

TIPS

Take some time to get accustomed to your new nappy system, and don't be afraid to play around with folding, stuffing and fastening, etc.

If you are making the switch to cloth nappies from disposable nappies, mixing your cloth nappy system with disposables in the beginning (for outings or overnight) can make this transition easier. Most parents find that using and washing cloth nappies is easier than they thought it would be, and quickly become avid full time users.

And if you are starting with a newborn baby, don't be afraid to dive in full time with cloth nappies. It is pretty easy and you will get the routine down fast.

By the way, you may find that you will need to acquire baby clothes that can accommodate larger bums!

Important Reminders!

- Using a **nappy cream**? Please protect your nappy with a liner! We recommend not using ointments with petroleum, fish oils or zinc.
- **Runny newborn poop**? If using prefolds, use the fan fold. And don't be afraid to try out the bikini twist! It may take a few tries to master it – but it works really well for runny poop. A Bio-Soft liner can also help to absorb runny poop.
- Be sure the nappy cover is **fastened snugly** enough so that it fits well and does not sag. Saggy nappies will leak! You will need to be especially careful to pay attention to this when your baby starts to walk!
- **Reduce drying time** by doing an extra spin cycle and/or throwing a dry towel or dryer balls into the dryer with your nappies.
- Don't use **dryer sheets**, even in your regular laundry – they will leave a stubborn residue on everything you dry in your dryer!
- Dry your nappies occasionally in the **sun** – it brightens and disinfects.

TROUBLESHOOTING

Leaking problems?

Level 1

- **Check the important reminders above**
- Did you **pre-wash** your nappies and **test for absorbance**?
- Do you have the proper **size** of nappy and/or cover for your baby?
- Does the cover **fit snugly** around baby's legs and belly? Is it fastened tightly enough to create a proper fit?
- If using a **2 part system**, make sure that nappy and liner are completely contained inside the waterproof cover. Any bit of nappy left outside of the waterproof cover can cause leaking.
- Don't tuck your nappy into that **front flap** on the inside of the nappy cover - it is meant to prevent leaking through the sewing line!

Level 2

- Is there leaking straight through the fabric of the nappy cover? Is the suede cloth on your synthetic nappies repelling moisture completely? Unless you are using nappy creams without a liner, then you have a **detergent residue problem**. This is caused by:
 1. not using enough hot water to wash and rinse or
 2. using too much detergent or
 3. using a detergent with additives

Please see our info sheet on residues!

- Are you **changing your baby's nappy** often enough? Newborns need to be changed about every 2 hours! A huge advantage of using cloth nappies is that you know when your baby's nappy is wet, so you change their nappy more often.
- Is your baby going through a **growth spurt** or sleeping more soundly at night? If so, you may need to add a nappy doubler or liner for increased absorbency.
- Are you reaching the limit of the nappy's **size range**? If so, you may need to add a nappy doubler or liner for increased absorbency.

Smelly Nappies or Nappy Covers?

Once washed, your nappies should not smell like urine or detergent!

- If they smell of **detergent**, wash them again in plenty of hot water and **less detergent**.
- If they smell like **ammonia** once your baby wets them, make sure that you are using **enough hot water** and **enough detergent**.
- Do your **nappies smell** clean when washed, but utterly horrible after the first pee? This could mean that urine residue is trapped within the fibres of your nappies, and this is always related to washing and rinsing without enough hot water. Urine residue can also lead to nappy rashes. You probably need to adjust the water level in your machine or "trick" your HE machine to increase the water level by adding one or two wet towels. Do not overstuff your machine – wash fewer nappies at a time.
- Are your nappies and nappy covers **stinky or discoloured**? Then it is pretty clear that you have a detergent residue problem!

Please see our info sheet on residues! You will have to get rid of the residue problem and adjust your washing routine to ensure that it does not happen again.

Does Your Baby Have a Recurring Rash in Cloth Nappies?

Please suspect a residue. Your baby will react to a urine residue in the nappy fabric. Some babies are also very sensitive to detergent residues. If your baby is rashy and your nappies are discoloured or smelly – please take action to resolve your residue problem. **See our info sheet on residues!**

**Remember that customer service is our passion and call us if you have questions!
0808-101-7038. We would love to help you find a solution.**