



Fit Guide



1. Position the nappy just above baby's bum.



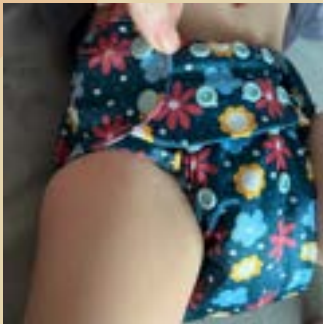
2. Bring the front of the nappy up, tucking into the knicker line as you do.



3. Adjust the rise poppers as needed. The nappy should fit low on baby's hips.



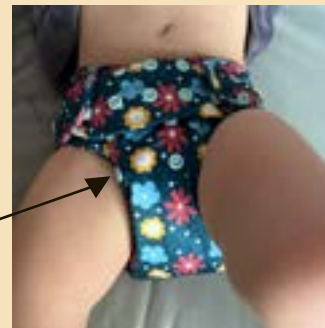
4. Stretch the tab towards the opposite armpit. Pop the hip poppers first, then the waist poppers.



5. Do the same with the other side.



6. Tuck any extra rise fabric up. This will give a better fit and help prevent leaks.



7. Make sure the leg elastics are tucked into the knicker line.



8. Check the fit. You should be able to fit one finger in the leg elastic and two at the waist.