

2009

CLOTH DIAPERING

Just the basics

LIVING GREEN & SAVING MONEY!

FAQ's

Do I need to scrape my diaper?



Yes and No

Technically all diapers, whether they are cloth or disposable should be dunked or scraped. Waste doesn't belong in a landfill, but rather down the toilet. Yep, you'd think the disposables decrease the yuck factor but if you read the boxes, they say to scrape or dunk too. The good news is early on, babies poo has so much of a liquid component (especially breastfed babies), no scraping or dunking will be required. Read on for what to do with older babies that decreases the 'yuck' factor.

How Many Diapers will I need?

To a certain extent, this is a personal choice. it depends on how often you want to do laundry. Likely around 36 for the flat or pre-folds, 24 or so for the AIO or pocket diapers.

Does it really help with diaper rash?

Yes! Babies who are diapered in cloth tend to be changed more frequently (even though all babies should be changed whenever they soil). Also, your cloth diapered baby will not have all the chemicals near their skin that come with a disposable diaper (thats what makes them so absorbant).



NOT YOUR MOTHERS CLOTH DIAPERS!

SIMPLE & SATISFYING

ECO-FRIENDLY

Read on for how to care for your cloth diapers and how to get started

TYPES OF CLOTH DIAPERS

- 1. Flat/Prefold-** Likely the kind your parents or grandparents used. Flat Requires folding for use, Prefold has extra layers sewn in and both require a diaper cover. Usually uses a pin or Snappi diaper fastener (a T-shaped fastener with grips).
- 2. Fitted** - have an elastic leg and back. They look like a disposable and usually have velcro or snap fasteners. They also require a diaper cover.
- 3. All-In-Ones (AIO's)** - everything you need combined into one easy to use diaper that doesn't require a separate cover.
- 4. Pocket Diapers** - have a layer of fleece sewn to a cover with an opening at the back for the insert which can be stuffed inside. They also look like a disposable diaper and still

have the ease of use of an AIO. Usually very soft and the fleece wicks moisture away from babys' bum.

What do I need to get started?

You'll need to decide what type of diaper you wish to use. Some are more form fitted and you may need different sizes to accommodate for a growing baby. Usually this will be from 10-22 lbs and 22-35 lbs before your baby may be potty trained.

1. You will need diapers (possibly covers and fasteners depending on type of diaper you choose).
2. Pail to store dirty diapers. A step garbage pail works great.
3. A wet bag. It's used while out to store your dirty diapers. You can also use a plastic bag or zip-lock.
4. Proper detergent. Do not use pure soap. Avoid detergents with 'whitening enzymes'.

Benefits of using cloth & How to care for your cloth diaper: simple steps to make the quick and dirty...well, quick and easy!

You've likely heard horror stories from well-intending but ill-informed family members or friends about cloth diapering. YUCK, is usually their first thought and may scare you from even considering to cloth diaper your baby.

Before you jump ship, know that there are many benefits to cloth diapering. Obviously the environment comes into play here and we certainly know that cloth diapering is much better for our planet. Firstly, the manufacturing process, constant shipping of disposables to your local store for you to buy, cost of gas to the store, and the whole throw it all away and start again issue. After an hour or two of service,

collecting baby's waste, these disposable diapers are tossed away into landfills and can take several hundred years to 'decompose'.

Another big plus is the benefit to baby. Babies who are cloth diapered get less diaper rashes. The biggest plus for baby is that cloth diapers are free of the many chemicals contained in a disposable diaper. Studies have been done to show that the chemical emissions from disposable diapers can cause respiratory problems in children.

Cloth diapering is a great investment for your baby's health, our planet, and your pocket book.



Caring for your diapers properly will help them to stay soft, absorbent and to extend their lifespan.



The average cost savings for cloth diapers vs. disposables is approximately \$2500 from newborn until potty training (around age 3) depending upon the type of cloth diaper used. If you are making an initial investment with your first baby, the cost savings grows with each additional child. Once your family is complete, you can sell them used for a portion of funds back.

SO HOW DO I WASH MY DIAPERS?

Approximately every three days:

1. Place soiled diaper in a dry pail (with lid). A garbage pail with step works great! If you have a pocket diaper, you will need to turn diaper upside down and shake out the reusable liner. If smell becomes a problem, a couple drops of essential oil to bottom of pail will do the trick. Only older babies will produce enough of a solid poop to bother with scraping into the toilet. At that point, you can use one of the disposable liners (looks like a roll of toilet paper), and simply toss into toilet.
2. After 3 days, tip your pail into your wash machine and place diapers into a cold soak for 30 mins or so. If you have a front loader a cold light wash will do. Do **NOT** use any detergent in this cycle.
3. Spin out cold water and do a regular load of hot with detergent. **No bleach!** It prohibits the diapers ability to absorb and decreases their lifespan. Use vinegar in the first rinse cycle to reduce odor (a downey ball works great). Use the extra rinse cycle (cold) on your machine or simply put on for an additional rinse after the vinegar.
4. Once washed, the best place to dry is on a laundry line. It takes only a couple of hours and the sun helps to 'bleach' the diapers and eliminate staining. Line drying in the summer months is easier and although the winter line takes a little longer to dry, there is a reason they call it 'winter white'. If not line drying, place into dryer on a low setting and **never use fabric softener** or pure soap as it eliminates their absorbency.