



Leak Checklist

Find the cause of your specific cloth diaper leak, and fix it as fast as possible!

This is a companion worksheet to the post *Help! Why are My Cloth Diapers Leaking?*

To learn more about each fix and how to do it visit:
clothdiapersforbeginners.com/leaks

Common Types of Leaks:

Leaks from the Legs

1. Check fit (including elastics and for overstuffing)
2. If inserts are not soaked through, adjust absorption speed and check for build-up
3. If inserts are soaked through, add more absorption

Leaks Out the Top of the Diaper

1. For boys, check penis is pointing down
2. Ensure the diaper is sitting high on the waist and covers the entire bum
3. Check absorbency amount and for build-up

Leaks Through the PUL

1. Check for cracks or delimitation in the PUL layer

Leaks at the Stitching (Seams)

1. If diaper is new, try sealing it
2. Check for cracks or delimitation in the PUL layer at the seams

Leaks at Night

1. Add extra absorbency, and consider a night-time fitted diaper
2. If inserts are not soaked through, adjust absorption speed and check for build-up
3. Check fit (including elastics and for overstuffing)

The Seven Possible Causes of All Leaks:

1. The diaper doesn't fit right;
2. Baby needs to be changed more frequently;
3. There isn't enough absorbency;
4. The absorbency that's there isn't fast enough;
5. Minerals, detergent or other products are built-up on the diaper, keeping it from absorbing;
6. There's too much pressure on the diaper, causing compression leaks; or
7. There's a problem with the waterproof layer

For each leak type, the causes are listed in order of likelihood. If you've ran through each cause listed and the problem is not fixed, it may be another of the seven causes.