across the front wings of the diaper with the center front of the diaper free of elastic.

7. Turn the right sides out:

a. Bring the right sides of the diaper out by pulling them through the pocket opening. Push out the corners so that the diaper lays well.

8. Top stitch:

a. Starting at one end of the pocket opening, top stitch around the diaper using a straight stitch and a ½" seam allowance. When you reach the areas where you applied elastic, stretch the elastic so that the fabric lies straight. Increase your seam allowance in the elastic areas and to AVOID sewing the elastic. When you pass by the elastic, return to normal topstitching and continue to sew around the diaper until you reach the other end of the pocket opening. Be sure to reinforce your stopping and starting points. Your pocket should remain open.

9. Apply your snaps: (if applying hook and loop instead, see the hook and loop diagram below)

- a. Apply snaps to one of the front diaper wings: Identify the front of the diaper. Center two stud snaps on the GOOD SIDE of your DIAPER INNER FABRIC on one front diaper wing (using the pattern for reference). Make sure that the stud snaps are 1/2" away from the end of the wing. Apply the two stud snaps to the front wing. Make sure these are STUD snaps.
 Apply snaps to the other front diaper wing: Next apply two socket snaps to the GOOD SIDE of your DIAPER INNER FABRIC on the other front diaper wing using the pattern (and the method used above) for reference. Make sure these are SOCKET snaps.
- b. **Apply snaps to one of the back diaper wings:** Identify the back of the diaper. Measure ½" from the edge of one of your back wings and make a mark with a disappearing marker at that point. Bring your front wing up to the back wing and line up the stud snaps on your first front wing with the back wing to determine where to place the first set of **socket snaps** on the back wing. The first set of sockets should be 1/2" from the edge of the wing on the GOOD SIDE of your DIAPER OUTER FABRIC. Make sure these are SOCKET snaps.
- c. After applying the first two socket snaps to the back wing, add two more socket snaps to the same back wing, leaving 1" distance between the center of adjacent snaps. If you find that you need more than three sets of sockets on the back wings (especially for larger sizes), feel free to add them where necessary.
- d. **Apply snaps to the other back diaper wing:** Apply **stud** snaps using the same method described above to the GOOD SIDE of your DIAPER OUTER FABRIC on the second back diaper wing.

Please note: This method of applying snaps evens out the snap to socket ratio and allows you to buy full sets of snaps. You can also fold the diaper and snap it together while you are out and about to contain messes. Follow the snap diagram carefully to be sure that the snaps on the front of the diaper pair with the snaps on the back!

If you not have a snap press, or prefer hook and loop closures, measure and cut the amount of hook and loop for the size that you are making as indicated in the sizing and notions table above and add the hook and loop to your diaper according to the hook and loop diagrams below.

10. Insert your soaker: Use the sizing and notions table to determine the size of your soaker. Insert your soaker through the pocket opening, making sure that the edges of the soaker are flush with the leg elastic to prevent leaking. Remove the soaker fabric before laundering your diaper and replace the soaker fabric after the diaper is clean and before use.

Congratulations! You have finished your KCK cloth diaper / trainer!

Sewing an All In One KCK Snap On / Pull Off Diaper

Note: When sewing this version of the diaper you will NOT need the extra tab of fabric at the back of the diaper, so when cutting your fabric, cut the back of the diaper flush with the wings of the diaper.

To view a sew-along video for this diaper, please visit the sew-along page at www.kayalsclothkits.com

1. Sew the soaker to the diaper inner fabric

- a. Make your soaker according to the dimensions in the materials and notions table above.
- b. Center your soaker on the wrong side of your diaper inner fabric and pin it to your inner fabric.
- c. Sew around the soaker's edges, attaching it to the wrong side of your inner fabric. Sew carefully as the sewing lines will show through on the inside of your diaper.

2. Sew the RIGHT (good) sides of the outer and inner fabrics together:

- a. Place the outer and inner fabrics RIGHT sides (good sides) together and the wrong sides facing out. The non-shiny side of PUL fabric is the right side. You may want to pin the pieces together to prevent shifting during sewing.
- b. Starting at one of the top leg elastic marks, sew the right sides of your inner and outer fabric together using the seam allowance in the table below for the size that you are making. Use a straight stitch. Continue sewing around the diaper until you reach the top of the wing nearest to where you began sewing. Be sure to reinforce your start and stop points well. You should have sewn the entire diaper together except for one wing which should be left open for turning the diaper right sides out later.

6	7	8	9	10	
3/8"	3/8"	3/8"	1/2"	1/2"	

3. Attach Leg Elastic:

- a. Measure and cut the amount of leg elastic indicated in the sizing and notions table for the size diaper you are making.
- b. Tack one end of the elastic to one leg at the top leg elastic mark (you should have marked these directly on the WRONG SIDE your DIAPER INNER fabric).
- c. Pull the elastic taut and sew it to the diaper using a large zig zag or a three-step zigzag stitch. You should sew the elastic into the seam allowance. Continue to stretch the elastic as you sew. Use enough stretch on the elastic so that by the time you reach the bottom leg elastic mark you use the entire piece of elastic that you measured.
- d. Tack the end of the elastic to the bottom elastic mark.
- e. Repeat these steps again for the other leg.

4. Attach the Front Elastic: Please note that this procedure has changed slightly from the way it is demonstrated on the video.

- a. Measure and cut HALF the amount of front elastic indicated in the sizing and notions table for the size diaper you are making. For example, for a size zero diaper you will cut 1.75" of elastic to be placed on each front wing.
- b. Tack one end of the elastic to the first elastic mark on the first wing (you should have marked these directly on the WRONG SIDE your DIAPER INNER fabric).
- c. Pull the elastic taut and sew it to the diaper using a large zig zag or a three-step zigzag stitch. You should sew the elastic into the seam allowance. Continue to stretch the elastic as you sew. Use enough stretch on the elastic so that by the time you reach the second elastic mark on that wing you will have used the entire piece of elastic that you measured.
- d. Tack the end of the elastic to the second elastic mark. Repeat this process on the other wing. When you are finished you should have two short elastic segments across the front wings of the diaper with the center front of the diaper free of elastic.

5. Attach the Back Elastic:

- a. Measure and cut the amount of back elastic indicated in the sizing and notions table for the size diaper you are making.
- b. Tack one end of the elastic to one back elastic mark (you should have marked these directly on the WRONG SIDE your DIAPER INNER fabric).
- c. Pull the elastic taut and sew it to the diaper using a large zig zag or a three-step zigzag stitch. You should sew the elastic into the seam allowance. Continue to stretch the elastic as you sew. Use enough stretch on the elastic so that by the time you reach the other back elastic mark you use the entire piece of elastic that you measured.
- d. Tack the end of the elastic to the second elastic mark.

6. Turn the right sides out:

a. Bring the right sides of the diaper out by pulling them through the opening in the wing of your diaper. Push out the corners so that the diaper lays well.

7. Top stitch:

a. Starting at one end of the opening, top stitch around the diaper using a straight stitch and a very small seam allowance. When you reach the areas where you applied elastic, stretch the elastic so that the fabric lies straight. Increase your seam allowance in the elastic areas and to AVOID sewing the elastic. When you pass by the elastic, return to normal topstitching and continue to sew around the diaper until you reach the other end of your wing opening. Fold the wing material in as necessary and topstitch around the wing to close the hole. Be sure to reinforce your stopping and starting points.

8. Apply your snaps: (if applying hook and loop instead, see the hook and loop diagram below)

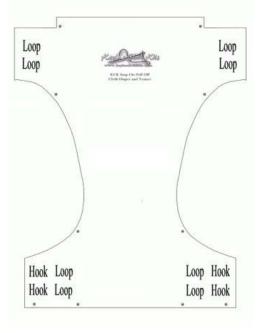
- a. Apply snaps to one of the front diaper wings: Identify the front of the diaper. Center two stud snaps on the GOOD SIDE of your DIAPER INNER FABRIC on one front diaper wing (using the pattern for reference). Make sure that the stud snaps are 1/2" away from the end of the wing. Apply the two stud snaps to the front wing. Make sure these are STUD snaps. Apply snaps to the other front diaper wing: Next apply two socket snaps to the GOOD SIDE of your DIAPER INNER FABRIC on the other front diaper wing using the pattern (and the method used above) for reference. Make sure these are SOCKET snaps.
- b. **Apply snaps to one of the back diaper wings:** Identify the back of the diaper. Measure ½" from the edge of one of your back wings and make a mark with a disappearing marker at that point. Bring your front wing up to the back wing and line up the stud snaps on your first front wing with the back wing to determine where to place the first set of **socket snaps** on the back wing. The first set of sockets should be 1/2" from the edge of the wing on the GOOD SIDE of your DIAPER OUTER FABRIC. Make sure these are SOCKET snaps.
- c. After applying the first two socket snaps to the back wing, add two more socket snaps to the same back wing, leaving 1" distance between the center of adjacent snaps. If you find that you need more than three sets of sockets on the back wings (especially for larger sizes), feel free to add them where necessary.
- d. **Apply snaps to the other back diaper wing:** Apply **stud** snaps using the same method described above to the GOOD SIDE of your DIAPER OUTER FABRIC on the second back diaper wing.

Please note: This method of applying snaps evens out the snap to socket ratio and allows you to buy full sets of snaps. You can also fold the diaper and snap it together while you are out and about to contain messes. Follow the snap diagram carefully to be sure that the snaps on the front of the diaper pair with the snaps on the back!

If you not have a snap press, or prefer hook and loop closures, measure and cut the amount of hook and loop for the size that you are making as indicated in the sizing and notions table above and add the hook and loop to your diaper according to the hook and loop diagrams below.

Congratulations! You have finished your KCK cloth diaper / trainer!

Optional Hook and Loop Diagrams (SOPO sizes 6-10):



If you choose to use hook and loop for your pull up diaper rather than using snaps, refer to the materials and notions table on the first page for the length of hook and loop to cut for the Front (FW) and Back (BW) wings and then use the following diagrams (by size) to add hook and loop to your diaper after it is finished. Leave ½" between each piece of hook and loop. Place all hook and loop at least ½" away from the edge of each wing. Center the hook and loop well on each wing before sewing it to the diaper. Sew the hook and loop to your diaper using a narrow zigzag stitch, being sure to reinforce your start and stop points.

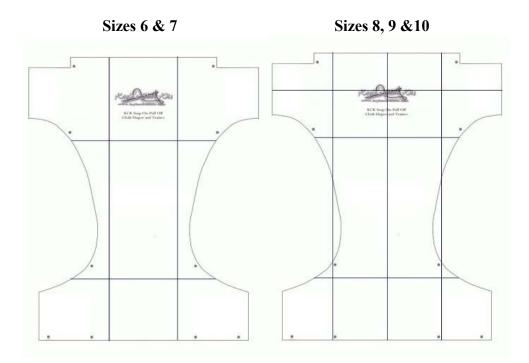
The long loop strip on the back wings should be placed on the diaper OUTER fabric on the good (non-shiny side of PUL) side of your fabric. The smaller hook and loop pieces on the front wings should be placed on the diaper INNER fabric on the good side of your fabric.

Optional Welt Pocket Application:

If you are making a pocket diaper to sell for profit (you are an official KCK licensee) or if you would just like to try a different pocket opening, use the welt pocket piece at the end of this pattern as a template to make your welt pocket. There is a welt pocket video tutorial that you can use for instructions. Visit the sew-along section of www.kayalsclothkits.com to view the tutorial.

Center and apply the welt pocket approximately 1.5 inches below the front of the diaper on the GOOD SIDE of the DIAPER OUTER FABRIC **before sewing the right sides together**. Once the welt pocket is completed, follow the steps for sewing and All In One (omit the step for sewing in the soaker). If you would like more detailed, written directions for sewing a welt pocket, please contact kaylasclothkits@gmail.com to request them.

Pattern Piecing Diagrams



Thank you, Erin, for your contributions to the second version of this pattern. Erin is the owner of Cool Cloth Diapers and a KCK SOPO Licensee. Visit www.kaylasclothkits.com to see our list of licensees!

Laundering Tips

Wash and dry your diaper before using it-this will wash any residues off of the fabric and seal the holes that you created in the PUL during sewing. In order to preserve the integrity of your diaper fabrics you will want to cover any hook (rough) tape during laundering. Push the hook on the back wings of the diaper against the adjacent loop tape before laundering. Visit the FAQ page at www.kaylasclothkits.com for more detailed laundering tips.

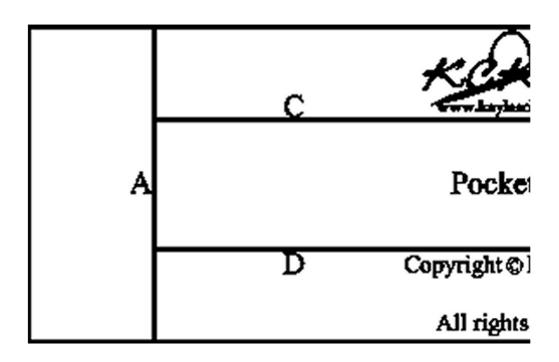
Licensing

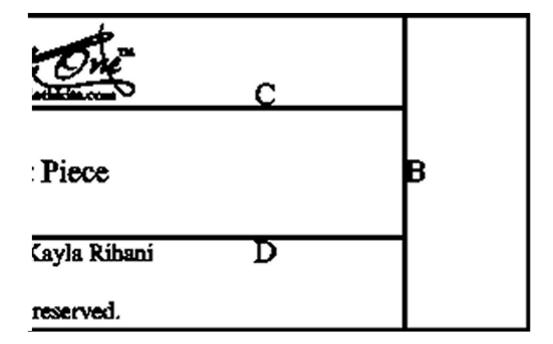
Licensing for this pattern is available. Please visit www.kaylasclothkits.com for more information. You will need to make a KCK One Snap On / Pull Off diaper (in any size) that represents your work, and send it to me (email me at kaylasclothkits@gmail.com for my mailing address). All approval diapers and diapers sold for profit made from this pattern must be made with a front welt pocket opening to avoid patent infringement. I will make sure that the

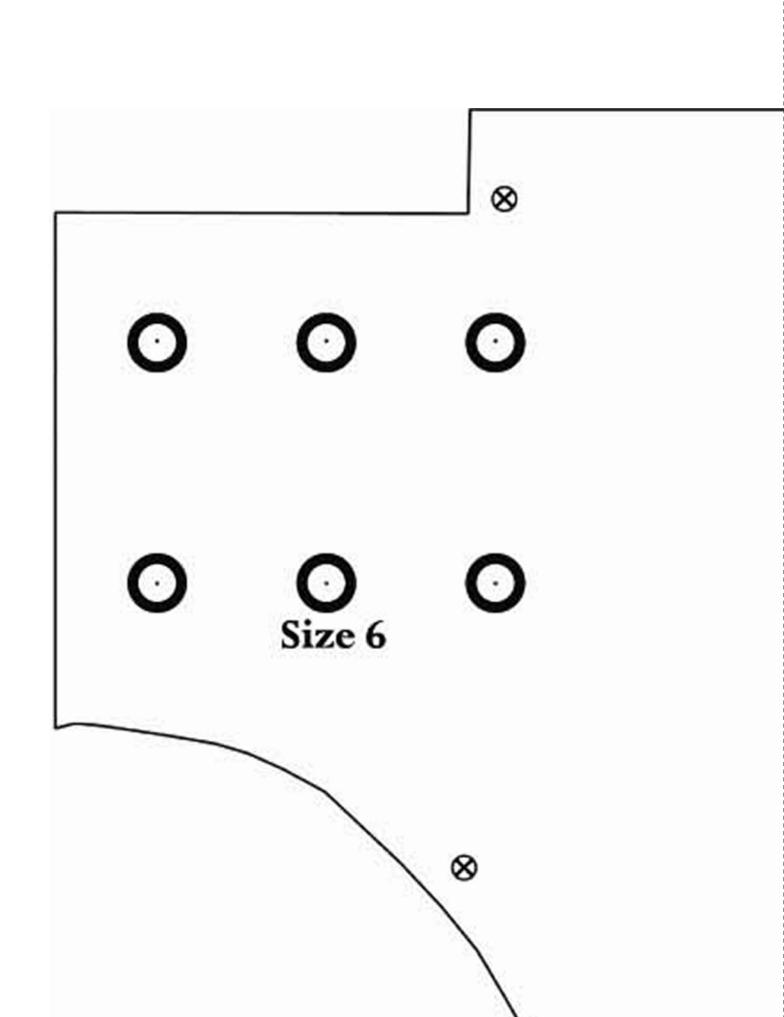
diaper is up to reasonable standards when I receive it. After you are approved, you will pay your licensing fee and sign the licencee agreement. At that point you will be licensed to sell the KCK Snap On / Pull Off diapers (both snap and hook and loop versions). There are separate licensing fees for sizes 0-5 and sizes 6-10. Your approval diaper will be given to a family in need.



Thank you for shopping at Kayla's Cloth Kits! Please use our "Ivaluedcustomer" discount code the next time you visit us for 10% off your entire order!





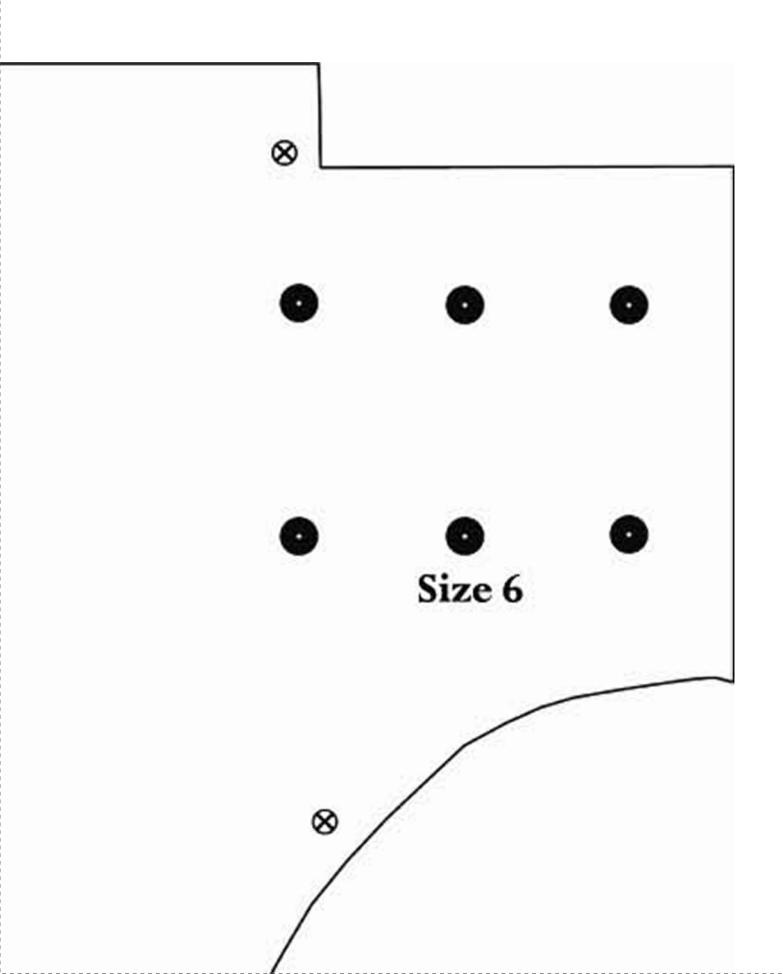


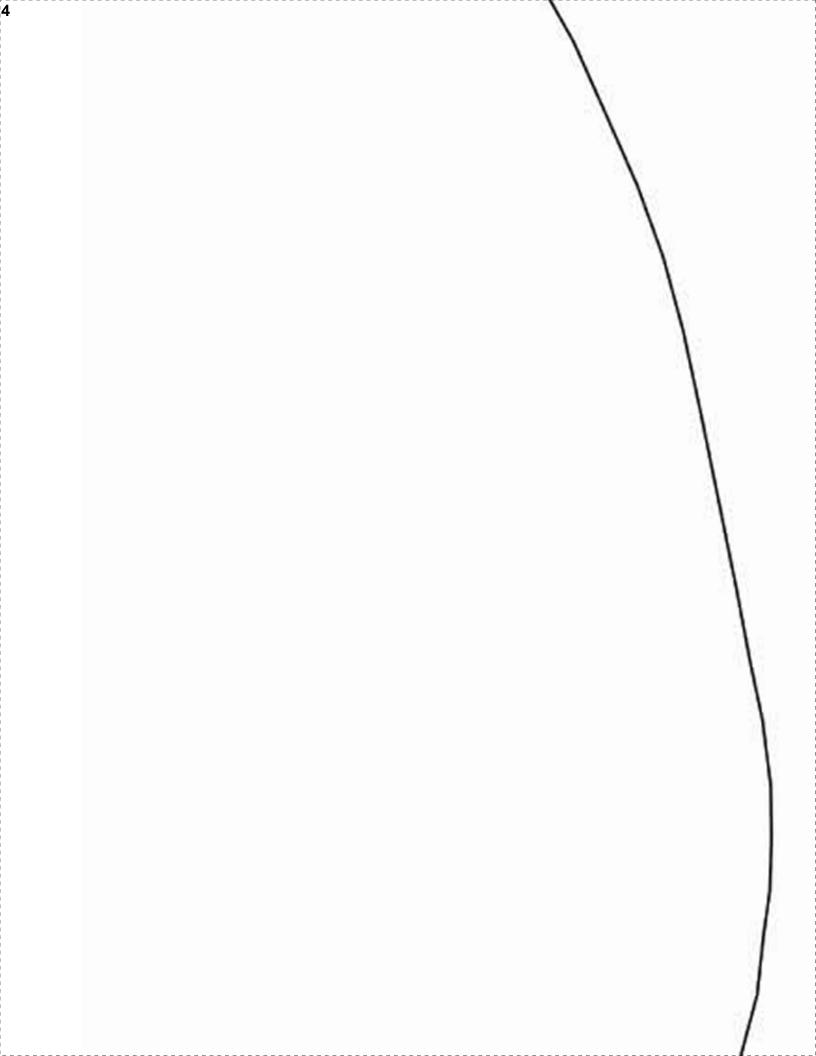
Optional Elastic Casing



KCK Snap On-Pull Off Cloth Diaper and Trainer

Size 6





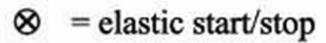
Size 6

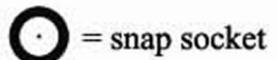
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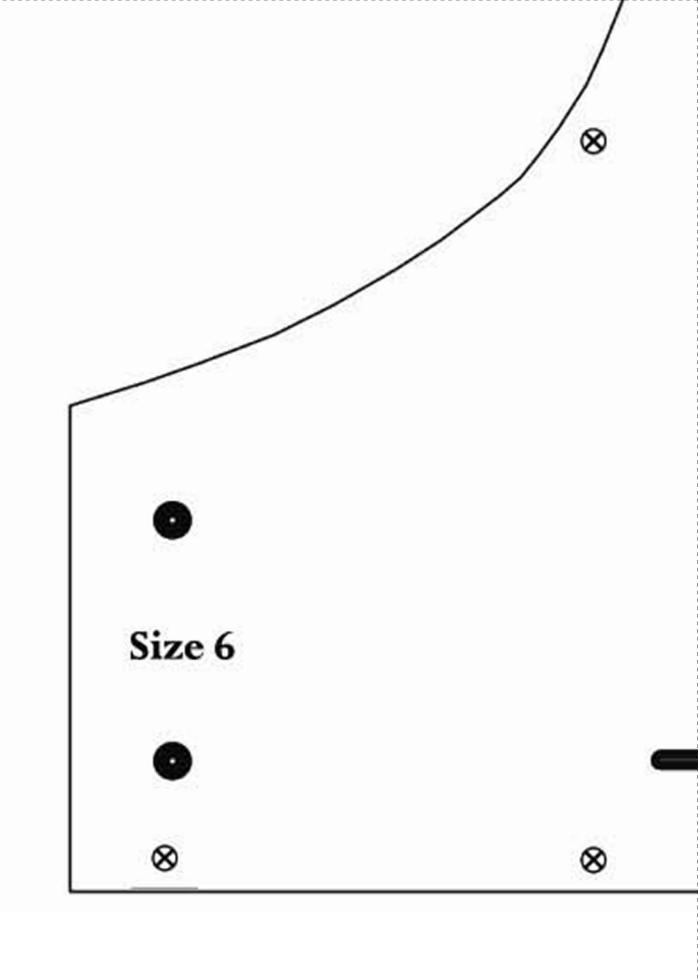
6

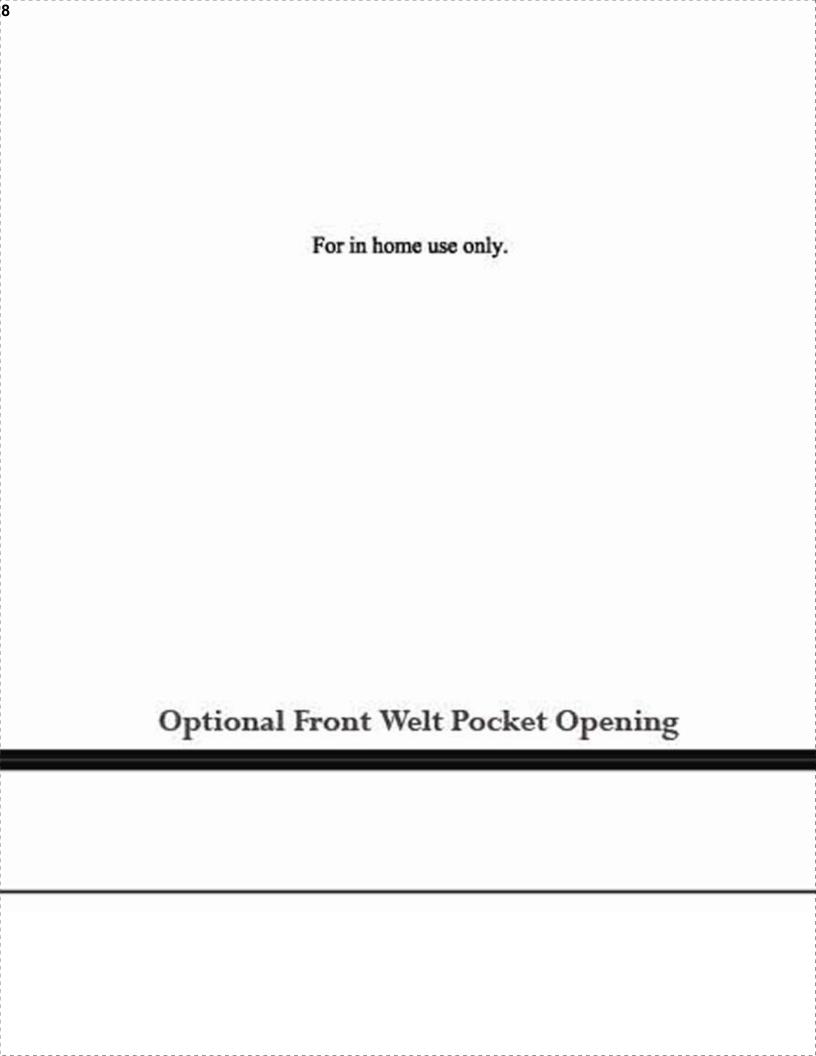
Symbol Key

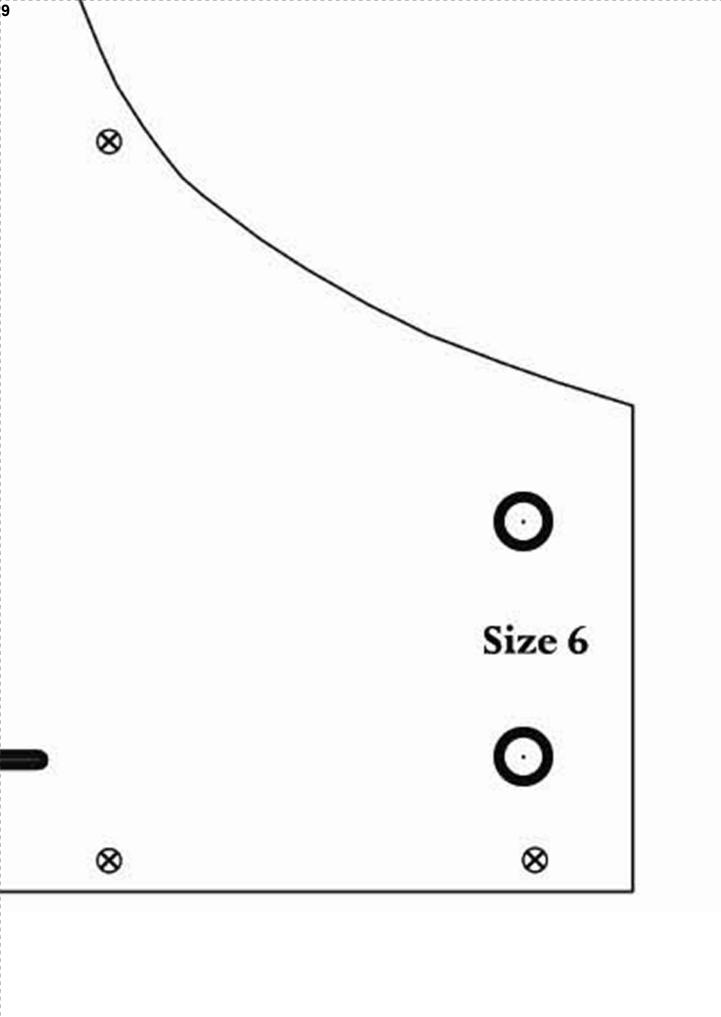


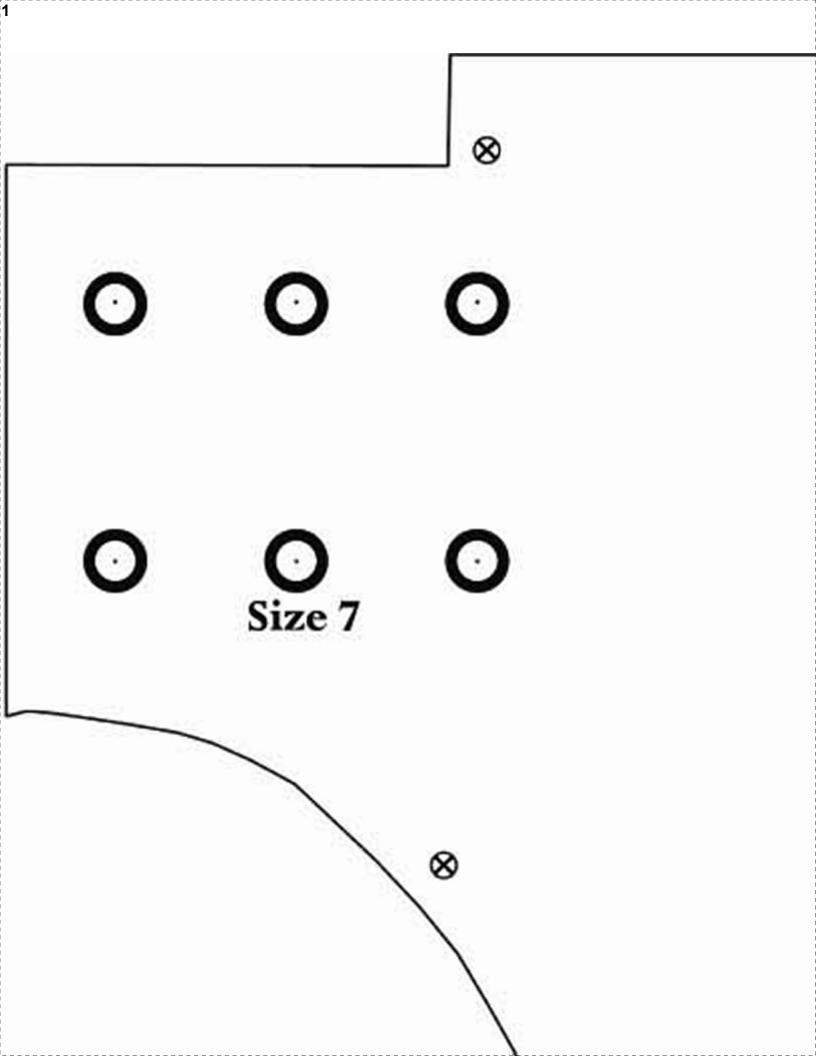


= snap stud







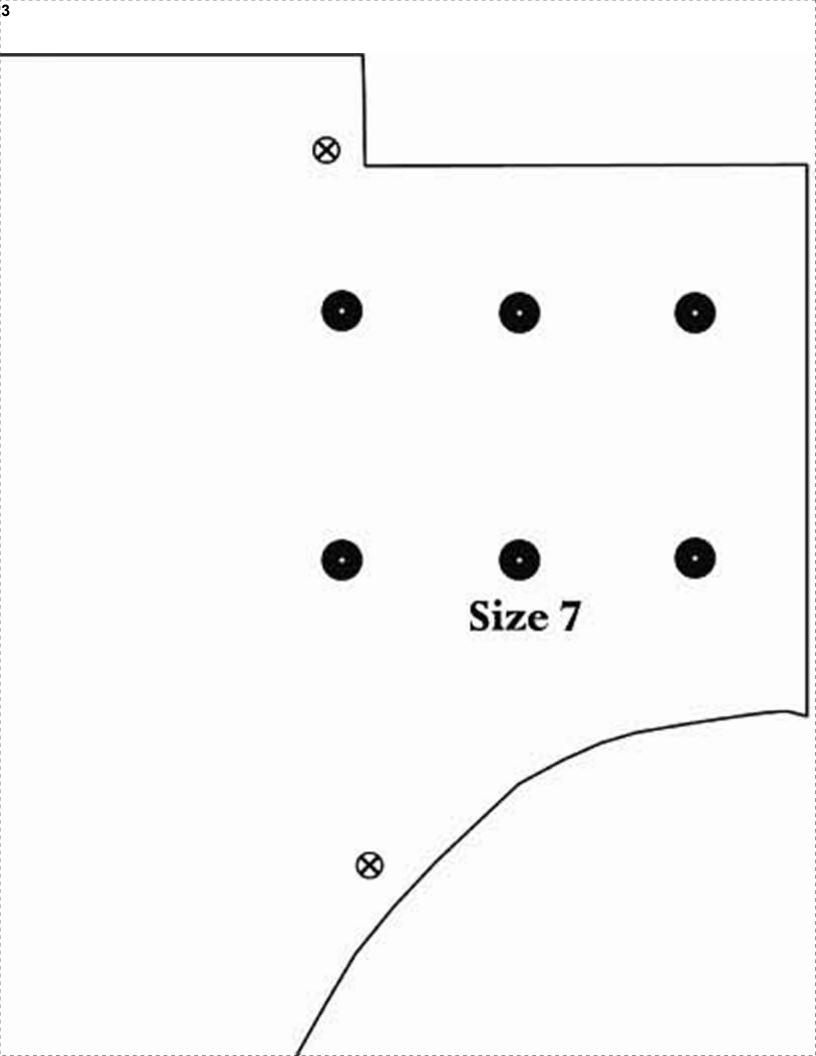


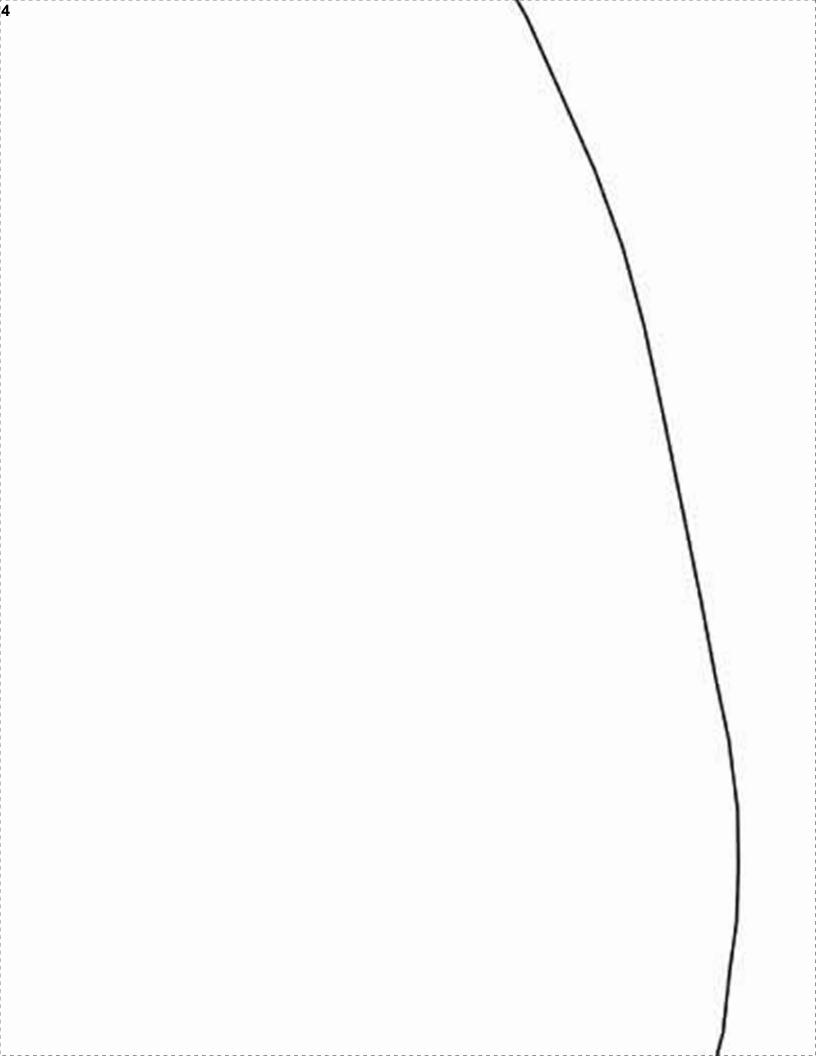
Optional Elastic Casing



KCK Snap On-Pull Off Cloth Diaper and Trainer

Size 7





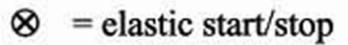
Size 7

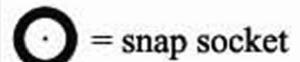
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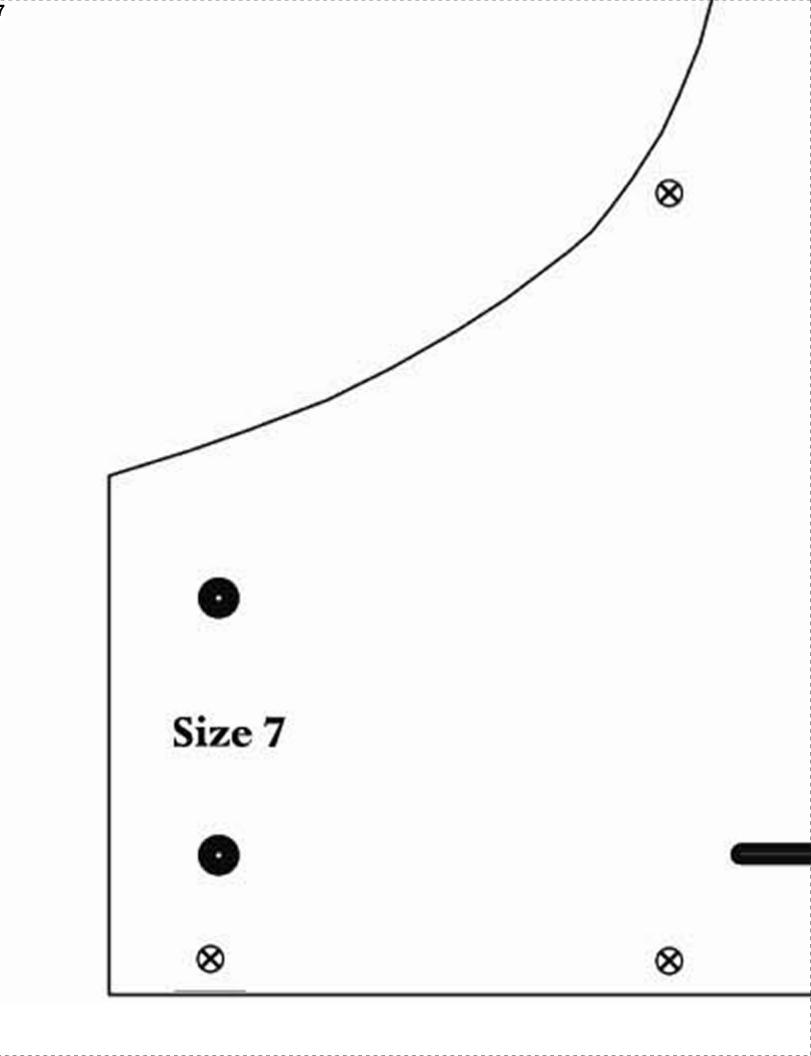
b

Symbol Key

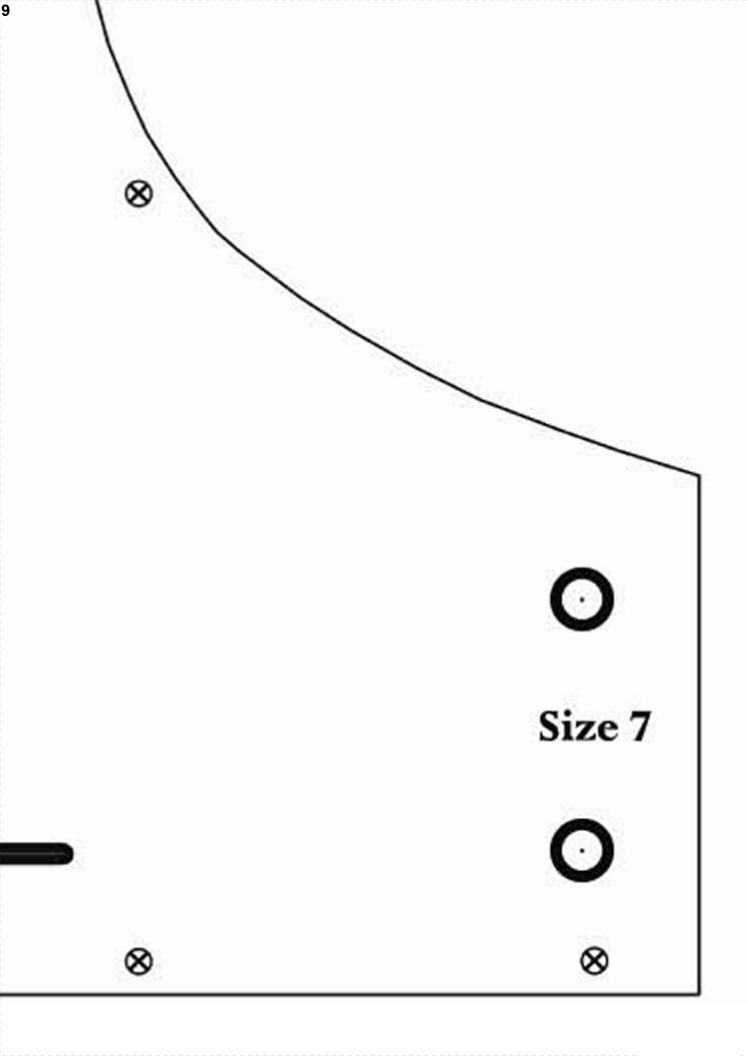


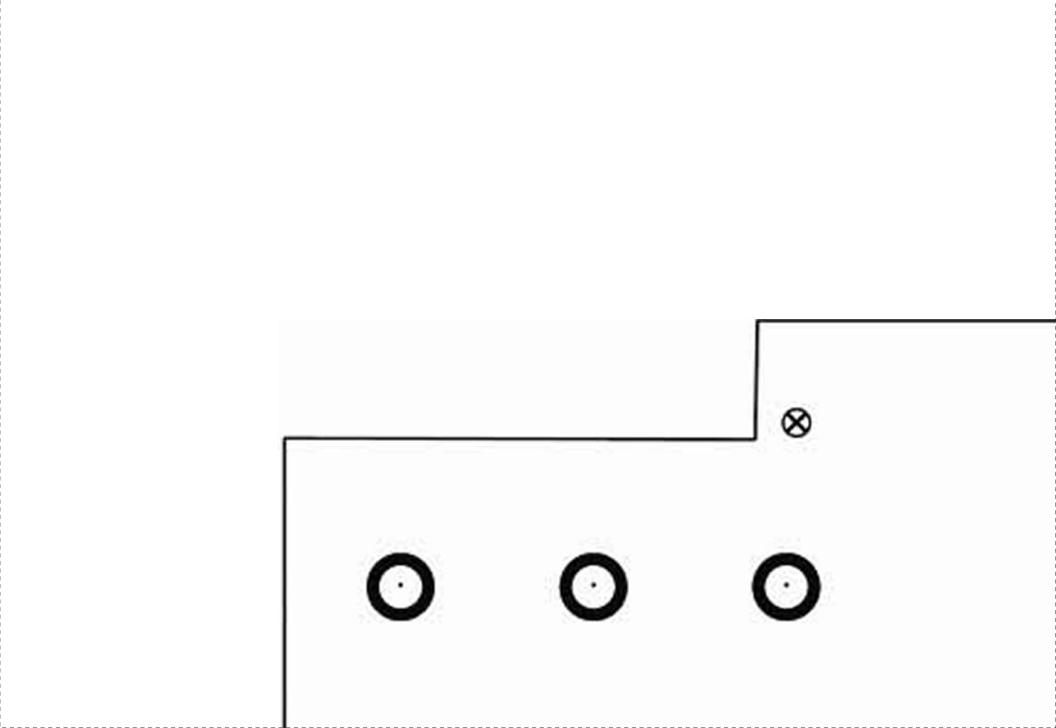


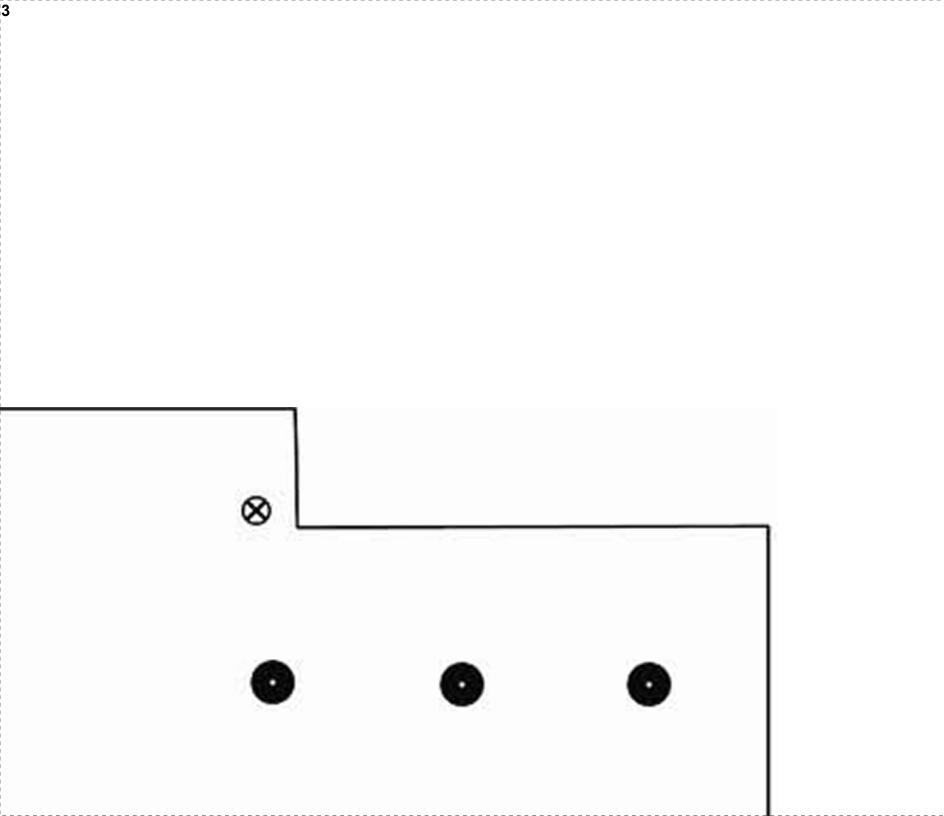
= snap stud

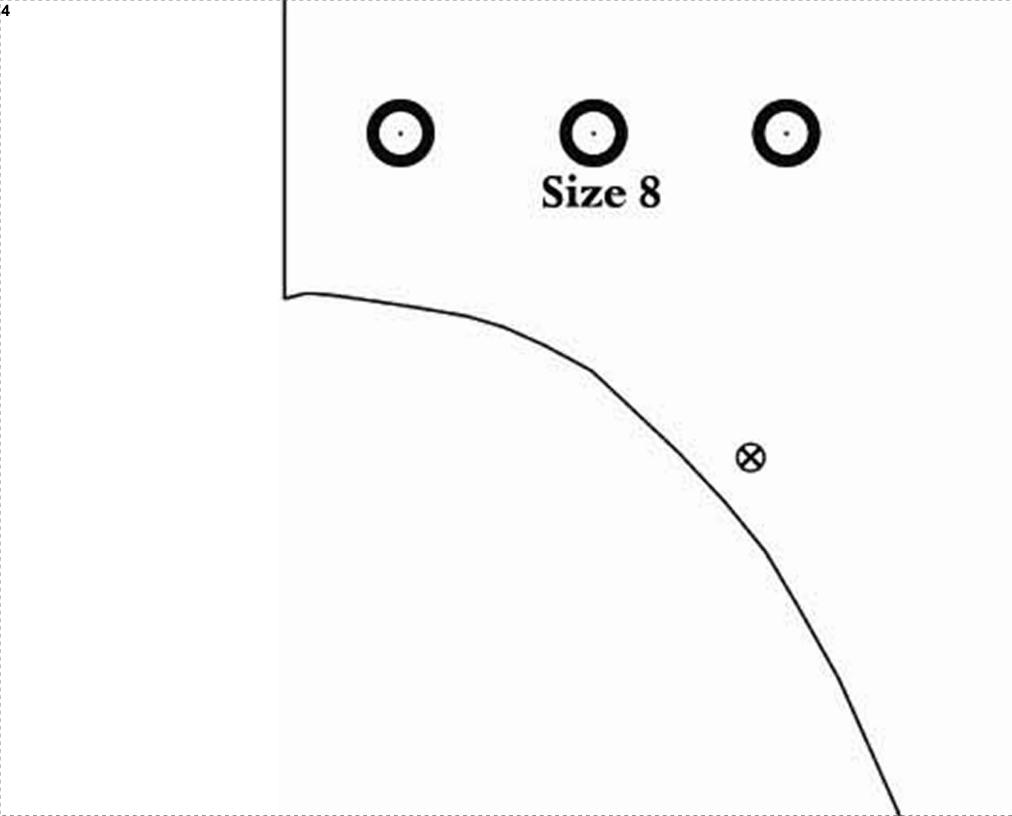


For in home use only. **Optional Front Welt Pocket Opening**





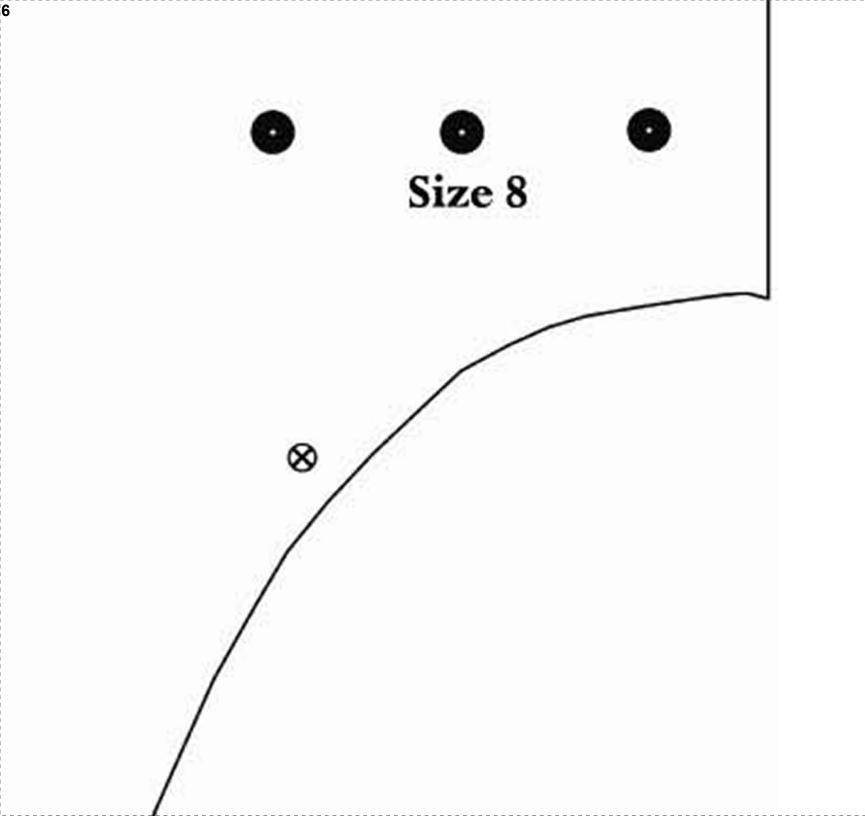


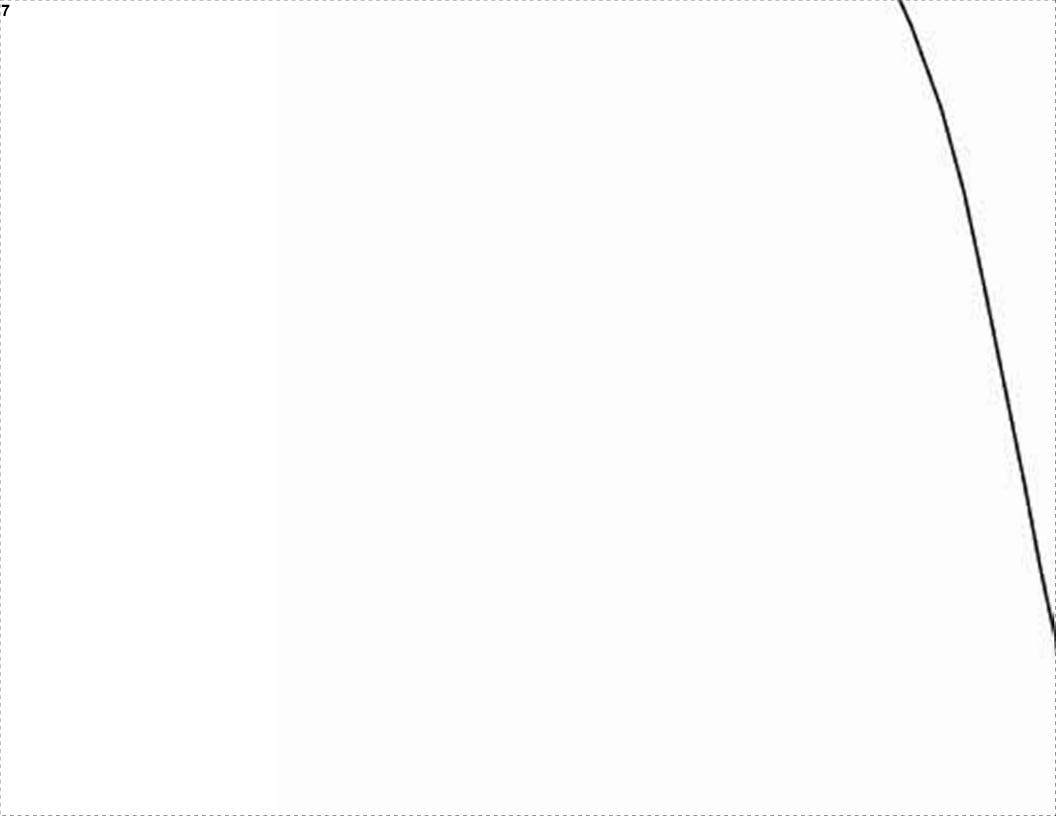


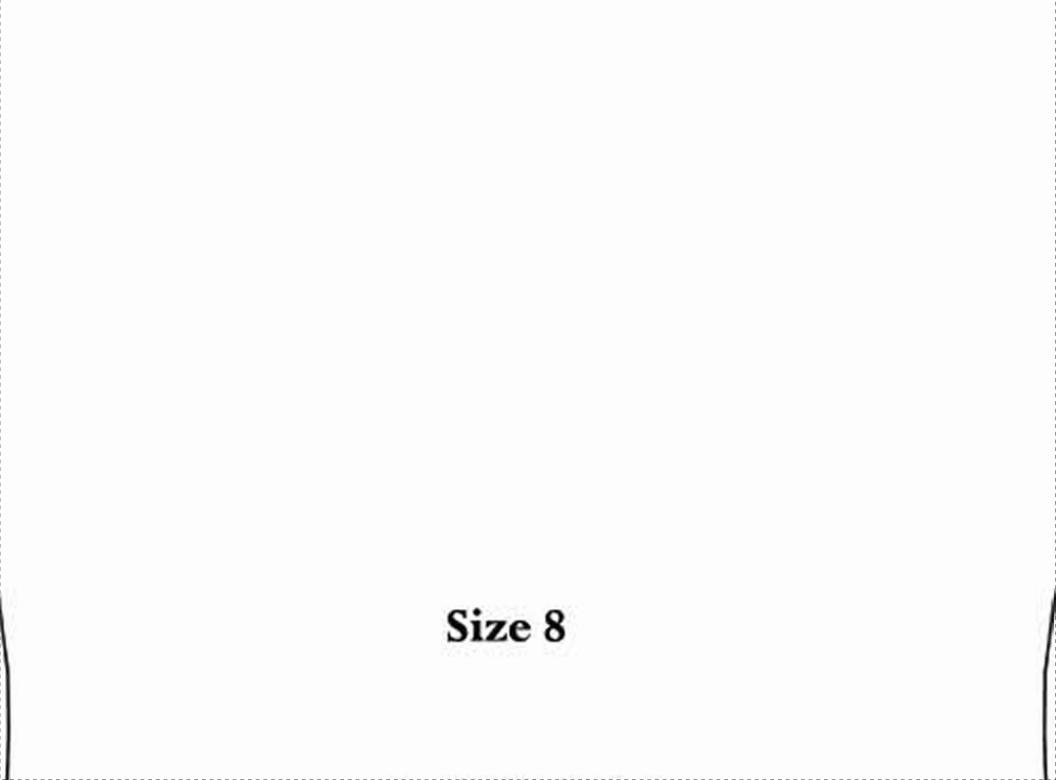


KCK Snap On-Pull Off Cloth Diaper and Trainer

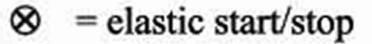
Size 8

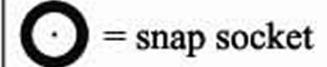




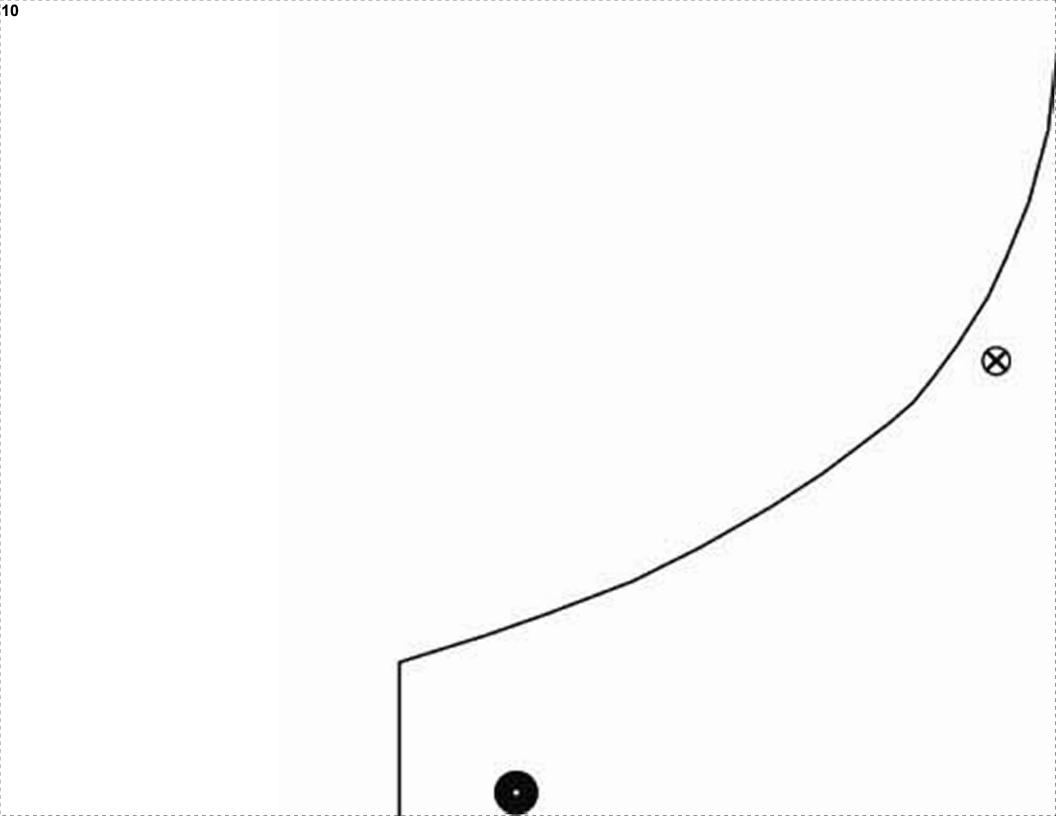


Symbol Key





= snap stud

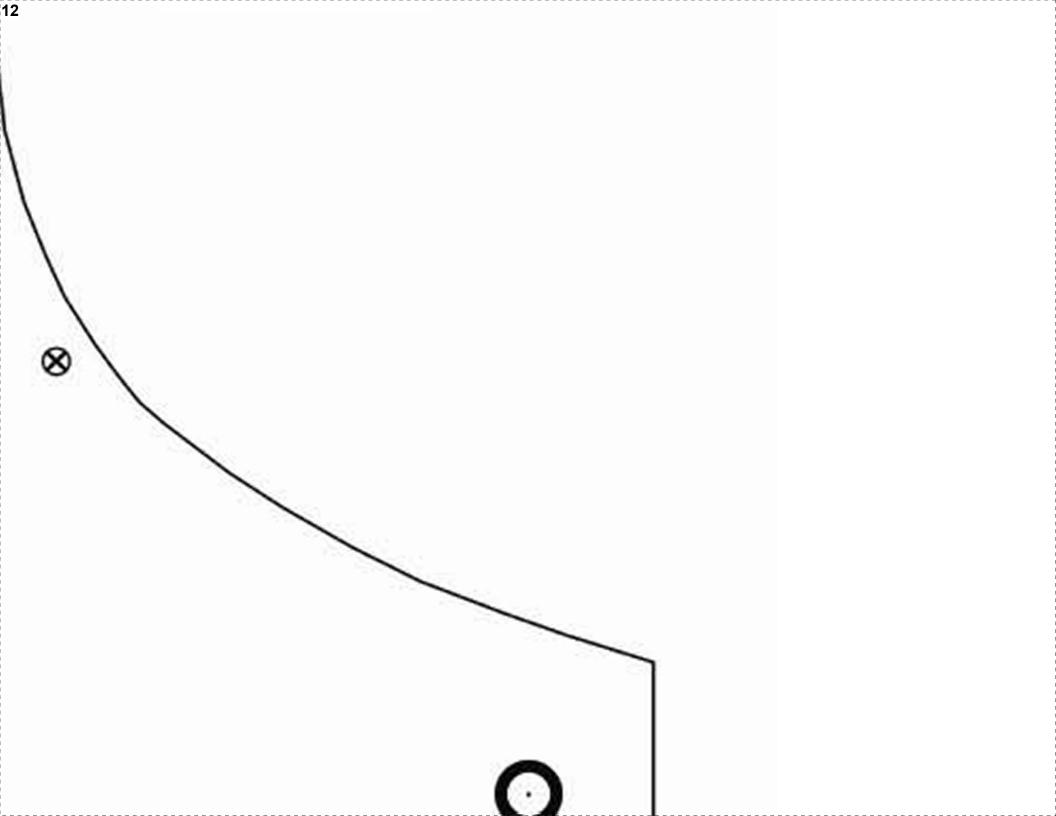


11 *I*

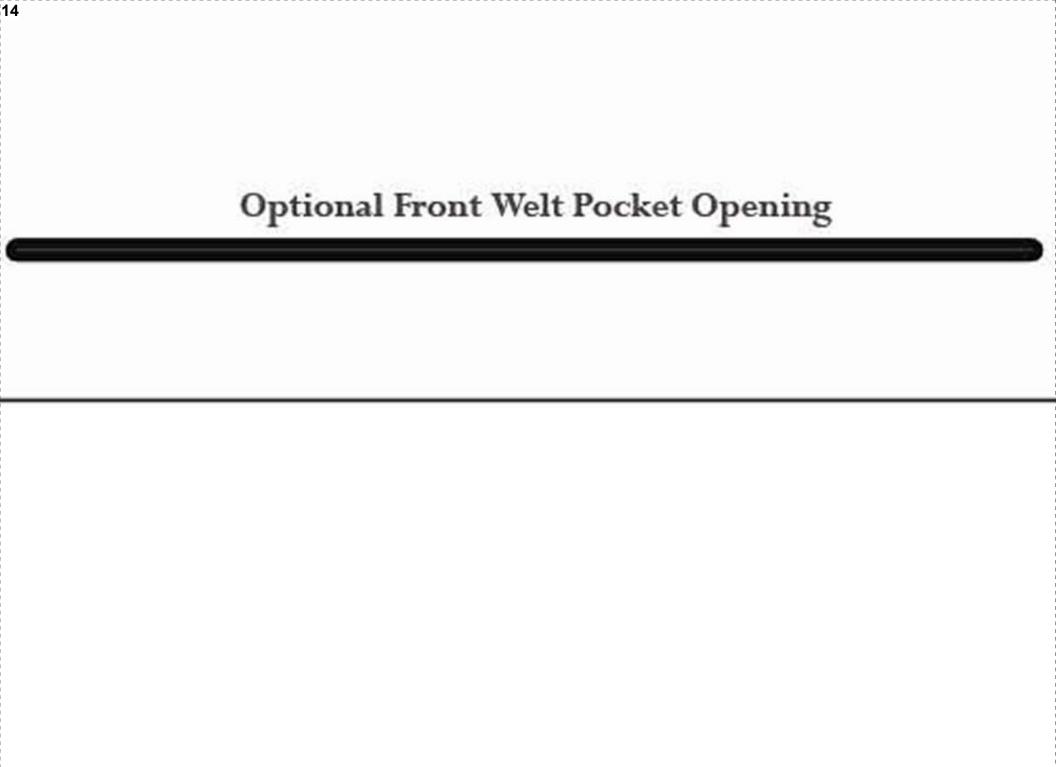
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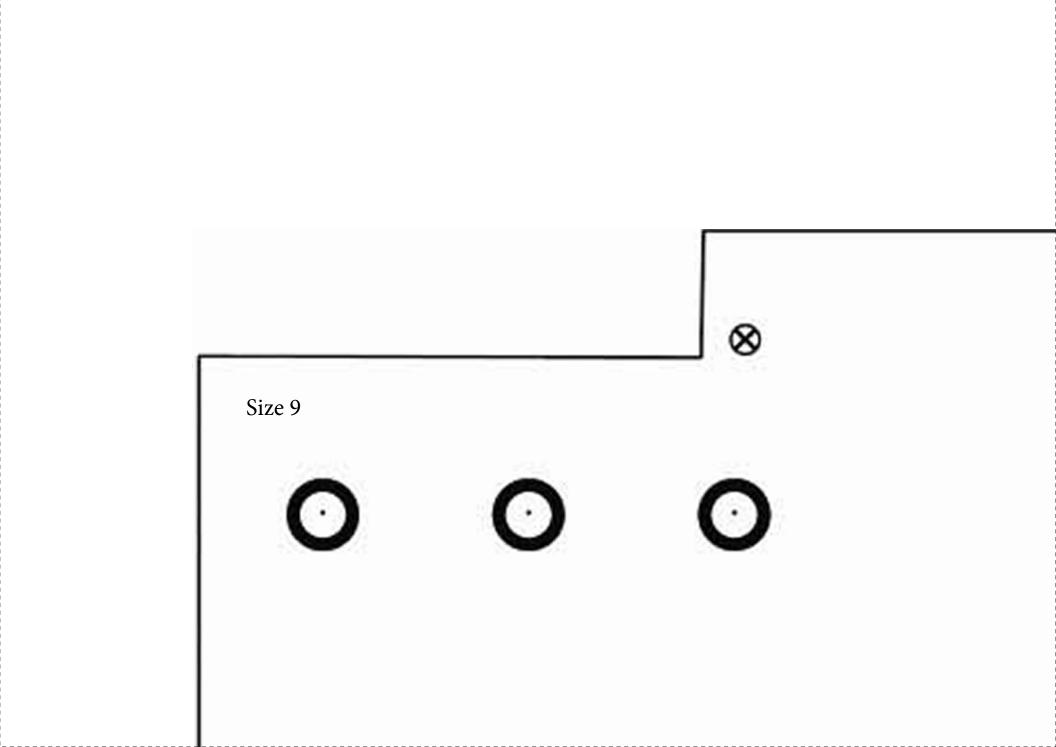
For in home use only.





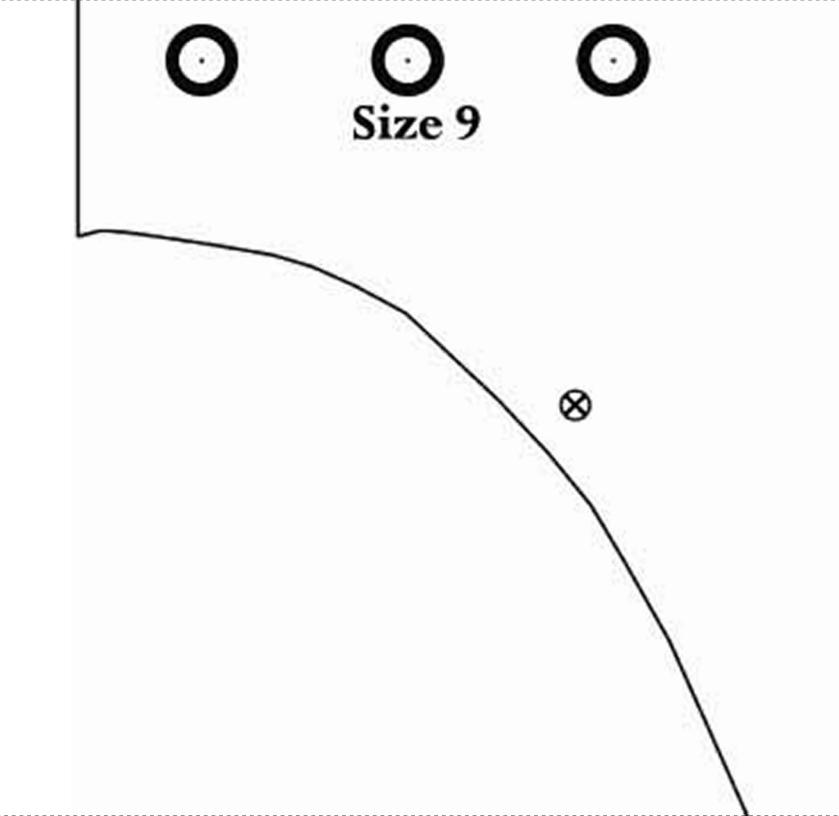






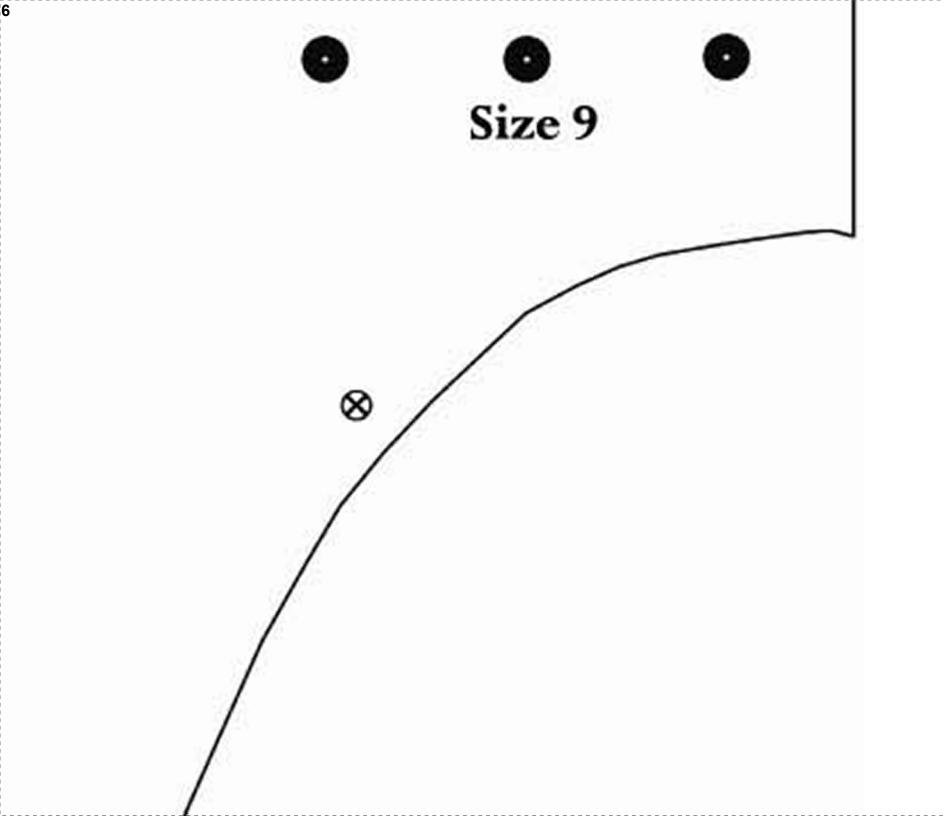
Optional Elastic Casing

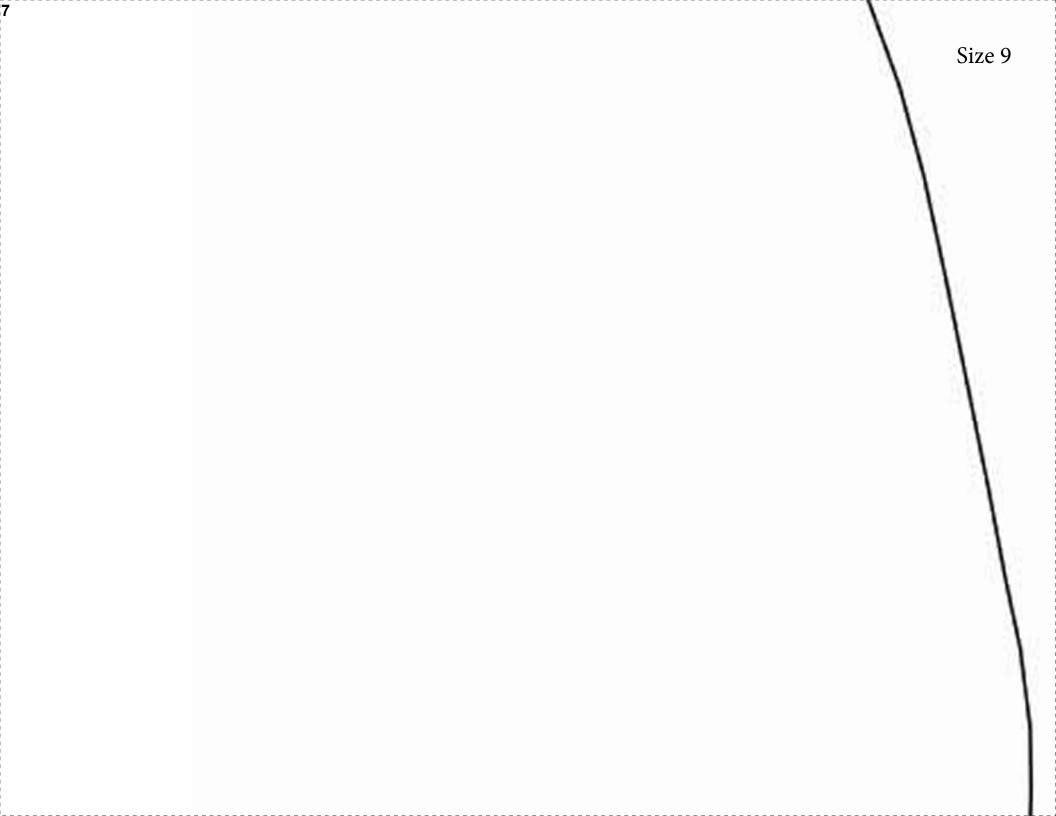




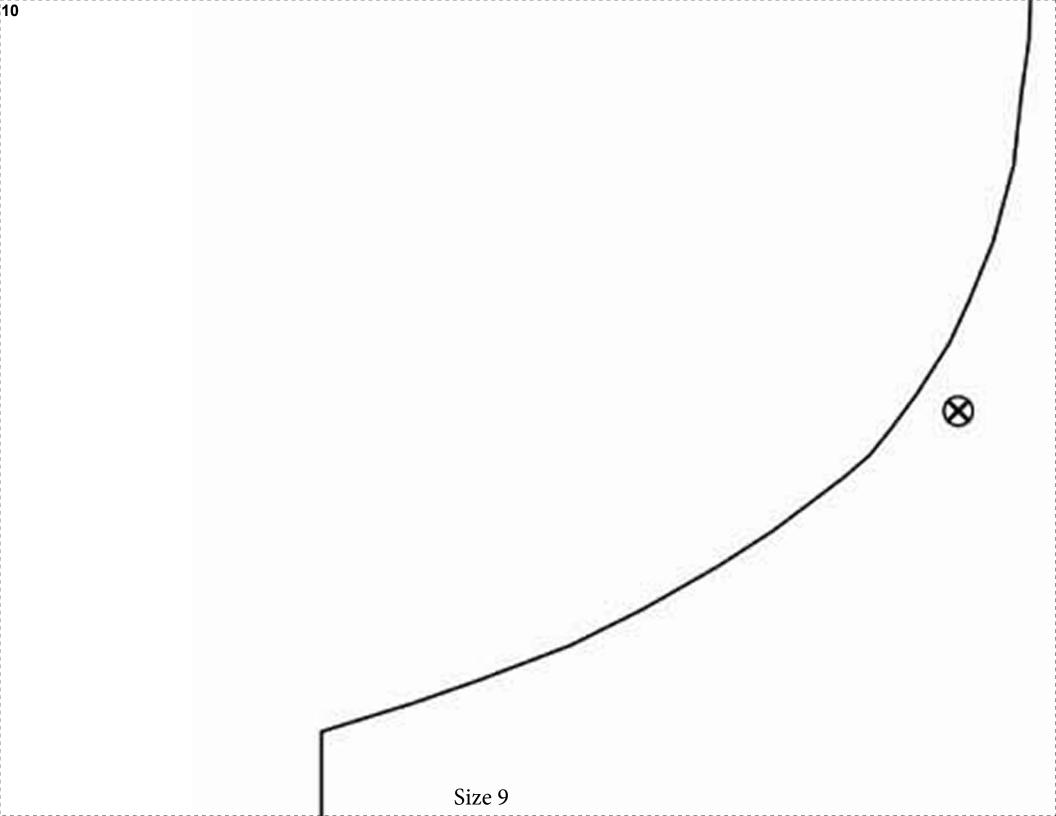
www.knylnaclothkits.com

KCK Snap On-Pull Off Cloth Diaper and Trainer





Size 9 Symbol Key ⊗ = elastic start/stop = snap socket = snap stud

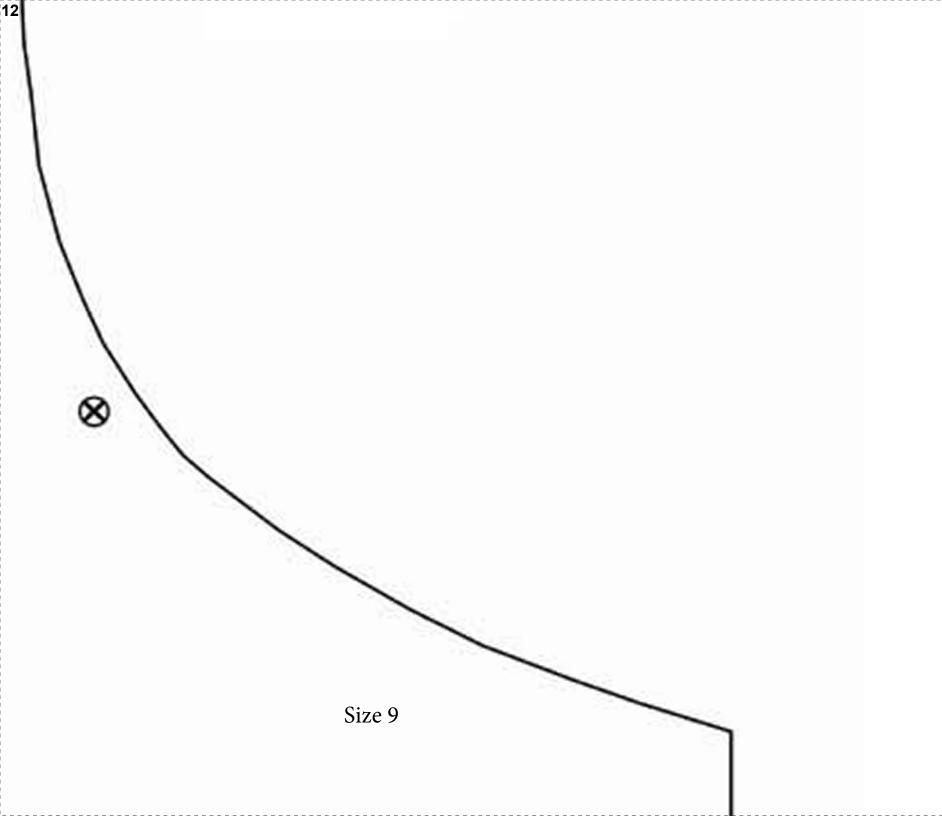


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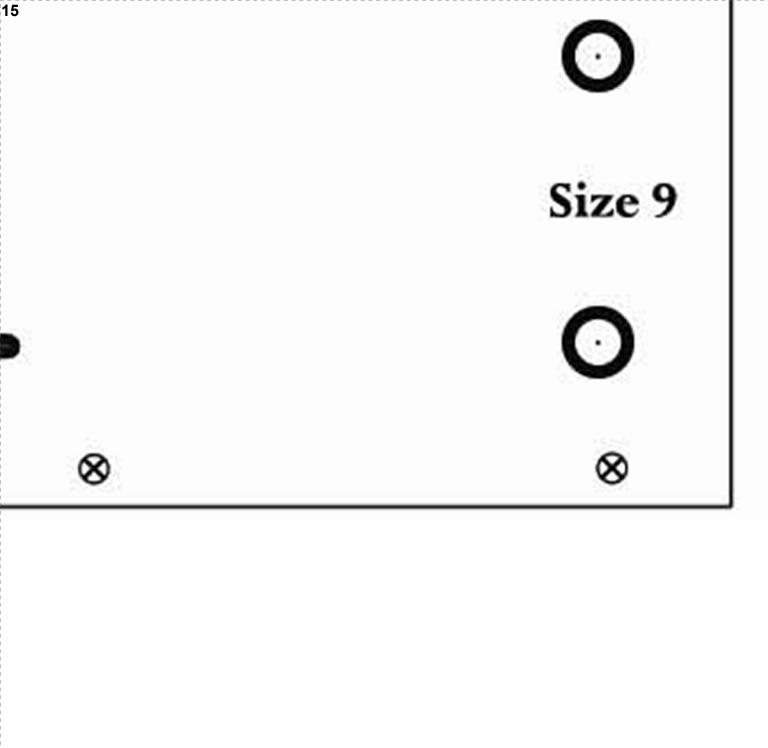
Size 9

For in home use only.



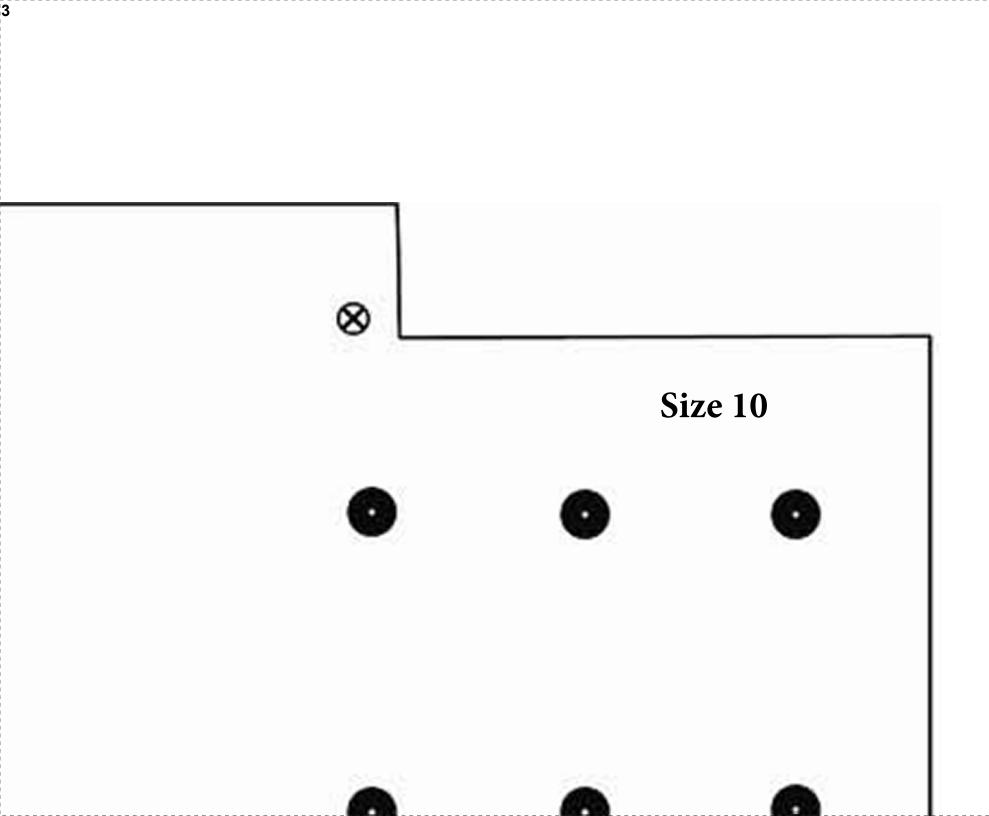


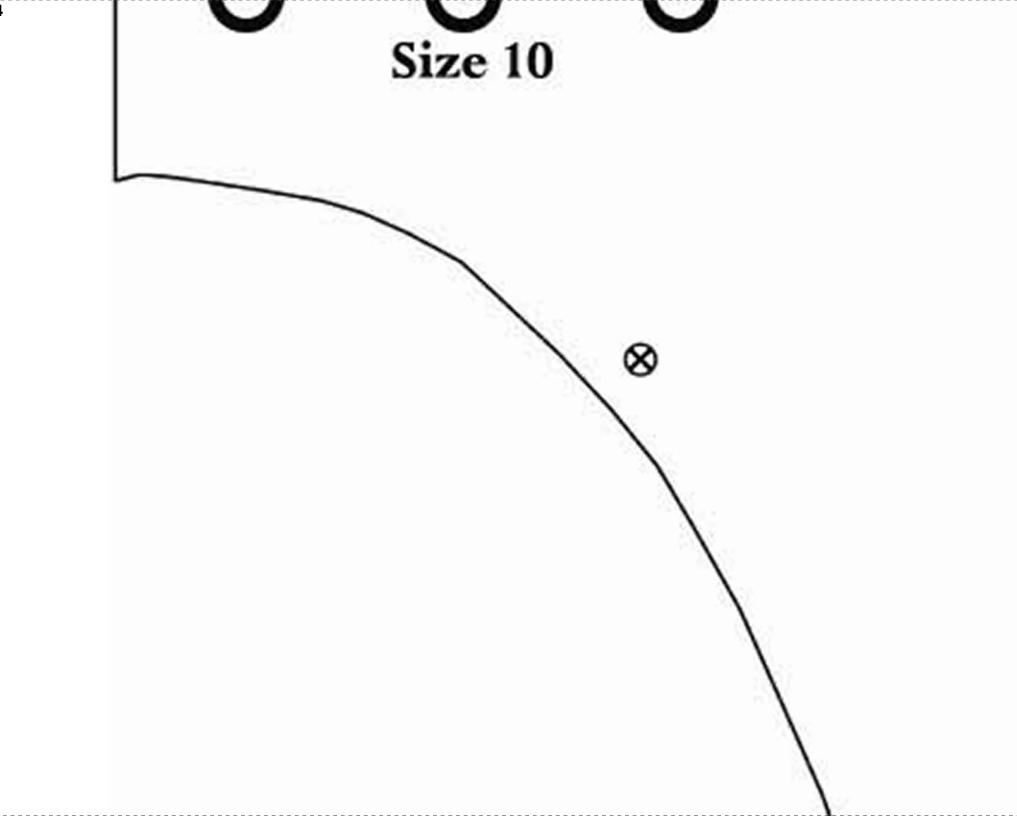




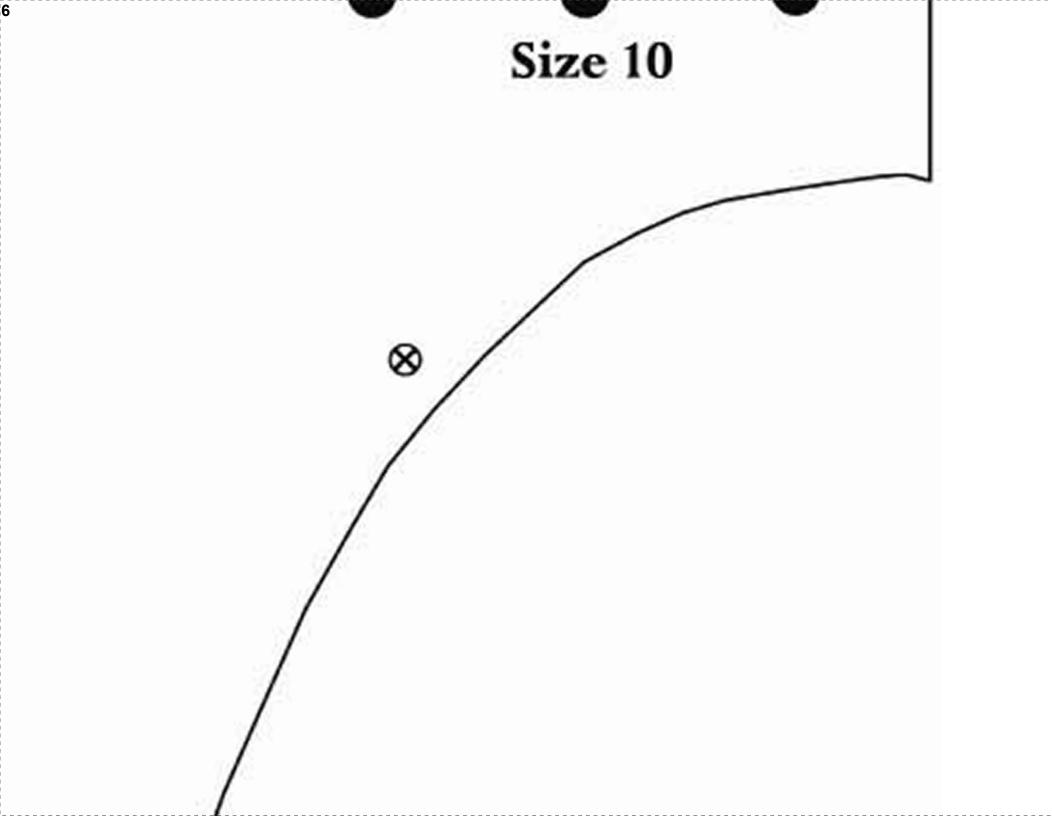
Optional Elastic Casing

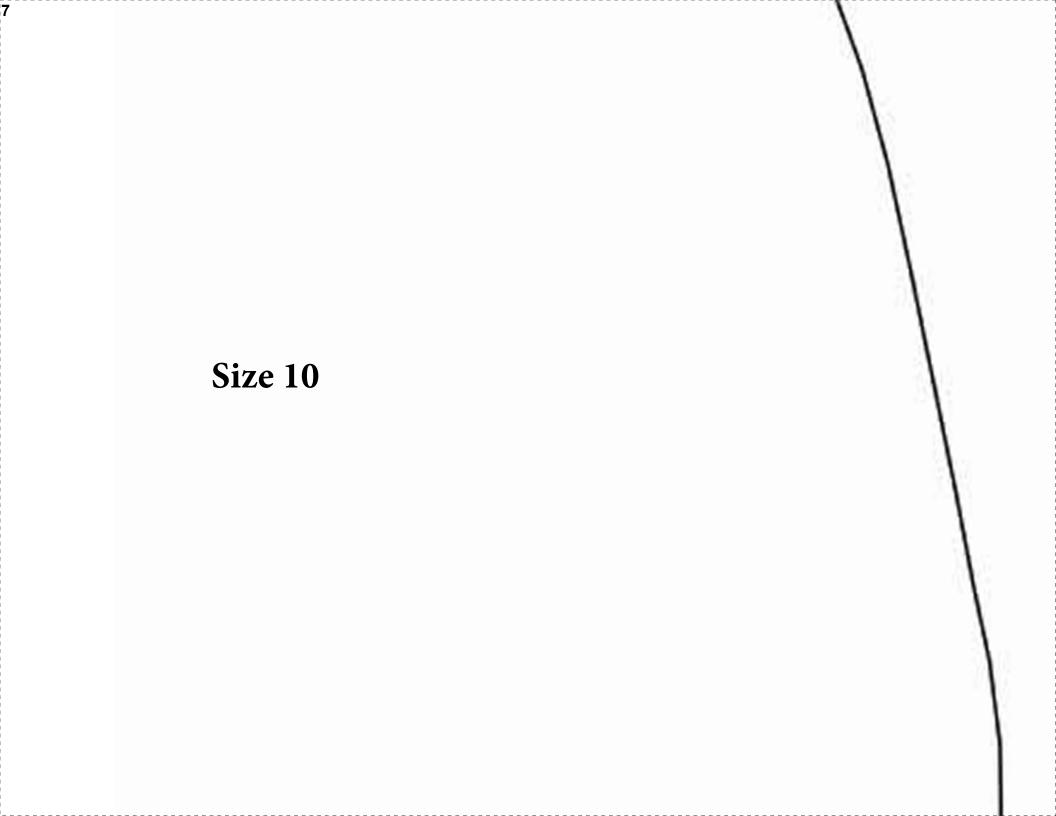






KCK Snap On-Pull Off Cloth Diaper and Trainer

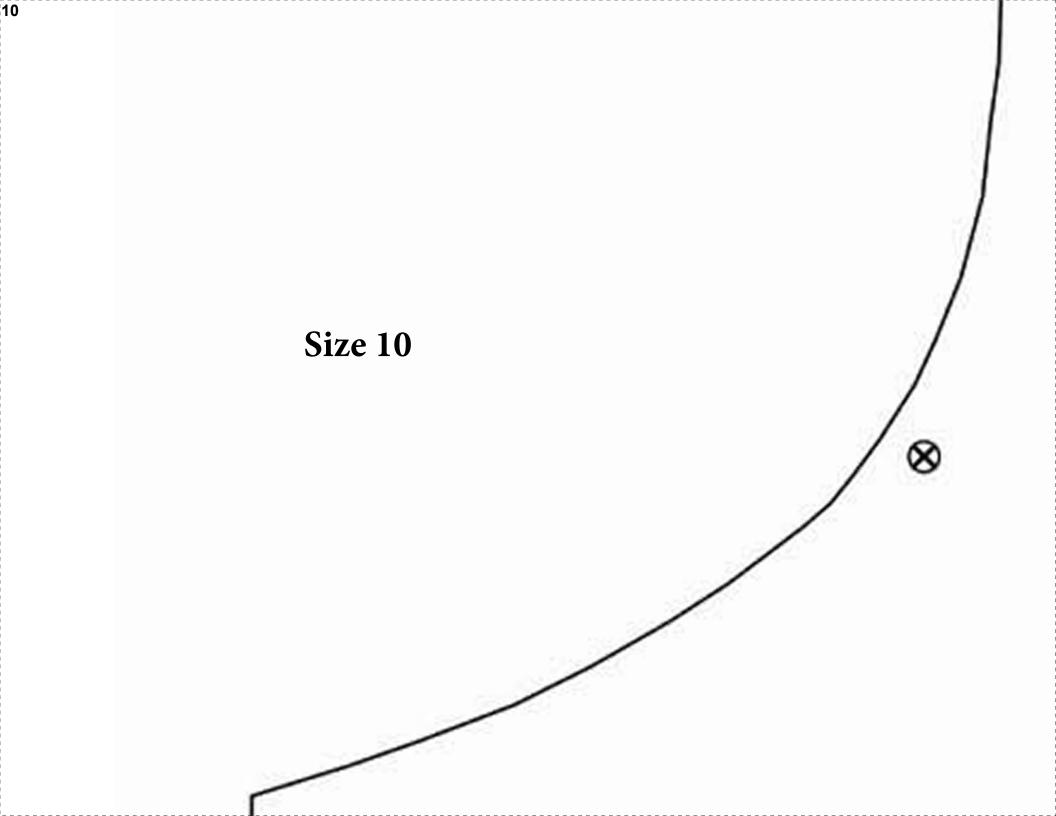




Size 10

Symbol Key

- ⊗ = elastic start/stop
- = snap socket
- = snap stud



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Size 10

For in home use only.

Size 10

Optional Front Welt Pocket Opening

