



# How to Tell When Your Baby Needs Bigger Diapers

If you find that your baby is constantly waking up with wet clothes, crying, or frequently contracting rashes then their diaper must be the culprit behind it. Usually, it is just the diaper absorbency that needs to be amped up rather than the diaper size. So, often you can solve this issue by just switching to an **extra absorb pants diaper** from your regular ones. But if the problem persists, then your baby is definitely wearing the wrong size diaper and you need to fix this, ASAP.

But do not worry. We are here to help you recognise the signs of a diaper that's no longer fitting well and guide you into picking the right-sized baby diaper.

## Signs Your Baby Needs a Bigger-Sized Diaper

Since your baby is unable to express anything in words, it is up to you to look for the signs of their distress and understand whether they need to switch from say, a small-size diaper to a **pants diaper medium**. But how can you tell that? Just look for the following signs to know that they require an upgrade to their diaper fitting.

### Snapping Tabs

If they wear a diaper with tabs, then those will hardly be able to secure properly and will keep on popping open. This is a sure sign that they need a bigger diaper.

### Waistband Tears

If your baby wears pants style diaper, look at their waistband. If they wear [pants diaper M size](#) then they may need an L size diaper if the waistband of their pants diaper is completely stretched out or tears off on its own. If you are not able to put two fingers comfortably between their waistband and body, then it is probably too tight for them.

### Marks

Look for any angry red marks that the waistband may leave on their skin. This is also an indication of a tight diaper. A good-fitting diaper will always sit comfortably on your baby's skin and never leave marks.

### Tight Leg Bands

If your baby is not able to smoothly pull through their legs from the diaper's leg openings or the leg bands seem too tight around their thighs, then it is too small for them. You need **diaper pants large** enough to be both comfortable and snug around their legs.

## Hard to Put On

If the diaper looks too small or it is difficult to put it on them then the diaper is smaller than what they need. A good-fitting diaper must cover the derriere completely. If their diaper doesn't then it is too small for them and will not be able to give the protection that is expected of it.

## Leakage

A diaper that's too small will not be able to prevent leakages as there is not enough space in it to contain your baby's waste properly. Hence, if you find blowouts and leakages that are too frequent then this can be an indication that your baby requires a [diaper pants large size](#).

## Discomfort

If your baby seems to be cranky all the time and looks obviously distressed every time you put a diaper on them, then it may be a sign that it is too small for them.

## Diaper Rashes

A diaper that's too small for your baby will not only be too discomforting but can also cause skin irritation and rashes as it sits too close to the skin. This is because the pee and poop remain in contact with the skin for longer than usual. Also, it doesn't let the skin stay dry due to this which leads to rashes and infections caused by excessive moisture. So, if you find that such issues frequently arise with your baby then it may be time to up the size of their diaper. Although, as mentioned above this can also be due to the low absorbency of the diaper so you can first try getting an **extra absorb pants diaper** to confirm the cause.

## How to Correctly Choose the Diaper Size

Choosing the right size baby diaper is not very difficult. Just follow these rules whenever you are buying one for them.

- Check the diaper pack to determine the weight category it is for, and if your baby's weight falls within this bracket only then buy it.
- If you find all or most of the signs mentioned above and have been using [pants diaper medium](#), go for **diaper pants large** even if its weight group doesn't correspond to your

baby's. This is because sometimes while the weight may seem lower, the body size may call for a larger diaper.

- Check the diaper's fit by putting two fingers through its waistband. If they slide in easily then it is a good fit. Also, check for the leg bands which must also sit snugly but not be tight on the skin.
- Your baby's bottom must also be fully covered under the diaper.
- If suppose, the **diaper pants large size** that you may be choosing for your baby seem too big for them, but the medium pants are too small, it is better to look for the ideal size in an alternate brand of diapers that suits them well.

## Conclusion

Diaper size matters a lot. A good fit of a diaper is necessary to not only prevent leakages but also to keep your baby comfortable and happy. So remember, if picking up an [extra absorb pants diaper](#) doesn't work for them, look for the signs and size up.