

Welcome to the Cloth Nappy Nerds

Amy

# Cloth Nappy Nerds

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# Cloth Nappy Nerds

## Getting Started with Cloth Nappies

Getting started with cloth nappies is simple, the decision to use cloth nappies doesn't have to be all or nothing, you can replace one nappy a day, a day a week, part-time, day time only, night time only or full time! It's completely up to you. Cloth nappies are easy to use and are not hard work, all that's involved is an extra couple of wash loads in your week, with modern cloth nappies there is no need to soak, scrub or boil, you simply wash them in your machine and then dry them and reuse. Our Cloth Nappy Nerds Hire Kits are an excellent way to try before you buy <https://www.clothnappynerd.com/hire-kit> or you can find a local council incentive scheme <https://www.clothnappynerd.com/real-nappy-council-incentive-scheme>. Bells Bumz have also launched the first Nationwide cloth nappy incentive scheme <https://www.bellsbumz.co.uk/cloth-nappy-incentive-schemes> which can be applied for along side a local council scheme (if there is one for your area).

## Quick Start Guide

- 1) Decide what type of cloth nappy you want to use (see below for a guide) We recommend a mixture of types to start with whilst you find what your favourite is for you and your baby. The Cloth Nappy Nerds hire kits are designed with this in mind, allowing you to trial a full range over the hire period.
- 2) Decide how many cloth nappies you need. As a rule of thumb allow for a newborn baby to use around 10 nappies per 24 hours which decreases over time to around 6 nappies per 24 hours by the time baby is 4 – 6 months old. You will not need to change your baby any more regularly than you would in a disposable. Remember, it isn't all or nothing, you can cloth once a day, part time or full time. Our Cloth Nappy Nerds Hire Kits are a great way to start.
- 3) Decide what accessories you need (these are included with our hire kits when you hire two or more at the same time), we recommend:
  - A Nappy Pail Wetbag or an airy basket (more holes than plastic) to store dirty nappies until wash day
  - Wet bags for out and about to store wet nappies (for nurseries who like to use a double bag system the Bells Bumz Mini wetbags can fit a folded nappy and then you can use a medium wet bag as the second bag to collect all the individual nappies inside their mini wetbags)
  - A Nappy Pod for in the house or out and about to store clean nappies (these are big enough to fit clean nappies plus other essentials such as baby clothes)
  - Fleece Liners to line the nappy, keep baby feeling dry and to catch the poo but they are not essential
- 4) Decide whether you want to cloth overnight. As a rule of thumb baby will need changing overnight until they are not soiling overnight (as you need to change after every poo) and until around 4-6 months old. Until this stage you will not need dedicated night nappies and can simply use whatever you use in the day. This is accounted for in the 10 nappies per 24 hours rule above. Once baby is 4-6 months old you will need one nappy per night with one wrap and if using night nappies every night we recommend 5 nappies with 3 wraps (this allows for the nappies to take longer to dry). We recommend fitted or flat nappies as a two part system. We offer separate Night time Hire Kits from Cloth Nappy nerds to give you chance to find what works for you.
- 5) You may notice pink indentations to your babies skin around the legs and the waist, these are referred to as "sock marks" and are completely normal as long as the skin is not broken, they are not red and they go after the next nappy change.
- 6) Sometimes cloth nappies leak, remember disposable nappies can leak too, it can be normal and with cloth (unlike with disposables) can usually be prevented by looking at fit and absorbency. The cloth community is very supportive and will be able to help you consider if you have enough absorbency in the right place and check the fit of your nappies. The Cloth Nappy Nerds facebook group is a wonderful group to join.

# Cloth Nappy Nerds

## Washing your nappies

Washing and caring for your nappies, we recommend a daily or every other day pre-wash at 40 or 60 degrees with a half dose detergent and then dry pail in an airy basket (more holes than plastic), mesh laundry pag or Nappy Pail Wetbag. Followed by a regular main wash usually the long cottons cycle (not eco) on your machine (maximum day 4) at 40 or 60 degrees with full dose of detergent. Newborn poo (any poo before weaning starts) is water soluble and does not need to be removed prior to washing, once weaning starts simply remove the poo (the toilet flush, shower head into the toilet/ bucket or after poo's are more solid they "plop" off, especially if using fleece liners) before dry pailing. The template is downloadable from our website:

<https://www.clothnappyners.com/wash-routine-download>

Note your routine down here:

### 1) Remove Soiling and Dry Pail

*All Poo after you have started weaning needs to be removed. Prior to weaning exclusively milk fed poor is water soluble whether this be breast or formula.*

### 2) Pre-Wash Cycle

Daily at 60 degrees is using nappies overnight (this is any nappy on the bum for 5 hours or more)

**Or**

Daily at 60 degrees if you are stretching your mainwash to day 3 or 4

**Otherwise**

Every 1 -2 days at 60 degrees if using non-bio detergent or 40 degrees if using bio detergent

*Do not use fabric softener*

**FREQUENCY:**

**DETERGENT (booster, such as vanish, optional):**

**DOSAGE (half stated dose for drum size, water hardness and heavily soiled laundry):**

### 3) Dry Pail until Mainwash

### 4) Main Wash Cycle

60 degrees if stretching mainwash to day 3 or 4

**Otherwise**

40 degrees if using bio detergent or 60 degrees if using non-bio detergent

*Ensure the machine is loosely full (closed fist at the top) you can bulk with small light coloured items like baby clothes if needed, or stretch your mainwash to a maximum of day 4. Do not use fabric softener, do not use a booster (e.g. vanish) in your mainwash.*

**FREQUENCY:**

**DETERGENT:**

**DOSAGE (full dose for drum size, water hardness and heavily soiled laundry):**

### 5) Dry

Outside on the line

On an airer inside or outside or in an airing cupboard (not against direct heat)

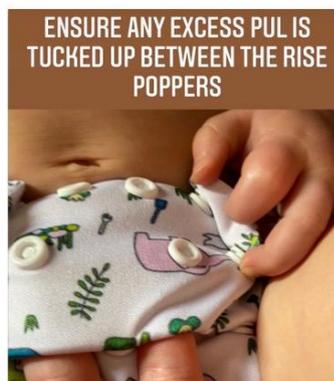
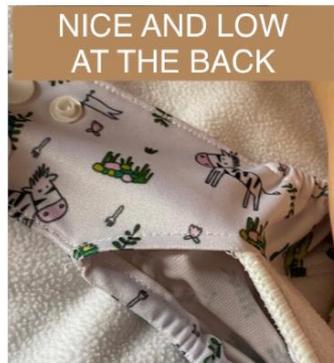
Tumble on low (we do not recommend you tumble anything with PUL which is the water resistant layer)

Always dry away from direct heat (not on a radiator etc)

**Recommended Detergents:** Ariel original powder or liquid, Asda Tropical powder, Daz powder, Waitrose sensitive liquid, Sainsburys own powder (bio or non-bio), Splosh powder or Splosh liquid. We use splosh unfrangranced non-bio liquid to freshly launder the nappies before we send them to you. Here is a 15% off code for Splosh **0GY62CSL9M**

# Cloth Nappy Nerds

## Fit Guide



**DONE**

For side snap fastening nappies sit the nappy slightly higher at the back so the side snaps come over the top of the thigh, then stretch and pull the tummy panel on the front of the nappy so it comes up and over the front of the thigh and snap to the side snaps.

# Cloth Nappy Nerds

## The Benefits of Cloth Nappies

Some of the benefits of Cloth nappies include that cloth nappies are generally accepted to be kinder to your baby's skin, most parents who give cloth a go report that they have less incidences of nappy rash and that baby seems more comfortable. Cloth Nappies are suggested to help to support baby's development through helping the hips to be in the "happy hips" position. Every cloth nappy saves a disposable nappy from going to landfill, protecting this world now and in the future. WRAP has reported that the UK adds 3 billion disposable nappies to landfill every year and it is estimated that disposable nappies take up to 500 years to decompose, choosing to switch even one cloth nappy a day can make a huge impact. It is reported that using cloth nappies full time, even when considering the washing cost and raw materials used is better for the environment and will save you money, the money saved increases each year and with each child you may have. You may also be able to recoup some of the costs as there is a great market for pre-loved nappies.

## Choosing whether to use newborn / size one nappies or birth to potty nappies from birth

Birth to potty nappies are designed to fit from c 10lb – 35lb so can be used from birth. However, they do tend to look a little bulky on newborn babies and you may find that you can't get a good leg seal until they are around a month or two old as they are unlikely to fit from birth. Some people choose to start with birth to potty nappies and accept there may be leaks for a few weeks or even use disposables at the start whilst adjusting to being parents to a newborn. Those who choose to use newborn / size one nappies will usually move on to birth to potty nappies when they are outgrown and there is a great market for pre-loved nappies.

## All About Absorbency

The most important element of cloth nappies are the absorbent parts. The materials can vary and should form part of your decision making process. As a general rule, the most absorbent a fabric or material, the slower it is to dry.

**Microfibre** – This is the quickest to dry as it doesn't truly "absorb" liquid, instead it has lots of tiny hooks and the liquid is trapped to sit in these hooks. This means that water is very quickly caught by the hooks, making it the fastest to "absorb". However, if the fabric is squashed such as in a car seat or baby carrier microfibre can be prone to compression leaks. Microfibre is also very bulky on the bum as it is similar to a sponge and "absorbs" significantly less gram per gram than the natural fibre alternatives. Microfibre only needs one wash before use to remove any manufacturing residue. Microfibre is extremely cheap to produce so can be a very cost effective method to try cloth nappies. However, when washed the microfibre releases microplastics into the environment.

**Cotton** – This is the quickest natural fibre to dry as it does not hold as much volume of liquid gram per gram as bamboo or hemp. However, it is extremely fast to absorb making it a good option to mix with bamboo or hemp to ensure a reliable nappy.

**Bamboo** – This is a slower drying fabric than cotton but it holds more liquid gram per gram than cotton, meaning that cloth nappies containing bamboo can be less bulky yet have higher absorbency.

**Hemp** – This is the slowest drying fabric but hemp is extremely absorbent once it has been washed at least 10 times and holds the highest volume of liquid gram per gram. This means that hemp nappies are less bulky on the bum providing more absorbency. Hemp is also a very environmentally friendly fabric with the least environmental impact. You can use nappies containing hemp after the first wash if you are prepared to change more regularly. As hemp is an extremely rough fabric, all hemp nappies contain a mixture of hemp and cotton, the cotton also allows the fabric to absorb liquid faster than it would alone as hemp is very slow to absorb. Despite being blended with cotton the hemp fabrics are slower to absorb than the bamboo and cotton alternatives.

# Cloth Nappy Nerds

## Different Types of Cloth Nappy

**Flat Nappies** are square sheets of fabric that are very absorbent. The terms Flat nappy and terry nappy are interchangeable, a terry nappy is usually cotton which makes it more bulky than a Flat nappy as you can have less thickness with bamboo as it can absorb a greater volume of liquid per gram of fabric. Prefolds and tri-folds can be used as a flat nappy for newborn babies (similar to how you would use a muslin) and is a slightly more modern version. The benefit of flat nappies are they are very absorbent and relatively cheap whilst being easy to wash and quick to dry.

There are a number of folds you can use with flat nappies, and you fasten them with a nappy pin or nappy nipper. We find nappy pins are easiest to use. When using the tri-fold as a flat nappy for your newborn we recommend the angel fold and we find the nappy nippers work best.

The great thing about using the trifold as a newborn flat is that once baby is big enough for birth to potty size pocket nappies or wraps you can then pad fold the trifold and use in these for absorbency, saving yourself money.

As Flat nappies are made entirely out of absorbent material, they can feel extremely wet when removed, especially if used overnight, this is entirely normal. As long as you are not having leaks and/or the leg elastics on the water resistant cover are not wet (you will know if this is the case as you will notice red marks to the legs which unlike "sock marks" will not go after a few hours) you do not need to boost and the nappy is doing its job well.

**Fitted Nappies** are a two part system as you need to use the fitted nappy (absorbent nappy) underneath a water resistant cover. When using a two part system during the day you can simply wipe down the wrap unless soiled and reuse, we recommend have two wraps to alternate during the day to allow for the leg elastics to dry.

Like the flat nappies above, Fitted Nappies are made entirely out of absorbent material, they can feel extremely wet when removed, especially if used overnight, this is entirely normal. As long as you are not having leaks and/or the leg elastics on the water resistant cover are not wet (you will know if this is the case as you will notice red marks to the legs which unlike "sock marks" will not go after a few hours) you do not need to boost and the nappy is doing its job well.

**All-in-two nappies** are different to a fitted nappy and wrap but with a similar ethos. The nappy is still in two parts with an outer shell which is water resistant and a snap in insert that provides absorbency. As the insert snaps into the shell they differ from a two part system as they are placed onto baby in one piece rather than first putting on the fitted nappy and then placing the wrap over the top. This makes them easier to use but allow them to dry quicker and where the shell is not lined they can again be wiped clean unless soiled and reused. Some All in two nappies are lined, which means that the whole nappy needs to be changed every time.

**Pocket Nappies** are a waterproof outer with a layer of stay dry material sewn on top, there is then a pocket between the waterproof layer and the stay dry material for you to insert (also referred to as "stuff") absorbency. This is why they are often referred to as pockets and inserts. We often get asked what the difference is between an insert and a booster, generally the terms are interchangeable.

Pocket nappies are an affordable way to use cloth nappies during the day, they are also versatile as they can be used with various options for absorbency to customise it for your babies needs. As the pocket nappies have a stay dry layer, the entire nappy will need to be washed after each use.

Pocket nappies are simple to use as they are placed on baby in one piece with the absorbency already stuffed inside the pocket (or popped over the top) and they dry very quickly as the absorbency is separated from the water resistant layer for the wash.

**All in One Nappies** are exactly what they sound like, they are where the absorbency is sewn into the water resistant layer either at both ends or at one end meaning that they require very little to no preparation before they are placed on your baby.