

# Diaper Size by Weight

*When to size up, and what the numbers actually mean*

## **Newborn (N): <10 lbs**

First 1–2 weeks for most babies. Skip if baby is 9+ lbs at birth — go straight to Size 1.

## **Size 1: 8–14 lbs**

~2 weeks to 4 months. Biggest-volume size you'll buy. Stock up but not in bulk — babies grow fast.

## **Size 2: 12–18 lbs**

~4 to 9 months. Often the longest-used size as babies stabilize into infancy weight.

## **Size 3: 16–28 lbs**

~9 months to 2 years. Huge range — most babies live in Size 3 for over a year.

## **Size 4: 22–37 lbs**

~2–3 years. Toddlerhood diaper.

## **Size 5–6: potty training / overnight**

By Size 5 most families use overnight-specific diapers or pull-ups for training.

## **When to size up (not the weight chart)**

Red marks on thighs or waist. Gaps at the leg cuffs. More than one leak a week. Diaper tabs reaching the outer edge of the waistband. Size up before the chart says — fit trumps weight.