

# New to cloth nappies guide by *LittleLamb*



# Welcome!

New to cloth nappies and don't know where to start? LittleLamb is here to help with our no nonsense cloth nappy guide.



# Cloth nappy types

There are many types of cloth nappies on the market. At LittleLamb we have chosen what we think are the best and engineered them to perfection. Our nappies are durable, functional and easy to use (we promise!).



Using cloth nappies reduces nearly 900 kg of waste generated by one child during the first two years of age

# Pocket nappy

Super absorbent woven bamboo folding insert

Large pocket opening for insert

Stretchy, waterproof PUL shell

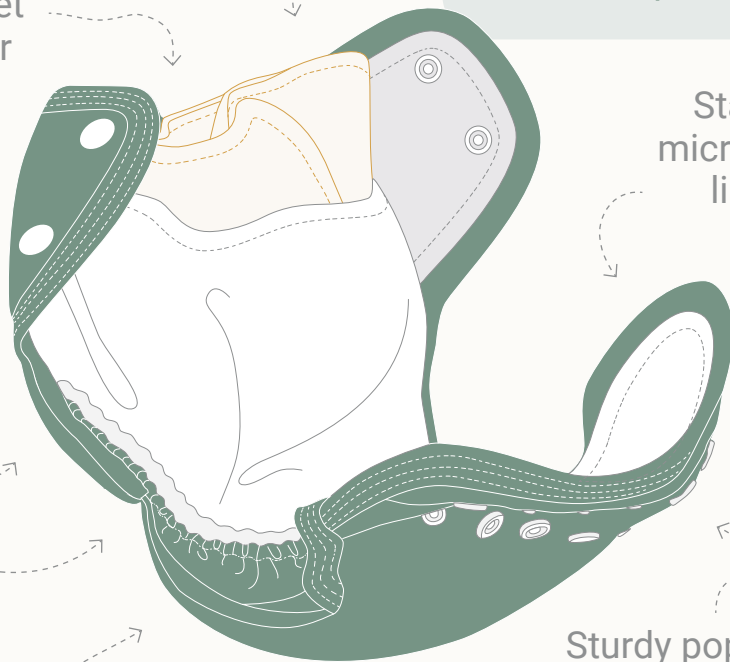
Double gusset

Available in 3 sizes for the best fit

A nappy that has separate inserts which are placed inside the 'pocket' of the waterproof shell

Staydry microfleece lining

Sturdy poppers for adjustable fit



# Fitted nappy

These are nappies made entirely of an absorbent material (cotton / bamboo). They come with inserts to customise the absorbency of the nappy. Our inserts are made from bamboo, cotton or hemp / cotton blends.

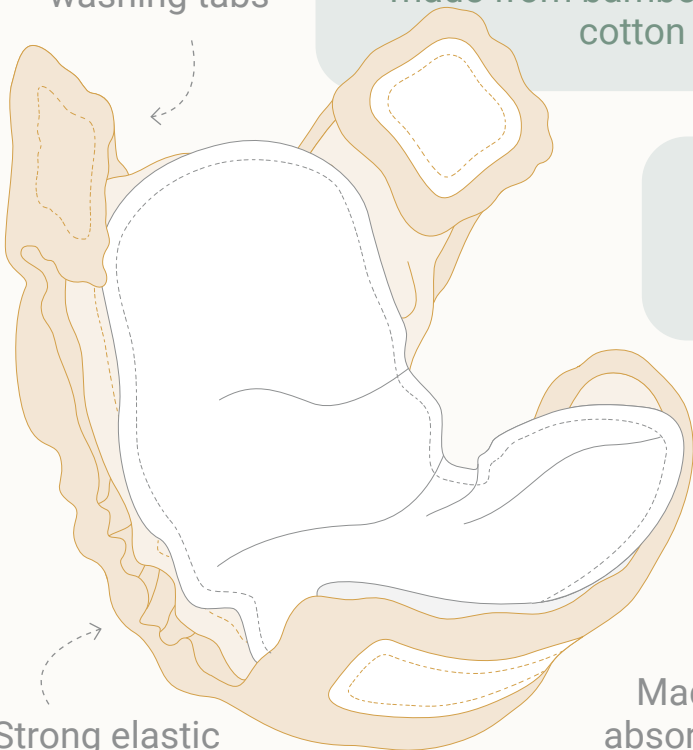
Strong velcro fastening with washing tabs

This type of nappy requires a wrap to make it waterproof.

Comes with 1 x washable fleecy liner & 1 x bamboo / cotton booster (sewn in for size 2 & 3)

Strong elastic leg gusset & back seam

Made from sustainable, absorbent bamboo / cotton with a quick dry microfleece core (inside)



# Wraps

Wraps can be aired rather than cleaned between uses if they are not soiled.

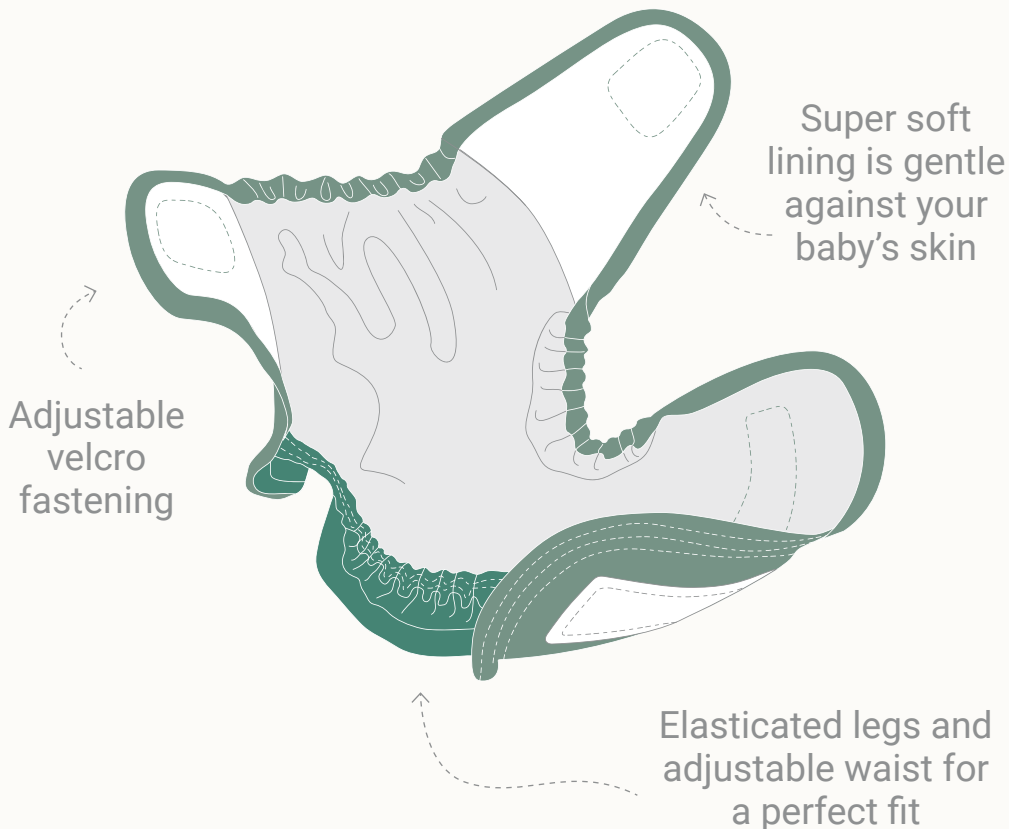
Wraps are waterproof covers made from PUL (poly laminate urethane) to be used with a fitted nappy.

We recommend one wrap for every three fitted nappies.



# Swim nappies

Swim nappies are designed to contain poo, but not wee



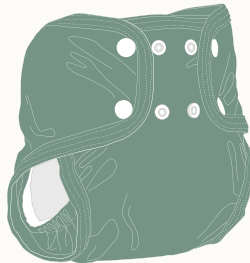
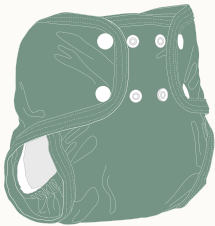
# Sized nappies

Sized nappies are nappies which fit a child from a certain weight range.

You will need to buy different sizes as your child grows.

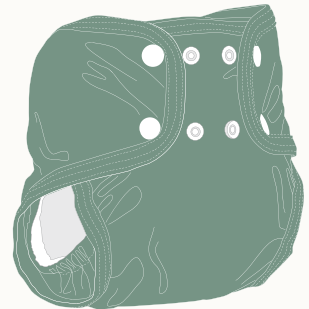
## Size 1

For babies  
7–20lbs  
/ 3–9 kgs



## Size 2

For babies  
17–35lbs  
/ 8–16kgs



## Size 3

For babies  
35lbs+  
/ 16kgs+

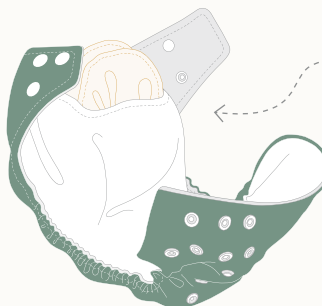
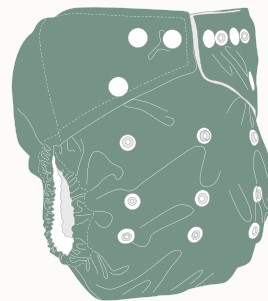
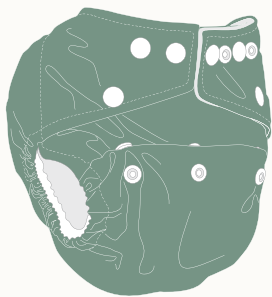
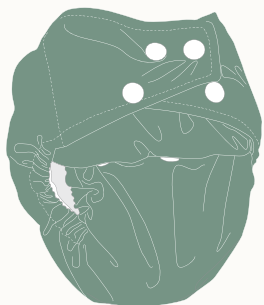


# Onesize nappies

Onesize nappies are nappies which can be adjusted to fit babies from very small to potty training.

A clever system that grows with your child

One nappy, multiple sizes



Pocket for boosters

# Boosters & liners

## Boosters

Boosters are pieces of fabric added to the nappy stack which add extra absorbency. The best boosters are made from bamboo or hemp.

## Liners

Nappy liners catch the solids and make changing the nappy easier. You can use a disposable nappy liner (a small mesh that you throw into the dustbin) or a washable fleecy liner made from soft micro fleece that can be shaken over the toilet and then washed and reused.



# Fabrics

Cloth nappies are available in a huge array of fabrics. At LittleLamb we use the following:



## **Cotton**

A fabric with a high level of absorption & very strong durability.

## **Bamboo (viscose)**

A manmade fabric derived from bamboo, with high level of absorption.

## **Hemp**

A naturally derived fabric with a high level of absorption.

## **Microfleece**

A synthetic, manmade, quick absorbent fabric used to pull liquid away from babies skin.

## **Poppers or snaps**

Plastic press studs used to fasten.

## **Velcro tabs**

Easy & quick to use, especially for inexperienced parents with cloth nappies.

# Fit

When you first stare down at a cloth nappy, it can be pretty overwhelming. But we promise, once you get the hang of it, it really is easy and will become second nature to you.

## Leaks

Leaks are often the result of a saturated nappy, or an incorrect fit. Don't be dishearten if you get leaks, usually you just need to make an adjustment in the fit, or change the nappy more regularly. Remember, babies bodies change often, so therefore their nappy fit will need to be adjusted in line with their growth and liquid intake.

# Handy tips!



Nappies need to be of equal height on baby at the front and back.

A close fit around the legs is important, or else the liquid can escape out the sides before the fabric can absorb it.

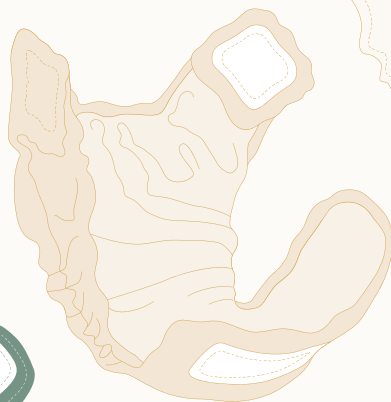
If the nappy is saturated, the nappy needs to be changed.

# How to layer nappy & wrap

4. Fleecy liner



2. Fitted nappy



3. Booster



1. Wrap



# How to layer nappy & wrap

1. Open the nappy with your preferred inserts placed inside, and then lay the baby on top. For boys, point their genitalia downwards.

2. Make sure the back elastic is sitting just above the child's bottom, and then lift the front of the nappy up to just above the hips and below the belly button.

3. Fasten the nappy in place but pulling in the wings and attaching to the velcro or snaps.

4. Ensure the leg elastics are right inside the 'knicker line' or groin crease.

5. Check the nappy is secure but not too tight around the waist and legs, you should also be able to fit two fingers around the waistband, and a finger in around the leg seam.



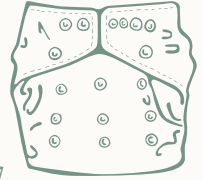
# How many do you need?

Remember, you don't have to jump in all at once. You can use cloth nappies full-time, or part-time — even if you change just one cloth nappy a day, that is one less disposable nappy in the landfill and a great achievement! The following is what you'll need to start using cloth nappies full time.

One cloth nappy a day is one less disposable nappy in landfill



# How many do you need?



Newborns should be changed every two hours

How many nappies you'll need is largely dependant on an individual's situation / how old is the child, how often the nappies will be washed and the nappies will be dried.

A newborn and young babies food source is all liquid, which results in lots of wees. As the baby grows into a toddler, their food changes to solids so less liquid is peed out, but larger pees in general.

To prevent leaks, discomfort and rash, a newborn should be

changed every two hours. For toddlers, this can be extended to every three hours.

Night time nappies can last anywhere between four and eight hours. Remember to put a fleecy liner in your night time nappy to draw the moisture away from babies skin!

Please note this just a general guide, as all babies are different so change times should be customised accordingly.



# What you'll need — our suggestion



## **20 nappies**

20 nappies will keep you going if you have a quick-drying system like our pocket nappies. If you prefer to have a whole collection of our robust fitted nappy and wrap system, we suggest you start with 20 nappies, though you may find you need a few more as these take longer to dry.

Some parents like to split their nappies into daytime and night-time nappies. If you'd like to do this, we suggest using our pocket nappies

for day-time as they are slim fitting and easiest to change. Then, use our fitted nappy and wrap system at night, which is a little chunkier but super absorbent, meaning a longer, drier nights sleep between changes.

## **Home storage**

This is where you store dirty nappies until you get enough for a laundry load. We suggest a bucket or hanging nappy pail.

# What you'll need — our suggestion

## Boosters or inserts

Boosters and inserts have the same job, absorb liquid. They are pieces of absorbent fabric that you can either 'stuff' into a pocket nappy or layer on top of your nappy stack to add or 'boost' the nappies absorbency.

## Liners

Nappy liners catch the solids and make changing the nappy easier. You can use a disposable nappy liner to be thrown into the dustbin after use, or a washable fleecy liner that can be shaken over the toilet and then washed and reused.

## Wipes

If you are using cloth nappies, another easy change you can make is to use washable wipes.



Washable wipes are an easy way to help our planet!

# Washing

New nappies have to be pre-washed 3 times before use. Cotton, bamboo and hemp nappies and boosters will not achieve full absorption until after the post half dozen washes. Manufactured yarn is quite tight and needs to expand out creating spaces inside the individual filaments where the liquid will be held.

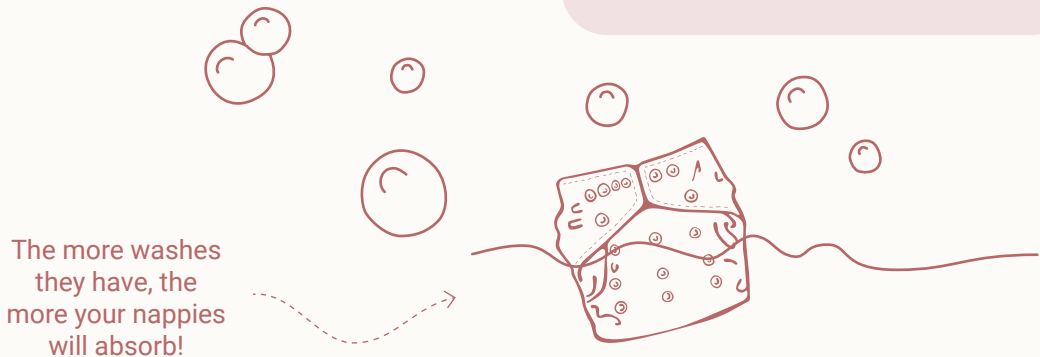


Saving the environment...one cloth nappy at a time

# Washing

A six times washed nappy will hold 12% more fluid than a twice washed nappy which itself holds twice as much liquid as an unwashed nappy and like your favourite towel, the older it gets, the more it will absorb.

You do not need to dry the products between pre-washes – just pop them in the washing machine and repeat the cycle three times. PUL (polyurethane laminate) items eg wraps and pocket nappy shells do not need to be pre-washed, but do need one wash to refresh before use.



# Wash guide

**1.** Remove and rinse soiling and pull out inserts/boosters.  
Note. You can wipe off excess solids with toilet paper, or you can firmly hold one end of the liner over the toilet and flush the toilet to rinse off the poo. Do not let go of the liner, and do not flush any liner down the toilet.

**2.** Store your dirty nappies in a bucket or hanging nappy pail. You do not need to soak.

**3.** Wash in warm water (40–60 degrees) with a 'heavily soiled' dose of powder detergent on a long cycle. Do not use fabric softeners and absolutely no bleach, vinegar, nappisan or any other highly abrasive chemical treatments.

**4.** Dry on the line, airer or dryer on low heat. Avoid hanging any PUL (wraps and pocket shells) in direct sunlight.

If you have any questions about washing, please get in touch! We are here to help.

# Why use LittleLamb nappies?

We genuinely want you to succeed with our nappies. We have spent over 25 years engineering and perfecting our nappies, and have helped over 500,000 families start using them.



Cloth nappies can prevent 99% of waste generated using disposable ones

# Why use LittleLamb nappies?

## Six week guarantee

We are so confident our nappies are the best, we have a 6 week money back guarantee on our full nappy kits. This means if you don't love our nappies, you can send them back for a full refund \*excluding shipping costs.

## We are real people

You can phone us for customised advice. Our after sales help is amazing and trust us, there is nothing we have not heard before!

## Our promise

We sell good quality nappies at a reasonable price. Our goal is to help as many families start using cloth nappies as possible, and so far we have helped over 500,000 families.

Oh, and our prints are gorgeous!



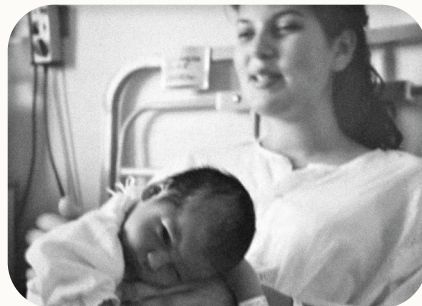
# A note from our founder

Esme &  
Josh, 1990



Why are we so passionate about nappies you may ask? Well, my husband and I have 6 kids – that is a lot of nappy changes!

Before I met my husband, I was a single mum at 19, way back in 1990. As a single parent with not much money, nappies were a weekly cost I could not afford. My mum bought me a pack of 24 flat terry nappies, three plastic wrap pants, and some safety pins.



Using cloth nappies meant I never ran out of nappies and had such little waste; I never looked back.

We founded LittleLamb to ensure cloth nappies stay easy to use, convenient and affordable.



# A note from our founder

We saw the industry start to become greenwashing and we promised ourselves we would fight against this, and help cloth nappies become mainstream. Using cloth nappies is such a rewarding decision – it saves you money, helps to reduce your household waste and is so much better for the environment – especially if you use the nappies on subsequent children!

I have used my designs of LittleLamb nappies on my three youngest

children, so I know they work well, are durable, and, of course, are very soft and fluffy.

Thank you for getting this far, you now have all the information you need to start using cloth nappies today! Hop onto our website and order one of our kits and give our nappies a spin.

Kindest,  
Esme



## Get in touch

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