



## THE GREAT CLOTH DIAPER CHANGE

Guinness World Records™ Diaper Changing Challenge

**5<sup>TH</sup>** Anniversary!  
APRIL 18, 2015

### Frequently Asked Questions for Participants

#### What should I bring with me?

- You and your baby, of course!
- A blanket or changing pad to use. We will be on a carpeted floor.
- A cloth diaper to change into, if you have one, and feel free to bring extra diapers to lend to a friend!
- Change or a little cash for the raffles and snacks.
- Something small to help occupy your child, if you can. We will be having a few raffles and the event may be around nap time for some of your little ones.
- A diaper to donate to the Ava Cloth Diaper Share program.

#### What is the Great Cloth Diaper Change?

The Great Cloth Diaper Change is an annual event started by the Real Diaper Association in 2011 to raise awareness about cloth diapers. It is also recognized by the Guinness World Records committee and each year we break the record for the most cloth diapers changed in 24 hours. (For more information about the RDA, contact your hosts!)

#### How much does it cost?

The event itself is a free event for participants, no purchase is required. However, bring some change. We'll have some raffles for awesome prizes, and all the proceeds will go to the RDA.

#### Is there an age, weight or height limit for my child?

Yes. There is a height limit of 39 inches tall. This sounds alarming, but this is over 3 feet! (3ft3in, to be precise.) There is no age or weight limit though.

#### Can I use a cloth trainer? Or a disposable liner?

You may use a disposable liner, however you may not use a cloth trainer. I know it sounds odd, but this is a rule set by Guinness, not the RDA. Guinness doesn't recognize a trainer as being the same as a diaper.

#### Do I need to be using cloth diapers all the time? What if I don't own any?

The hosts will have a few diapers available for use. Ask to borrow one, and you shall receive!

**Do I need to use a specific type of cloth diaper?**

Nope! As long as the diaper is available for purchase online, in a store, on etsy, whatever... it's fair game! It can be a simple pre-fold, a snazzy fitted, a cute milky pocket, whatever! Just as long as you didn't make it yourself in the livingroom... unless of course your one of our awesome stay and work at home mothers who does this for a living. Then it's all good!

**Does my baby or toddler need to wear a cloth diaper to the event?**

Not at all! Show up in disposable diaper, pull-up or trainer, even underwear. As long as it's a cloth diaper being put on the baby or toddler for the change, your child can come wearing whatever is most convenient for you.

**Does it matter how old I am as a participant parent?**

Yes. You need to be at least 18 years old at the time of the event. This rule is set by Guinness, and we have no control over it. If you're a parent under 18, ask a friend or other family member to come with you and be the adult changing your child.

**If I have twins, or two or more children in diapers who qualify, can I change both children?**

Unfortunately, no. You need one adult over 18 per child participant for each child to qualify. Ask Dad to help out, or Grandma!

**If I have other children, can they come?**

Yes. However, they cannot be with you during the actual change. They must be off to the side for about 10-15 minutes at most, out of the area where the Change occurs. If you have several children or your child is not able to be alone for the change, bring another adult with you.

**Can I bring a stroller?**

It would be easier if as many people as possible left strollers at home, to save space and time at the event, but if you must, then there is no rule against it. It will need to be kept out of the changing area.

**Will there be pictures taken at the event, of me or my child? What if I wish not to be photographed?**

You must be in the group "before" and "after" photos as per the rules of qualification for Guinness. In the before photo, you hold up the diaper your child will be changed into during the event. The after photo shows that specific diaper on your child. You do not need to show any faces, you can turn your own head and turn your child towards you so their face is not showing. There will be no photos taken between these, and the after photo will only be taken once all infants have been changed. If you do not wish to have photos taken at other times during the event, just let the hosts or the photographer know, we have no problem with it at all.

**Will there be food? What if we have allergies?**

There will be snacks and beverages available for a small donation cost. We will do our best to consider all allergies, and everything should be nut free. If you have an allergy, let the hosts know, and we'll try our best to have options available for you.