



# Nora's Nursery E-book

Smart + Simple + Modern

2024

# A B O U T U S

**N**ora's Nursery is a family owned business based in North America. What started as a simple product idea has slowly developed into a brand of beautiful quality products for young families. When you buy a "Nora's" you become part of our family.

Nora's was founded in 2014 after the birth of our daughter Nora. Like most parents we were looking for a cost-effective and eco-friendly way to diaper our children, through our research we discovered cloth diapers.

We knew switching to cloth diapers in the long run was more eco-friendly and cost saving. But we noticed the cost to "start a stash" was more than we had thought. For this reason we started Nora's Nursery. We wanted families to be able to find trendy, cute diapers at a fraction of traditional cloth diaper costs.

From there, the idea of Nora's started. Over the years we have designed many beautiful collections, and our assortment of products continues to grow. From this concept an incredible community started to develop. Many families started to join us and we were amazed at how supportive and wonderful you all have been through this journey.

Our goal with our growing community was to be there to help them every step of the way. We started creating resources to help



families to make cloth diapering as simple as possible. We know one of the biggest barriers to switching to cloth is feeling like they are so much harder than disposable. This resource is really here to help guide you and show you how simple it can be.

Nora's Nursery wants to bring you the best value for your money but never compromising on your style. [Learn more about our company and our promise to our customers.](#)

Something that is important to us is to be more than just a company that "sells products". We are here to support you. Also we want to give back to our community and are committed to this idea.

Nora's Nursery is committed to giving back to our community and supporting growing families. [Learn more about the initiatives we are currently involved in.](#)

[Learn more about the family behind the brand, how we started and where we are heading next.](#)

# QUICK LINKS

[Hard Water](#)

[Diaper Creams](#)

[Washing](#)

[Detergent](#)

[Sizing](#)

[Stripping](#)

[Leaks](#)

[Stains](#)

[Blogs](#)

[Q&A](#)



## Health Impact

It is estimated that in the U.S. 30 billion disposable diapers end up in landfills each year.

30 billion diapers is a lot of untreated waste and feces, which may contain viruses that can contaminate groundwater and local water sources.

## Environmental Impact

Many disposable diapers use non-renewable energy sources in their manufacturing process, and exhaust substantial natural resources such as trees and fuel oil. Over 200,000 trees each year are cut down for the purpose of manufacturing disposable diapers.





## Comfort

Long term exposure to the volatile organic chemicals found in disposable diapers as well as carcinogens from the bleaching process in disposable diapers, have all been linked to health issues. The chemically-treated materials within the absorbent layer of a disposable diaper can cause allergic reactions and rashes.

## Cost

Disposables can be up to 5X the cost of using Nora's Nursery Diapers.

The cost of using disposables can be \$2500 from baby to potty training vs the \$500 cost for your stash of cloth diapers.

\*Reusable diapers can be used on multiple children. Potty training age varies by child.



# DIAPERS & ACCESSORIES

## The Diaper Cover

The Diaper Cover is a popular option for cloth diapering families. It has a waterproof exterior but no lining on the inside. It has a tummy panel, a snap for attaching the insert and double gussets. This helps keep inserts and prefolds in place on your baby. Covers can be used with a variety of options, Flats, Prefolds and Fitted Inserts. This makes them a popular option as the covers do not need to be changed with each diaper change.

## The Pocket Diaper

The pocket diaper is super easy to use – simply adjust the customizable snaps, stuff the insert into the pocket, and fit the diaper to your baby. With a waterproof cover, snug leg openings, and a Thermoplastic Polyurethane (TPU) lining, Nora's Nursery cloth diapers provide comfort and softness for baby's skin and peace of mind for you. Plus, no leaks! No bulk and fully customizable, Nora's Nursery pocket diapers are also compatible with most other brands inserts.



## Wet Bag & Pail Liners

Our Wetbag stores clean, dry diapers in a zipped outside pocket, with a separate zippered compartment inside for wet or soiled diapers. Our Pail liners are great for storing used cloth diapers in your diaper pail. Compatible with most diaper pails. Keep odors to a minimum with the attached button strap that wraps around the opening of the diaper pail and secures closed. Both our Wet bags and Pail liners are made from the same materials as the outer layer of Nora's Nursery Diapers. Our wet bag and pail liners can be washed together with cloth diapers and inserts. Simply undo the zippers and snaps, toss into your washing machine at laundering time and let the machine do the work for you! Great for on-the-go use too!

## Reusable Cotton Wipes with Travel Pod

Our reusable cotton wipes are made from 100% soft cotton. They measure at 8' x 8' and come in a pack of 20 wipes. Simply add your solution to your wipes - pre-soak or spray as needed - and you are ready to use! Store your moistened reusable cotton wipes conveniently in our waterproof travel pod. Our travel pod is made of two layers of TPU, which prevents wet wipes from leaking. Designed with a full length, extra wide zipper opening to easily fold and place your wipes in and remove as needed. Our compact design makes our travel pod great for on-the-go. Use the snap strap to attach it to your diaper bag, or stroller.



## Disposable Bamboo Diaper Liners - 3 Pack

Our disposable bamboo diaper liners are made from 100% bamboo viscose. Each roll contains 100 sheets. Simply place one liner on top of your pocket diaper or the insert of your diaper cover for easy clean ups. Knock off solids into the toilet and dispose. Our Disposable bamboo liners are NOT flushable

For more information on our reusable wipes click to read our blog here!

## Reusable Cotton Wipes - 25 pack

Never run out of reusable cotton wipes, with our 25 pack. Made from 100% soft cotton, our 8'x8' reusable wipes make diaper changes a breeze, while keeping your baby's skin safe with soft cotton.

## Garden Diaper Pods - 2 pack

Our Reusable Diaper Pods are made with a TPU layer. They are designed to hold prepped, clean diapers and can hold up to 7-8 pocket diapers or cover diapers with an insert. Our diaper pods feature a full length, extra wide zipper opening to easily place and remove cloth diapers as needed. The handle strap features a snap to attach the diaper pod to your diaper bag or stroller. Our compact design makes this diaper pod great for on-the-go, or even daycare!

# INSERTS

## Bamboo Viscose Inserts

Bamboo viscose inserts are one of the softest and most absorbent materials for cloth diapering. Nora's Nursery inserts are designed with two outside layers of bamboo to maintain comfort, and two inner layers of microfiber to absorb moisture and maintain dryness. This bamboo and microfiber hybrid continues to get softer and more absorbent with every wash. Nora's Nursery bamboo inserts are also compatible with most other pocket or cloth diaper covers.

## Bamboo Prefold

Our Bamboo Prefolds are made from a Bamboo Viscose Blend. The insert features two panels of bamboo on each side panel and 4 panels of bamboo in the centre. When folded into thirds, these prefolds give you 8 layers of protection against leaks. These prefolds can be used in our pocket diapers, and also feature a snap to attach to our diaper covers.



## Inserts with snaps

Since launching our cover diapers we have added a snap feature to our popular Bamboo Viscose Inserts. Same great insert not compatible with covers. Compatible with most cover diapers.

## Charcoal Inserts

Our charcoal inserts are made of 5 layers of Bamboo Charcoal. They are our standard size of insert and also include a snap feature, allowing them to be used in both our Pocket Diapers and our Diaper Covers. Our Charcoal Inserts are great for overnight use and/or heavy wetters.

## Hemp Prefolds

Our Hemp Prefolds are made from a natural blend of Hemp and Cotton. Our prefold features two layers of this blend. When folded into thirds, this prefold gives you 6 layers of protection against leaks. Hemp cotton is a very absorbent blend of material, making these





## Swim Diapers

Nora's Nursery Reusable Swim Diapers were designed with your baby's safety in mind. Our Swim diapers were designed to not hold on to liquids, therefore they do not run the risk of filling up and/or weighing down your baby during water play. Our Swim Diapers function the same as our Pocket diapers and Diaper Covers with a simple snap system. Our Swim diapers aim to fit 10lbs to 35lbs and offer a snug fit around your baby's legs and waist with an extra row of rise snaps. Our Reusable Swim diapers can be cared for similarly to our cloth diapers, and dry quickly as well making them great for on-the-go!

## Change Pad

Our change pad is dual sided. One side is made of absorbent Bamboo Material to help catch any leaks or messes as baby is being changed. The second side of the change pad is waterproof. Our change pad can fold up and tuck away into its attached pouch, making it easy to carry around with you on the go!



# S I N G L E S



The Diaper Shell is 100% Polyester made with a Waterproof TPU Layer. The inner material of our Pocket Diapers is made of Micro Fleece 100% Polyester.

## WHAT'S INCLUDED:

- 1 pocket diaper
- 1 bamboo viscose insert



# Transparent Pricing

## Single Diaper

We believe customers have the right to know what their products cost to make.



MANUFACTURING  
Labor | Materials | Equipment

**\$4.07**



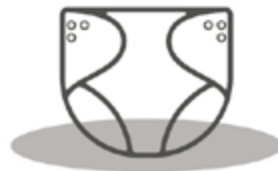
DUTIES + TRANSPORT

**\$1.04**



SHIPPING

**\$6.29**



PRODUCT COST  
SINGLE  
**\$11.40**

**\$16.95**

NORA'S NURSERY

**\$20-25**

TRADITIONAL RETAIL



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff

4  
P  
A  
C  
K



The Diaper Shell is 100% Polyester made with a Waterproof TPU Layer. The inner material of our Pocket Diapers is made of Micro Fleece 100% Polyester.

## WHAT'S INCLUDED:

- 4 pocket diapers
- 4 bamboo viscose inserts



# Transparent Pricing

**4 Pack**

We believe customers have the right to know what their products cost to make.



**MANUFACTURING**  
Labor | Materials | Equipment

**\$13.93**



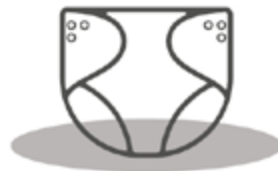
**DUTIES + TRANSPORT**

**\$3.99**



**SHIPPING**

**\$7.95**



**PRODUCT COST**  
4 PACK  
**\$25.87**

**\$39.95**

**NORA'S NURSERY**

**\$80-95**

**TRADITIONAL RETAIL**



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff

# 7 P A C K



The Diaper Shell is 100% Polyester made with a Waterproof TPU Layer. The inner material of our Pocket Diapers is made of Micro Fleece 100% Polyester.

## WHAT'S INCLUDED:

- 7 pocket diapers
- 7 bamboo viscose inserts
- 1 wet bag



# Transparent Pricing

**7 Pack**

We believe customers have the right to know what their products cost to make.



**MANUFACTURING**  
Labor | Materials | Equipment

**\$24.53**



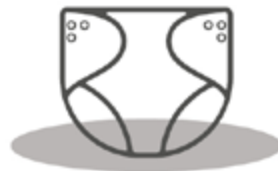
**DUTIES + TRANSPORT**

**\$8.24**



**SHIPPING**

**\$15.00**



**PRODUCT COST**  
7 PACK  
**\$47.77**

**\$69.95**

**NORA'S NURSERY**

**\$140-165**

**TRADITIONAL RETAIL**



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff

# I N S E R T S



The Outer two layers are made of Bamboo  
- 80% Bamboo and 20% Polyester.  
The inner two layers are made of microfibre  
- 80% polyester and 20% polyamide/nylon.

## WHAT'S INCLUDED:

- 10 bamboo viscose inserts



2 Exterior layers of Bamboo Viscose for maximum comfort  
and 2 inner layers of microfiber for superior absorbency.



# Transparent Pricing

## 10-Pack Inserts

We believe customers have the right to know what their products cost to make.



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff



# S N A P I N S E R T S



The Outer two layers are made of Bamboo  
- 80% Bamboo and 20% Polyester.  
The inner two layers are made of microfibre  
- 80% polyester and 20% polyamide/nylon.

## WHAT'S INCLUDED:

- 7 bamboo diaper inserts with snaps

2 Exterior layers of Bamboo Viscose for maximum comfort and 2 inner layers of microfiber for superior absorbency.



# Transparent Pricing

## 7-Pack Snap Inserts

We believe customers have the right to know what their products cost to make.



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff



# B A M B O O P R E F O L D S



Prefolds are made from a Bamboo viscose blend. The inserts feature 2 panels of Bamboo on each side panel. 4 Panels of material are in the centre. When folded in thirds, this equals to 8 layers of absorbent fabric.

## WHAT'S INCLUDED:

- 7 bamboo diaper inserts with snaps

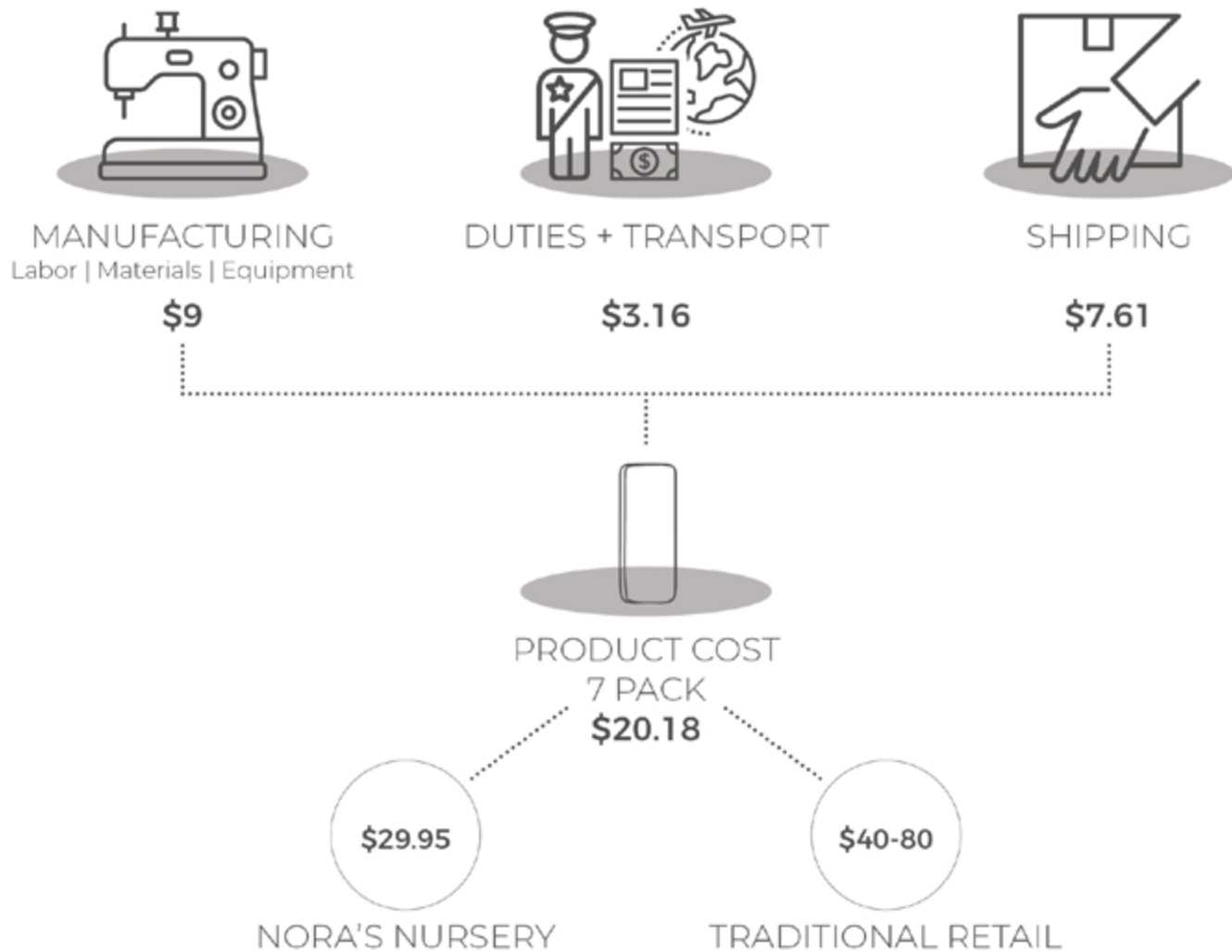
2-4-2 layers of bamboo viscose, when folded equals 8 layers of bamboo.



# Transparent Pricing

## Bamboo Prefolds

We believe customers have the right to know what their products cost to make.



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff



# C H A R C O A L I N S E R T S



Made with five layers of Bamboo Charcoal

## WHAT'S INCLUDED:

- 10 Charcoal Inserts with Snaps

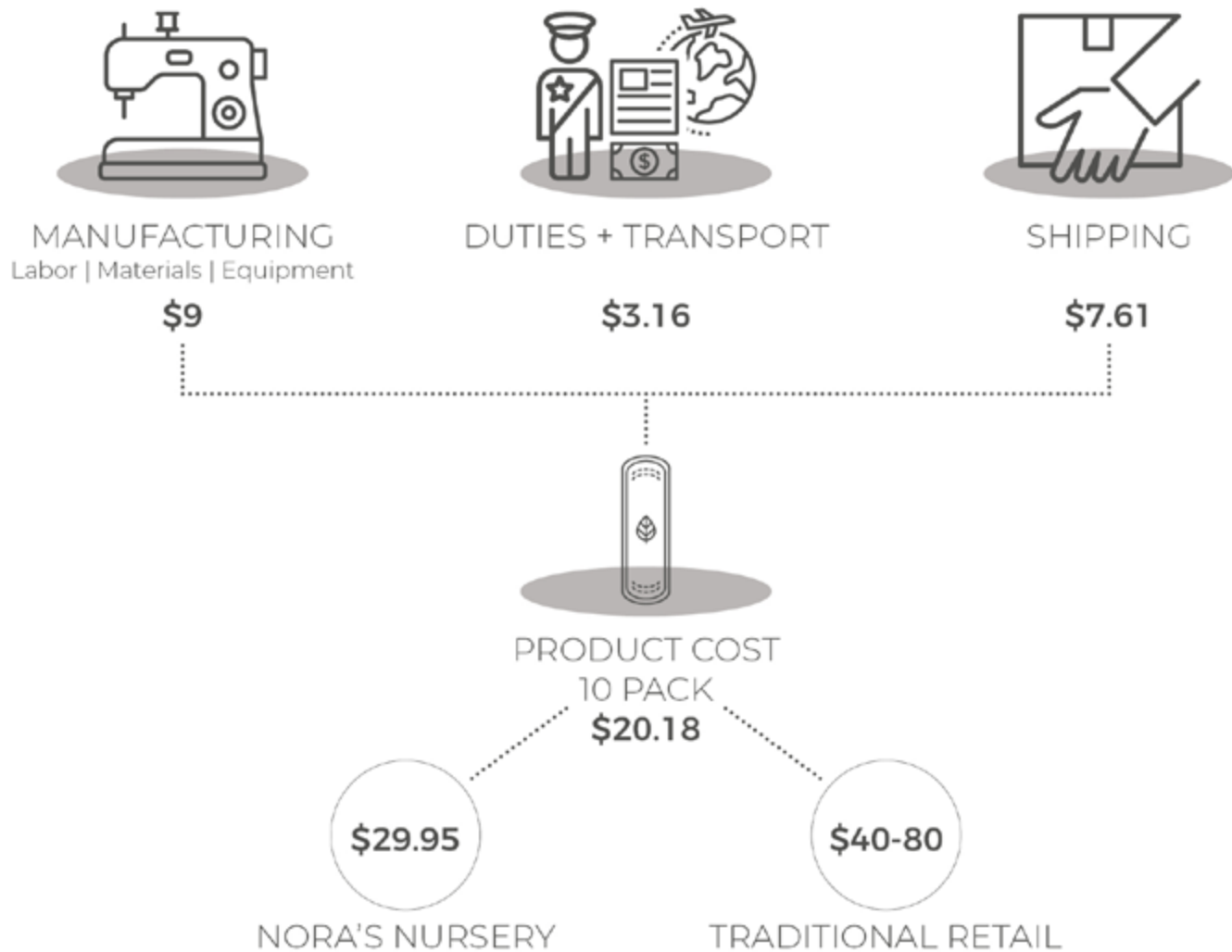
Features 5 layers of Bamboo Charcoal.



# Transparent Pricing

## Charcoal Inserts

We believe customers have the right to know what their products cost to make.



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff



# H E M P P R E F O L D S



Made from Natural Blend of Hemp and Cotton. Inserts feature two layers of this blend. When folded into thirds, this offers 6 layers of absorbent material.

## WHAT'S INCLUDED:

- 2 Hemp Prefolds with Snaps

Features 2 layers of hemp cotton, when folded is 6 layers.

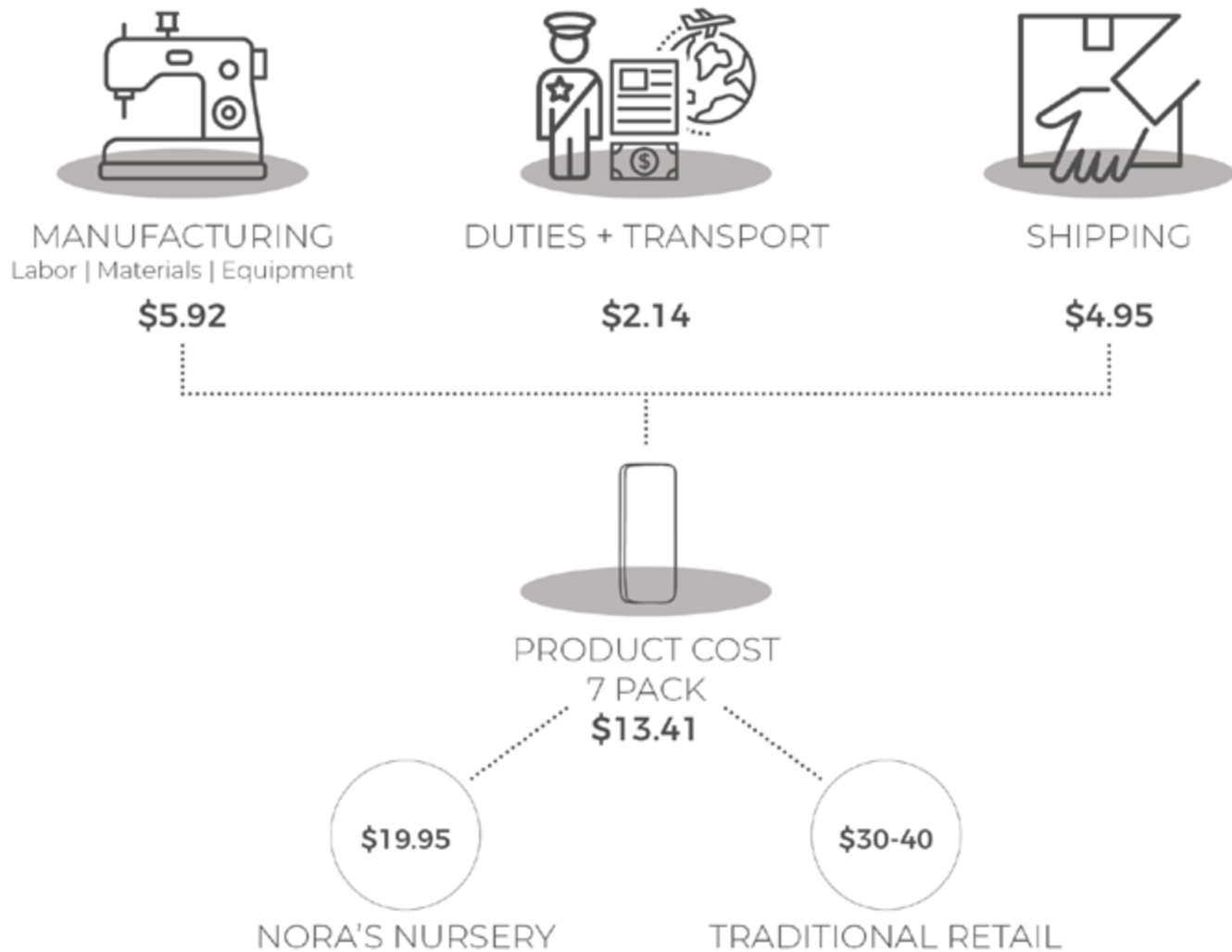




# Transparent Pricing

## Hemp Prefolds

We believe customers have the right to know what their products cost to make.



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff



# C O V E R S



100% Polyester with a  
Waterproof TPU Layer

## WHAT'S INCLUDED:

- 7 cover diapers
- 1 wet bag



# Transparent Pricing

## 7 Pack Covers

We believe customers have the right to know what their products cost to make.



**MANUFACTURING**  
Labor | Materials | Equipment

**\$21.83**



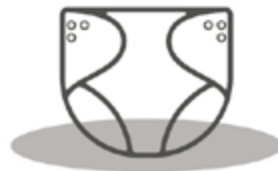
**DUTIES + TRANSPORT**

**\$6.55**



**SHIPPING**

**\$11.55**



**PRODUCT COST**  
7 PACK  
**\$39.93**

**\$54.95**

**NORA'S NURSERY**

**\$100-140**

**TRADITIONAL RETAIL**



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff

# TODDLERS DIAPERS



The Diaper Shell is 100% Polyester made with a Waterproof TPU Layer. The inner material of our Pocket Diapers is made of Micro Fleece 100% Polyester.

## WHAT'S INCLUDED:

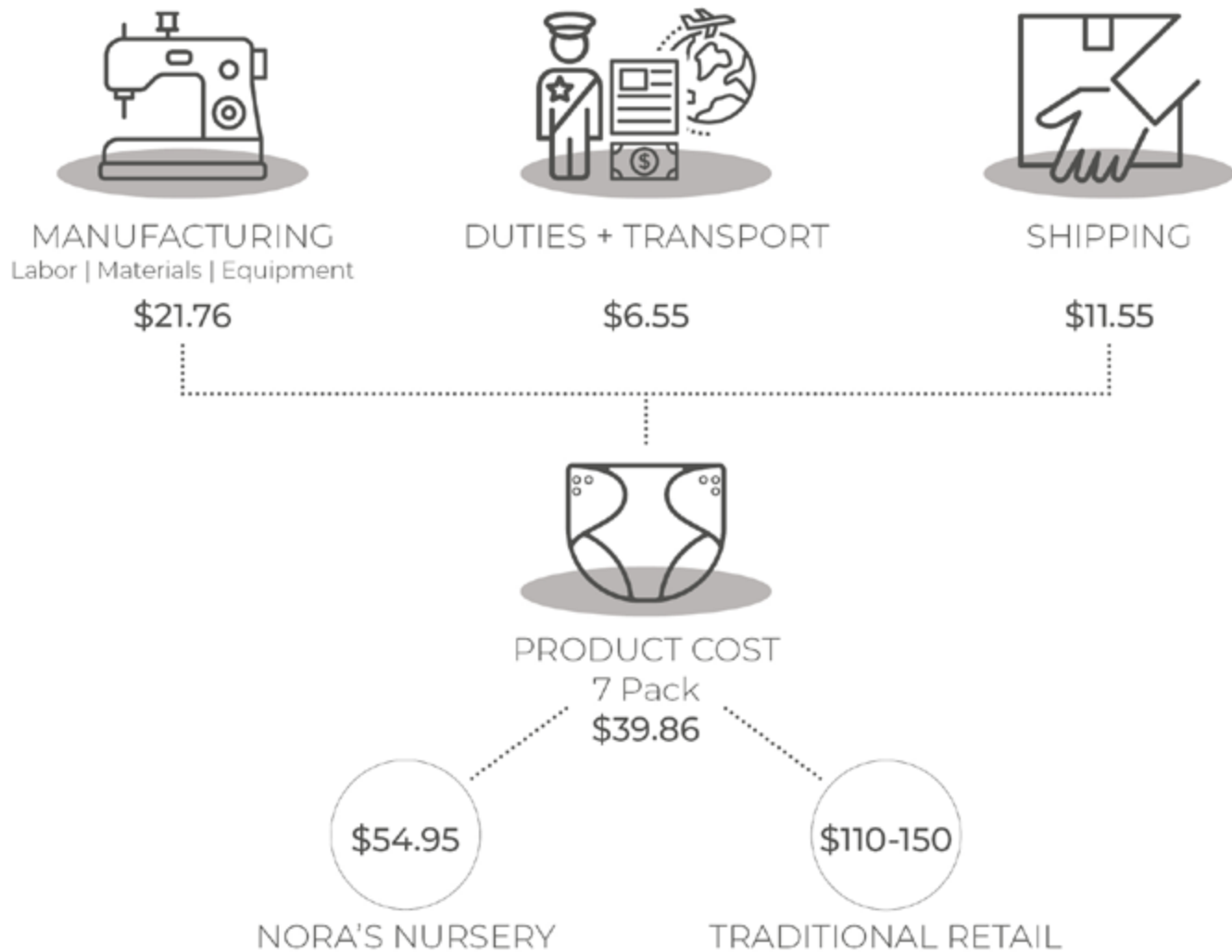
- 7 pocket diapers
- 1 wet bag



# Transparent Pricing

## Toddler Diaper 7 Pack

We believe customers have the right to know what their products cost to make.



### ADDITIONAL BUSINESS COSTS (not reflected in the product cost)

CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff



# T O D D L E R I N S E R T S



The Outer two layers are made of Bamboo  
- 80% Bamboo and 20% Polyester.  
The inner two layers are made of microfibre  
- 80% polyester and 20% polyamide/nylon.

Our inserts are 6.3" wide x 15" long and fit  
inside our Toddler Size pocket diapers

## WHAT'S INCLUDED:

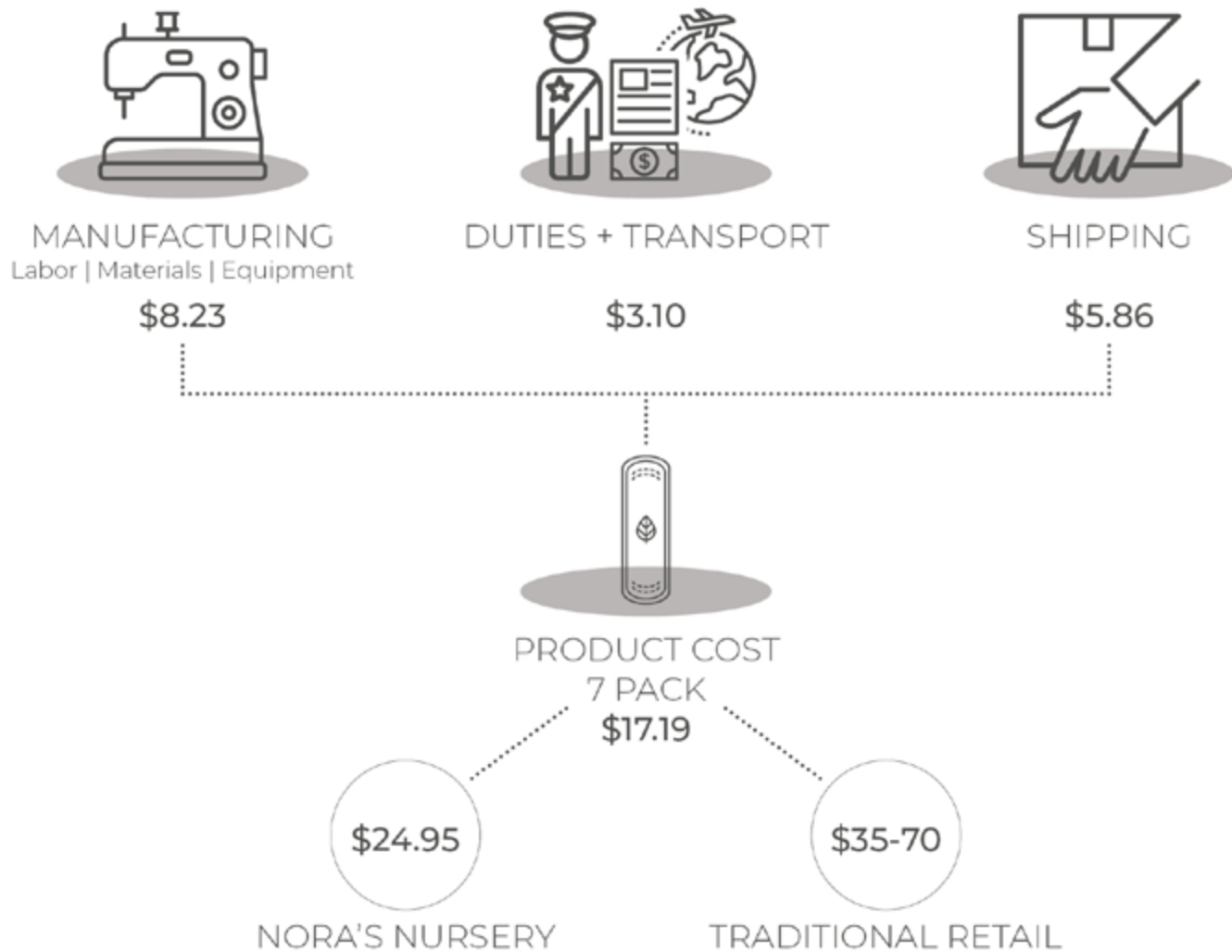
- 7 bamboo viscose inserts with snap



# Transparent Pricing

## Toddler Inserts

We believe customers have the right to know what their products cost to make.



**ADDITIONAL BUSINESS COSTS** (not reflected in the product cost)  
CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff



# N E W B O R N D I A P E R S



The diaper shell is 100% Polyester made with a Waterproof TPL Layer.

The inner material of our AIO is Microfleece 100% Polyester.

Plus features 4 layers of sewn in Bamboo Viscose insert.

## WHAT'S INCLUDED:

- 14 Newborn All In ones
- 1 Diaper Pod to Store Diapers

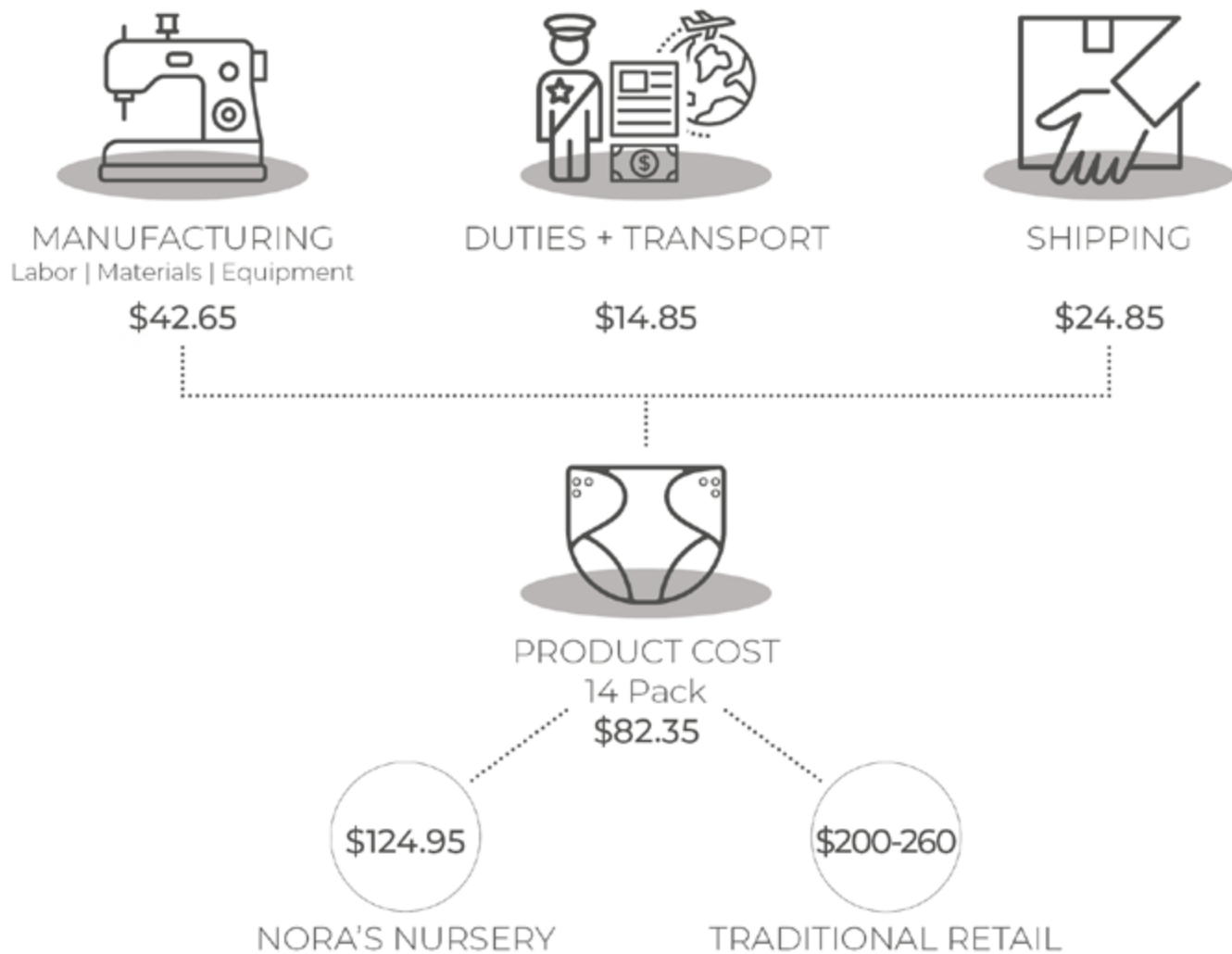




# Transparent Pricing

## Newborn Diaper 14 Pack

We believe customers have the right to know what their products cost to make.



### ADDITIONAL BUSINESS COSTS (not reflected in the product cost)

CPSIA Compliance | Product Testing | Advertising | Website | Design | Bank Fees  
Legal | Accounting | Office + Warehouse Expenses | Office Staff



# MANUFACTURING

To pass cost savings onto our fellow parents we have been able to thoughtfully design our diapers in the USA and responsibly manufacture them in China.

We spent months evaluating factories around the world in search of the best for Nora's Nursery diapers. Our priority was a partner who had ethical manufacturing processes (labor, working hours, health and safety) and could produce diapers that are safe, premium quality

and cost-effective. We are proud to have selected a manufacturer in China who exceeded our expectations.

Even though we produce our diapers abroad we ensure we meet the same guidelines as American made brands set out by the Consumer Product Safety Commission and meet testing requirements in CPSIA accredited labs. We visit our factories in China often and have strong personal relationships with those who help to make our diapers.

# SIZING

## Fully Adjustable & Customizable

Nora's Nursery Diapers feature easily adjustable sizing snaps that help you achieve the perfect fit for your newborn, baby and toddler!

Our reusable diapers are available in three different size ranges, to help ensure your little one get the best fit possible. Newborn which ranges from 6lbs to 12lbs, Baby which ranges from 10kbs - 35 lbs and Toddler which extends from 35lbs to 55lbs. No need to stock and store multiple sizes of diapers, as Nora's Nursery Reusable Diaper grow with your child and cover the needs of diapering multiple children at different ages and stages.

Keep in mind that every baby is slightly different in shape and size: there is no one way to fit your diapers. Make sure to test different settings on your diapers to get the perfect fit for your child.



# SIZING

## Using Your Pocket Diapers

Here at Nora's we strive to ensure our reusable cloth diapers can fit your little one through all stages. We are excited to now offer 3 size ranges in our reusable cloth diapers. Our Standard Pockets and Covers aim to fit 10lbs to 35lbs with the flexibility to grow with your baby. We recently added Newborn Cloth Diapers and Toddler Diapers that extend our Baby size range. Our NEWborn All-in One Diapers aim to fit 6-12lbs, with adjustable snaps to ensure your newborn is getting the best fit possible. Our Toddler Reusable Diapers extend from our Baby diapers, and aim to fit 35-55lbs.



### NEWBORN

This All-in-one design makes cloth diapering as simple as possible for new parents, with extra absorbency sewn into the diaper. Aims to fit 6lbs - 12lbs with our simple snap design.



### BABY

Our standard Pocket Diapers and Cover diapers aim to fit 10lbs - 35lbs. These diapers can essentially grow with your baby from Newborn to Potty Training. Our Baby reusable diapers are available in both Pockets and Covers.



### TODDLER

Our Toddler Diapers aim to fit 35-55lbs, extending the life of our Baby reusable diapers. Our Toddler diapers can also be paired with our Toddler inserts, which are longer and wider in size, ensuring your little one has the utmost protection against leaks.

**TIP:** Leave the insert aside for this stage, as it is very difficult to effectively adjust the rise of the diaper with the insert enclosed.

# SIZING

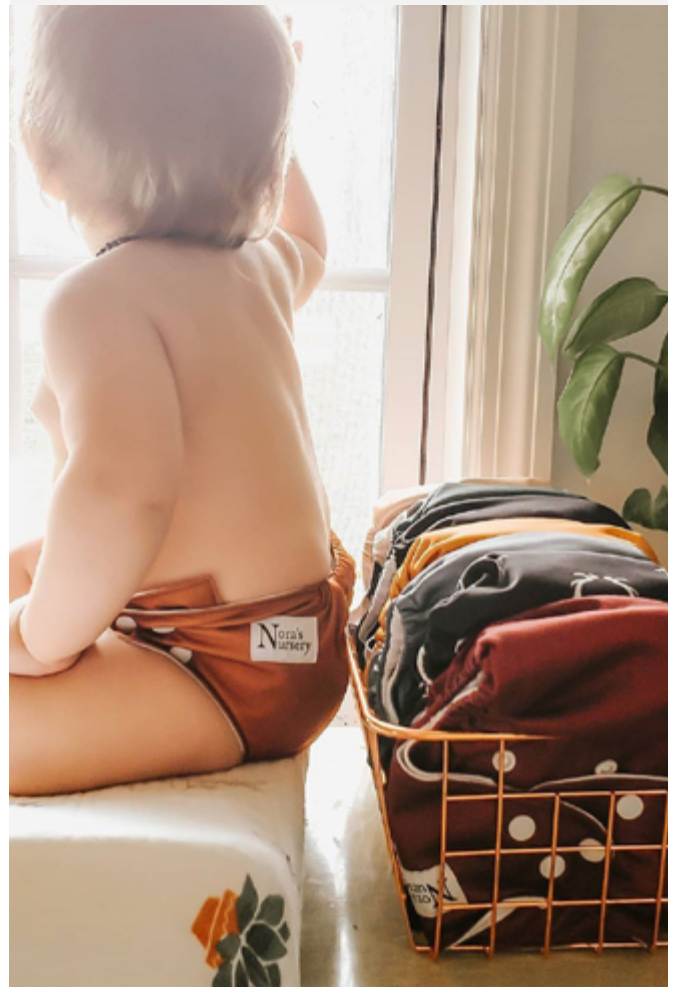
## Fitting your baby

Once you have the appropriate rise for your baby, slip in the insert. Now you're ready to place the diaper onto your baby!

The two rows of snaps across the waist of the diaper (top two rows) adjust the width of the diaper. Begin with the snaps around baby's thighs, and then complete the double snaps for the waist (top row). For the best fit, adjust so that you have all three snaps from each of the front flaps secured.

Fitting your baby can take some trial and error to find the right size, and this size will continue to change as your baby grows. You do want to make sure the fit is tight enough to hold all moisture and solids in, but you

should also be able to comfortably stick a finger between baby's leg and the diaper. Slight indents on baby's legs from the diaper are normal, so long as you can pass the finger test. If you are noticing leaks around the legs of the diaper, you may need to adjust to a tighter setting.



# SIZING

Newborn Diaper

from  
birth

12 lbs



Baby Diaper

10 lbs

35 lbs



Toddler Diaper

35 lbs

55 lbs



# PREPARING YOUR CLOTH DIAPERS FOR USE

All cloth diapers need to be washed prior to use, as they may have an excess of natural oils, dirt, chemicals, and/or other impurities from the manufacturing process which need to be removed. Removal of these natural oils serves to both ensure sanitation and make diapers fully absorbent. Repeated washing pulls the internal layers within the insert apart to become more absorbent. This helps our diapers perform at their best!

Natural materials such as bamboo need to be washed first on their own, without any other synthetic materials in the load, in order to avoid the transfer of natural oils that will stick to other fabrics. Wash your Nora's Nursery diaper covers and bamboo inserts on a full hot cycle on their own. Be sure to use a detergent that does not contain any harsh chemicals (such as bleach, fabric softeners, synthetic enzymes, stain guards, perfumes or dyes).



Repeat a minimum of three times, drying inserts once on a hot cycle. The more you wash your inserts, the more absorbent they get – it's that simple!



# FIRST WASH

- Wash your diapers and inserts 3-4 times before use for enhanced absorbency. Drying your diapers and inserts after each wash during prep is not necessary. However, the more often the diapers and inserts are washed and dried, the more absorbent they become.
- Make sure to knock solids into the toilet. Make this step easy with a biodegradable liner; they are cheap and easy to use!
- **IMPORTANT** - Use a detergent that is safe for cloth diapers. Do not wash with harsh chemicals like bleach, fabric softeners, additives, etc. If washing in hard water, you will need to add a water softener to your laundry routine.
- Machine washable and dryable for your convenience
- Wash inserts in water less than 95F for longevity. Use up to 115F when necessary, for extra “special” washes.
- Tumble dry on medium heat, or hang to dry.



# HOW TO USE



## AT HOME

Using cloth diapers at home is no different to using disposables. All you need is a cool, dry, easy-to-access spot to store your clean diapers and a dry pail/garbage bin to store soiled diapers. Changing baby's diaper frequently (every 2 hours, or whenever diaper is soiled) will keep baby comfortable, clean and dry.



## ON THE GO

Our wet/dry bag makes cloth diapering on-the-go super easy. When baby needs a change and you're not home, simply remove the soiled diaper, dispose of any solids, store in the compact Nora's Nursery wet bag, and throw it back into your diaper bag. The zipper enclosure and waterproof material will keep any odors or mess from spilling out. Once home, toss the bag into your diaper pail or right into the laundry machine. Nora's Nursery Wet Bag can hold 7- 8 dirty diapers.



## SLEEPING & OVERNIGHT USE

Longer sleeps naturally require a little extra protection. To help our little ones stay dry and sleeping comfortably, we recommend stuffing one insert into the pocket and laying one additional insert on the inner liner to double the absorbency. Alternatively, you can always purchase a booster insert. For little boys or belly sleepers, try adding a folded insert towards the front of the diaper to help absorb moisture. Always try to keep the insert from riding up and touching any clothing, as clothing will absorb this moisture and become wet.

**When using and adjusting double liners or booster, remember that little boys need extra protection at the top of diapers while little girls need it near the middle and back.**

# CHANGING BABY'S DIAPER NOW WHAT?

Diapers with only pee need no special care – just toss them into your diaper pail or wet bag and they are ready for the wash.

Because breastmilk solids are water soluble, soiled diapers from babies who are exclusively breastfed need no special care. Again, just toss into your diaper pail or wet bag and they are ready for the wash.

It is best to dispose of any other solids into the toilet prior to storing your diaper and prepping for wash. Shaking the diapers over the toilet will often do the trick, though some parents prefer to have a designated scraper (like a spatula) to help remove solids. The use of a biodegradable liner, laid on top of the cloth liner of the diaper, to catch solids can help with this step and may help prevent staining and extend the life of your diapers.

Another option is to attach a diaper sprayer to your toilet. This will allow you to spray off any solids into your toilet prior to washing. Whatever option you choose, the most important thing is to remove as much solid waste as possible before tossing into your laundry machine.



# Storing Soiled Diapers

All that's needed is a dry pail. Yes, that's it! A garbage can will do just fine and can be lined with a wet bag or plastic bag. If you decide not to line your pail, keep it fresh by rinsing and thoroughly drying it between loads. Dump the diapers into the machine every 2-3 days, and repeat!

While a lid on your dry pail may prevent any funky odors from perfuming your home and will keep little hands out of any mess, the no-lid option allows air to circulate which will help to naturally deodorize any stink from the diapers. We recommend doing what works best for your family.



## The Washing Process

1. Rinse in a cold water rinse cycle.
2. Wash on a normal warm/hot water cycle (water less than 115°F), with the maximum water level setting and with the recommended amount of detergent. Do not use soap\*.
3. Optional: If using soft water or experiencing residue buildup from detergent, run additional rinse cycle in cold water.
4. Air dry or tumble dry on low heat/delicate cycle. Do not include dryer sheets.



# Finding a Detergent that Works for You:

Ultimately, the perfect cloth diaper detergent will:

- Clean your diapers, leaving them odorless after washing
- Increase the absorbency of your diaper and deter leaking
- Keep baby's bum rash-free
- Be readily available to you and affordable for your family
- Work safely in your washing machine

Here is a list of guidelines to follow when shopping for a detergent:

- All natural, unscented, non-toxic and hypoallergenic
- Free from bleach or other harsh chemicals
- Free of any and all dyes, fabric softeners, additives, synthetic enzymes, perfumes, phosphates, alcohol, optical brighteners



[Click here for an extensive list and review of different cloth diaper safe detergents.](#)

# MAXIMIZE YOUR WASHING ROUTINE

- Pre-treat heavily soiled loads.
- With top loaders, fully submerge diapers in water, but don't use too much water to ensure proper agitation.
- With front loaders and HE machines, increase the amount of water used if your machine has a setting for it. You can also add more water directly through the detergent dispenser or trick your machine into adding more water by weighing down your load with a wet towel.
- Use high agitation settings if your machine allows for it.
- With top loaders, don't overdo it with the detergent – follow the manufacturer recommended amounts.
- With HE machines, use specially formulated low-sudsing detergent made for HE machines. Many manufacturers offer their best brands in an HE version, which are also safe for standard washers.
- Consider increasing the amount of recommended detergent if using a free and clear or natural plant-based detergent.
- Incorporate pre washes and extra rinses as necessary to remove all traces of detergent.
- Don't overdo it with extremely high heat and sanitize cycles to protect the lifespan of your diapers.
- If you have hard water, add a softening agent to reduce added water deposits and residues left behind.



# Hard Water

For water that is even a little hard, a water softener needs to be added to both the pre and main washes. The amount will be dependent on the softener you use and the level of hardness. By the numbers, you'll most likely need a water softener if you have a hardness of 180-250ppm. Usually a water softener such as  $\frac{1}{4}$  cup of Calgon or Borax per load should work. If your water hardness is above 250ppm, you will need to increase the amount to  $\frac{1}{2}$  cup of softener per load.

Tips to maximize your cloth diaper washing routine

Pre-treat heavily soiled loads.

With top loaders, fully submerge diapers in water, but don't use too much water to ensure proper agitation.

With front loaders and HE machines, increase the amount of water used if your machine has a setting for it. You can also add more water directly through the detergent dispenser or trick your machine into adding more water by weighing down your load with a wet towel.

Use high agitation settings if your machine allows for it.

With top loaders, don't overdo it with the detergent – follow the manufacturer recommended amounts.

With HE machines, use specially formulated low-sudsing detergent made for HE machines. Many manufacturers offer their best brands in an HE version, which are also safe for standard washers.

Consider increasing the amount of recommended detergent if using



a free and clear or natural plant-based detergent.

Incorporate pre washes and extra rinses as necessary to remove all traces of detergent.

Don't overdo it with extremely high heat and sanitize cycles to protect the lifespan of your diapers.

If you have hard water, add a softening agent to reduce added water deposits and residues left behind.

With extremely hard water, be cautious with extra rinses that might just cause minerals to resettle on your cloth diapers.

Follow your cloth diaper manufacturer instructions to avoid damaging your cloth diapers.

# REMOVING STAINS

Staining is normal and does not affect the efficiency or absorbency of your cloth diapers. Do not use bleach or boiling water on your cloth diapers or inserts. The best stain removal tip? Leave your diapers out to dry on a flat surface or on a clothesline in the sunshine for some natural bleaching. Stains nearly always come out with a few hours in the sun! Additionally, using disposable liners will help to minimize staining.



# DEALING WITH DIAPER RASH

Diaper rash can develop for a number of reasons, from teething to illness to sensitivities to foods, fabrics, materials, and detergents. It is important to first try to determine the root cause of a rash and deal with it accordingly. Change baby frequently, and give baby's bum plenty of diaper-free time and warm soaking baths to ease discomfort and speed up healing.

Cloth diapers actually allow baby's skin to breathe, and therefore heal more quickly than their disposable counterparts. Natural materials such as bamboo, cotton, and hemp are far superior for protecting baby's bottom and absorbing moisture than (often) chemical filled disposables. Super absorbent disposables are filled with gel and other moisture wicking chemicals that pull away the natural oils on baby's skin that help to prevent and heal rashes.

Keeping your cloth diapers dry and clean with a natural detergent, free from residue, and changing frequently (about every 2 hours, or whenever diaper is soiled) is all you need to keep baby's bum rash-free.

When a diaper rash requires a little extra help from creams and ointments, continue reading below for considerations when selecting a brand.





# Dealing with Residue

Residue on cloth diapers can develop from two sources: detergent and urine. In both cases, it can cause your diapers to smell, lose absorbency, or give baby a rash.

A good way to test if you are having an absorbency issue with residue is to lay the inserts flat, pour a small amount of water on top, and apply a bit of pressure. The inserts should absorb the water. If the water 'wicks' away and does not absorb into the insert, you likely have a residue problem.

A quick fix: we suggest you wash your diapers normally (making sure to use the



appropriate amount of detergent as per package instructions), followed by two or three more hot water cycles without detergent. Dry normally.

If the problem persists, review the amount of detergent you are using, taking into consideration whether or not you have hard or soft water. Not enough detergent will leave that ammonia, or "barnyard," smell, while too much will leave detergent residue. Soft water will require less detergent and extra rinsing. Hard water may require extra detergent to be effective.

Another tip: try adding some baking soda to your wash cycle. The high PH in baking soda helps neutralize the ammonia smell. Do not keep this as part of your washing routine as overtime it will cause the diaper to fail.



# DIAPER CREAM

If diaper cream is necessary, using a disposable liner will help to prevent the transfer of any ingredients that could be harmful to your cloth diaper. Liners can be store bought, biodegradable, fleece, microfleece, or cloth wipes. Even t-shirt material cut to fit your diaper will work!

Take care in choosing a brand that uses 'cloth diaper safe ingredients.' Some common diaper cream ingredients that can cause staining, repelling, or odors and should be avoided are as follows:

- Petroleum/petroleum jelly
- Zinc Oxide
- White or yellow petrolatum
- Paraffin
- Cod liver oil
- Calamine

# OUR TOP PICKS

1



ALEVA NATURALS

2



ADEN & ANAIS

3



EARTH MAMA

4



HONEST COMPANY

5



WELEDA

# SOME TIPS WHEN EXPERIENCING LEAKS:



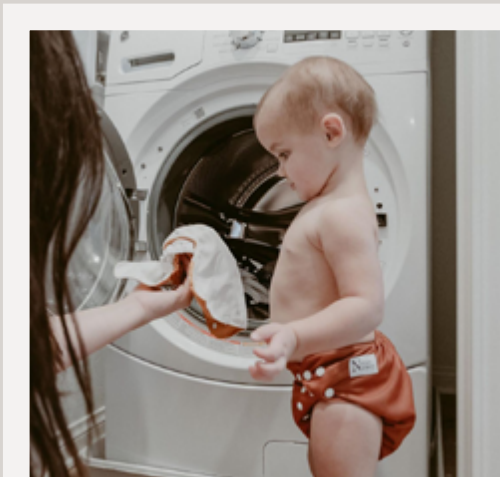
Here are a few things you can do to troubleshoot if you are getting leaks:

- If your diapers are still fairly new, they may just need more prepping. Pop them in a hot wash cycle a couple more times and try again.
- Check the fit of the diaper. Make sure it's not too tight or too loose on baby. Your finger should fit easily between baby's skin and the diaper.
- Try a booster insert or add an extra insert for increased absorbency. Boys tend to need a little extra protection in the front and girls near the middle and back.
- Check for signs of residue issues and deal with it accordingly (See "Dealing with Residue" above).
- Check babies clothing: onesies that are too tight or too small have a tendency to cause leaking. Any clothing that touches the insert will also quickly pick up moisture from the diaper.

# STRIPPING YOUR DIAPERS

The method we advise to strip our diapers is the following however if you are experiencing that the diapers are continuing to smell we advise adding either a bit of baking soda or bleach to the wash. We do not suggest this as a continued method as it will eventually break down the diapers but every so often it can help kill all bacteria.

1. Turn water heater up to 140F or higher.
2. Wash everything 3 times on HOT, using a detergent of your choice (for example: Purex free and clear)
3. Then run the wash cycle 2 more times with no detergent in there.
4. Pull the covers out and dry them on high for 10 minutes, then pull to hang dry. (The idea behind drying the covers on hot is to potentially “re-seal” the PUL)
5. Wash the inserts two more times, once with detergent, and once without



# Stripping with Hard Water

If you live with hard water, you understand the challenges that come along with it - especially if you are a cloth diapering family! Hard water - all varying degrees of water hardness levels- can leave a mineral buildup or residue on cloth diapers, affecting their absorbency, causing odor, etc. It is important to know that Hard water adds another element to your cloth diaper washing routine.

To undo the damage caused by hard water mineral build-up, you can strip your cloth diapers following these steps.

Start with clean cloth diapers. Do not attempt to strip cloth diapers that have not been thoroughly laundered.

Fill your bathtub, laundry sink, top-loading washing machine or other container about 1/2 full of hot water – the highest hot water setting you can achieve is important here.

Add a home-made mineral solution or store-bought laundry treatment and ensure it dissolves in the hot water. Keep reading below for advice on stripping solutions. If you are using a larger tub, you may need to increase the amount of stripping solution you use.

It is recommended that you also add 1/2 a cup of a strong detergent, with enzymes, to improve effectiveness when stripping diapers.

Soak your cloth diapers in this solution until the water cools. Ideally, 4 to 6 hours is best. Avoid soaking for shorter than 2 hours and longer than 8 hours.



## DIY Stripping Solution

Mix together Washing Soda, Borax and Calgon. You only need 3 tablespoons of each for one stripping session.

Considering you have hard water, it is recommended that you use all three ingredients as your stripping solution.

But if you can only access one or two of the ingredients, increase the quantity of each – 1/4 cup of each if only using 2 ingredients, and 1/2 cup if only using 1. This solution includes both precipitating and non-precipitating water softeners, so will work well even with high mineral content in your water. Commercial products, such as RLR Laundry Treatment, Borax or Calgon, are popular options for stripping cloth diapers. You may consider one of these if you aren't able to get all the ingredients you need for a DIY solution.

For more information on washing your cloth diapers in hard water, including how to remove tough smells or stains, check out our [Tips for Washing Cloth Diapers in Hard Water Blog Post](#).



# HELPFUL BLOGS



## Soaps & why we don't use them

When it comes to cleaning your cloth diapers we use detergent and not ...[more](#)



## Stripping & restoring your diapers

You're a couple months in, you've tackled the first stages of cloth diapering ...[more](#)



## Removing mold & mildew from cloth diapers

As your little one grows older and diaper changes become less frequent ...[more](#)



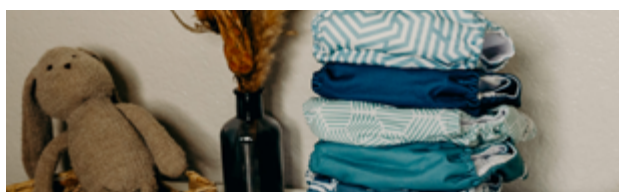
## Hard water and cloth diapers

There are so many benefits to cloth diapering — they're less expensive ...[more](#)



## Diaper Creams & Cloth Diapers

Traditional diaper rash ointments and creams can cause cloth diapers ...[more](#)



## Removing stains in cloth diapers

Natural fiber diapers like cotton and bamboo can often hold onto ...[more](#)



## Top 10 mistakes when cloth diapering

When switching from disposable diapers to cloth there are few commonly ...[more](#)



## Myths about cloth diapering – debunked!

Are you hesitant about cloth diapers? Here are some of the most ...[more](#)

# Q & A





## How many Cloth Diapers do I need?

For newborns and young infants, the suggested amount of cloth diapers and inserts is 24 to 36. For older infants, we suggest 14 to 24 diapers and inserts. These suggestions are based on the need to change a diaper every 2 hours, and would require washing every 2 to 3 days. If you plan to launder your diapers more frequently, you could make do with fewer.

## What is the difference between a TPU and a PUL liner?

TPU and PUL are the polyester materials that make the waterproof outer shell of many cloth diapers. The difference is in the way that they are manufactured: PUL (Polyurethane Laminate) is laminated using solvents through a chemical bonding process, while TPU (Thermoplastic Polyurethane) is bonded to polyester using heat bonding (as opposed to solvents), therefore using less harsh chemicals in the process.

## Can I cloth diaper with multiple kids in diapers?

Absolutely. Cloth diapering is perfect for caregivers with multiple children! The cost savings are significantly multiplied when you have more than one child using cloth diapers, and your impact on the environment is significantly reduced. It makes for

a more efficient load of laundry, too.

## Is my baby too old to start wearing cloth diapers?

Nora's Nursery diapers are designed to fit babies and toddlers from 10 to 35 pounds, if your child is still wearing diapers, he/she is not too old for cloth diapers. When planning your transition, just remember that older infants will require fewer diapers than younger ones.

## How often will I have to wash my cloth diapers?

Having a larger stash of diapers means you can go longer between washings, while caregivers with smaller stashes may run a load every night. Waiting long periods of time (more than 3 days) between washings increases the chance of mildew growth, will deteriorate the diapers over time, and may cause additional staining on the diapers.

## How long will it take to wash cloth diapers?

Washing your cloth diapers is no different than running a regular load of laundry. Empty your pail or wet/dry bag into the washer for a cold rinse, add some detergent for a hot wash, toss them in the dryer, and you're done. Your washer and dryer do most of the work! Folding and sorting the diapers and inserts, once clean, will take a few minutes depending on how many you have in your stash.

## Can I wash my cloth diapers with other clothing?

YES! This is a great way to save time on loads of laundry. As always, be sure that you have removed as much solid waste as possible from the diaper prior to washing. Be certain that any clothing you wash with your cloth diapers do not have significant dirt or oil, do not require excessive detergent, and can handle a hot wash cycle. Worried about the transfer of smells? A clean cloth diaper should be odorless, and this applies to your laundered clothes too.

## Can I wash my Nora's Nursery diapers with my other cloth diaper brands?

Yes, as long as they follow the same washing instructions. If washing with diapers that use Velcro, be sure to fold over the tabs to avoid your diapers sticking together.

## What about the poop?

Cloth diapers or not, parents and caregivers of babies and toddlers deal with poop every day. With cloth diapers, any solids (other than those from an exclusively breastfed baby) need to be discarded in the toilet. Shake the diaper over the toilet, use a biodegradable liner, or spray using a hose attached to your toilet. Whatever your method, you want to remove as much as possible before placing the diaper in the washing machine.

## How do I know my cloth diapers are clean?

Go ahead, smell them! When cloth diapers have been adequately cleaned, they should be odorless. So long as you are following our above instructions for your diapers and detergent, rest assured, they are clean. Remember that staining is normal and does not mean the diaper is dirty or ruined.

## Will cloth diapers make my baby hot?

Modern cloth diapers are no longer made of vinyl - they are specially designed using natural materials that actually let babies skin breathe, and therefore stay cool. Air can flow more easily in a cloth diaper than in a disposable, which will also help to reduce the likelihood of bum rashes.

## Can my baby's daycare use cloth diapers?

Every daycare has its own unique set policies. Speak with the owner or manager of your daycare to learn their guidelines and preferences.

To ease any burden or confusion, bring your pocket diapers pre-stuffed with inserts so they are ready to use, and supply your wet/dry bag. Pocket and all-in-one diapers are among the easiest to use, so your daycare staff should adjust just fine! Ask them to store soiled diapers in the wet/dry bag, and they'll be ready for the wash at the end of the day.



# Nora's Nursery

[www.norasnursery.com](http://www.norasnursery.com)



# MATERIALS LIST



- Diaper shell:
  - 100% polyester with waterproof TPU layer
- Diaper inner:
  - Micro fleece with 100% polyester
- Insert:
  - The outer 2 layers are bamboo with 80% bamboo and 20% polyester
  - The inner 2 layers are microfiber with 80% polyester and 20% polyamide/nylon



## Our cloth diapers are:

- TPU (0.015 mm thickness)
- Waterproof
- Breathable
- Machine Wash/Dryer Friendly