



MODERN CLOTH  
NAPPIES

# Nappy Use and Care Guide

We at [modernclothnappies.co.uk](https://modernclothnappies.co.uk) have compiled an easy to follow and simple use and care guide for using modern cloth nappies! Some preparation, washing and use instructions may vary for individual brands. Please check your brand beforehand.

## Preparing New Modern Cloth Nappies:

Prewashing new nappies is essential. This allows the materials to become absorbent and the nappy and inserts to be of any use! Different brands have different prewashing instructions due to different types of materials used. Between prewashes, no drying is required.

Follow the brand guide on how many prewashes are required.

## Fitting Cloth Nappies to Your Baby:

Dependant on which brand you choose, you may have poppers with/and Velcro or just poppers. Adjust the height of the nappy to suit your baby and then the width when fastening round your baby. The fit should be good and secure but comfortable. Cloth nappies do not sit up babies backs as high as disposables, so you want to be just above the hips and leave enough room at the front to fit 3 fingers in. This leaves



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a little space for sitting up and movement. It may take a few times to get used to which fit suits your baby best to avoid any leaks or them being uncomfortable. As baby grows, adjust the fit.

Dependant on the style of nappy you are using will depend on if you need to add an insert(s) or fold. Absorbency required will depend on if your baby is a heavy wetter or not. This can be a case of trial and error until you find what suits your baby best.

## Storing Used Nappies:

Used nappies should be stored in either a nappy bucket or a dry hanging pail/bag. Of course, also kept well out of reach from little ones.

If you are out and about store your used wipes/nappies in a 'wet bag'. Pop into your nappy bucket/pail when home ready for wash day.

## Changing Times for Cloth Nappies:

When it comes to changing nappies, we recommend you change your baby's nappy around every 2-3 hours, earlier if soiled. You can boost your baby's nappy for night-time use. This is a guide; you may find you achieve longer or shorter times in modern cloth nappies dependant on babies age and how much they wee/poop.



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## What do I do with a 'dirty' nappy?

It's probably what we find puts people off using cloth nappies the most but it's honestly no hassle and easy. First, if you have used a disposable liner then dispose of this correctly. Then knock any solids into the toilet and then pop the nappy into either a Nappy Bucket (a bucket with a lid) or in a Nappy Storage Bag (a bag with a zip that ensures no smells escape!). It's that easy. We recommend washing every 2-3 days.

## Washing Used Nappies:

Different brands may have different guidelines when it comes to washing so please check this before you do wash them. We recommend that you do not fill your machine more than  $\frac{3}{4}$  full when dry as this will not allow enough room for the nappies to wash correctly.

- Firstly, wash nappies on a cold rinse and spin setting that is around 30-40 minutes long. This will make the nappies nice and wet for the main wash. Do Not use any detergent at this stage.
- Then, on the longest cycle possible, wash nappies at either 40° or 60° degrees using Non-Bio detergent only. The amount of detergent to use is dictated by a couple of factors: How full your machine is, what the dosage is recommended by the detergent manufacturer (then divided by the load in the machine) and how hard the water in your area is. Nappies when washed should not



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smell of detergent. If they do then you have used too much which will cause a build up on the material fibres which can cause problems such as leaking, not enough will mean the nappies will still smell soiled and not be clean enough.

**NEVER USE SOFTENERS OR BLEACHES.**

## Drying Nappies and Inserts:

Different brands have different instructions when it comes to drying nappies so please check before doing so. Some may recommend that you can tumble dry on low, others may not advise this. The best way to dry nappies and inserts is on the washing line outside. This is also great for lifting stains as the sun is a natural bleacher. NEVER dry directly on a radiator. Here are a few ways to dry nappies and inserts:

- Dry outside on the washing line
- Tumble dry on low
- Hang on an airer
- Dry in the airing cupboard

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