

SEED & SPROUT x BARE AND *Boho*

REUSABLE NAPPIES

Your Complete Guide



Getting Started

WHAT'S WHAT



Reusable Cloth Nappy - Shell

Made from recycled fibres the outer shell features double elasticated gussets for extra leak-guard around inner thighs. There's also additional gusseting around the rear of the nappy to avoid leakage at the back.

The snaps in the waist to adjust tummy fit and around the groin to adjust the length.

We've got three prints available by the amazingly talented Cass Deller, available in a 3 pack or 1 pack.

Hemp Snap Insert

Designed for day to day use, the insert helps to absorb soiling and should be changed between 2 - 6 hours. It features 4 layers of absorbent fabric with a double layer of side gusseting around the thigh.

Hemp is a more sustainable and organically grown fibre. It's also durable and will soften against your bubs body warmth for extra comfort.



Nappy Boosters

Designed to give you extra absorbency. Made from four layers of bamboo-cotton fleece, these boosters provide a snug fit that will give you added protection.

Ideal for naps, overnight use or heavy wetters. Simply add the booster directly on top of your snap insert.

Swim Nappy & Wet Bag

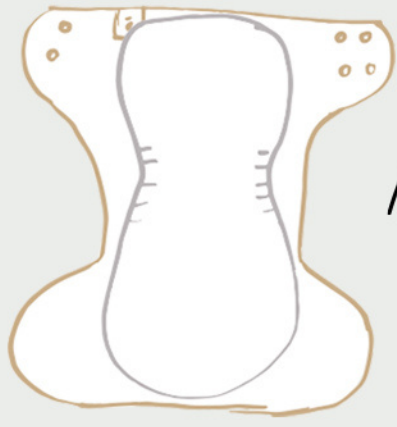
Our Reusable Swim Nappy has a single gusset and is adjustable! The Swim Nappy also comes with a Wet Bag so you can transport your clean/dirty nappies with you when you're out and about.



Soothing Salve

This nourishing balm is made in Australia utilising Chamomile Infused Sunflower Oil, Calendula Infused Sunflower Oil, Organic Shea Butter and Gromwell Root to restore and soothe irritated skin. It can be used in a wide range of ways, on the nappy area, hands, elbows and knee creases!

How to Fit a Reusable Nappy

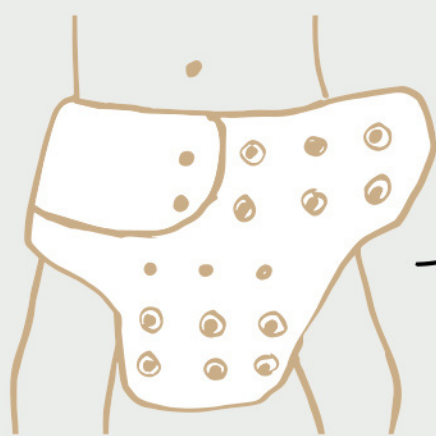
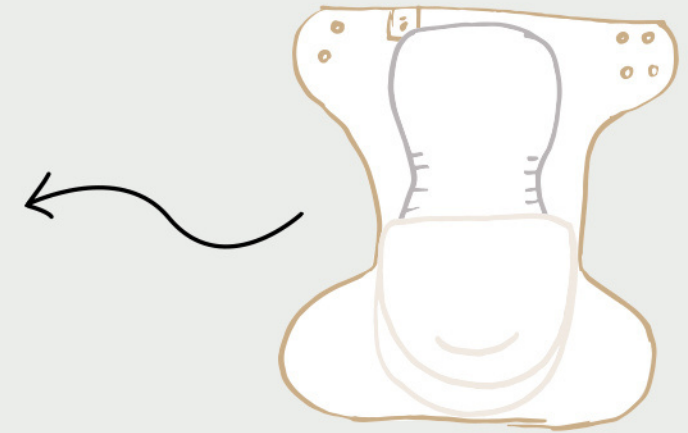


1. SNAP INSERT

Snap elasticated insert in to lining of your nappy shell.

2. BOOSTER (optional)

Creates four additional thirsty layers. Lay booster flat over insert, or fold and position the booster in front / rear where extra absorbency is required.

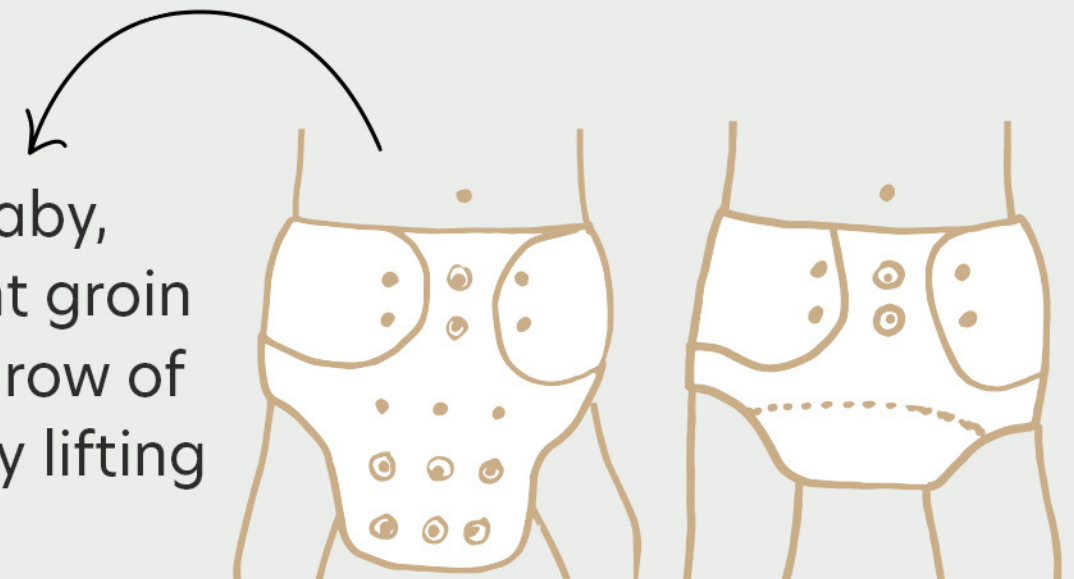


3. FIT

Lay baby on open nappy shell, with back of nappy shell sitting 1-2cm above bottom crack. Pull front panel to sit comfortably just below belly button. Bring side waist tabs up and around baby for a snug fit. Snapping the extra hip snap is optional on larger bubs with chunky thighs.

4. ADJUST

Shorten nappy if needing a trimmer fit for your baby, via the varies rows of snaps, situated on the front groin panel of nappy shell. To adjust, select a suitable row of snaps below the waist snaps. Connect the row by lifting upwards, and snap into the top row.



5. PUSH

Once groin snaps have been suitably adjusted, push any excess fabric between the row of snaps upwards, to tuck in neatly.

6. TUCK

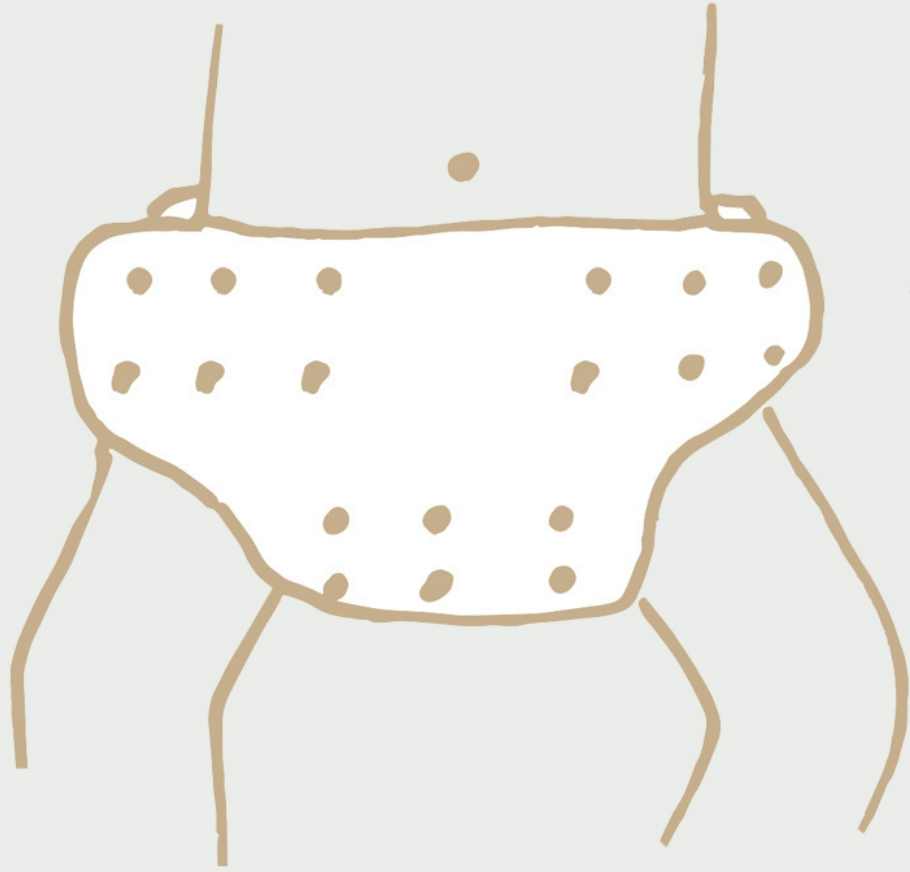
Run a finger along inside of groin elastics and pull out both shell and insert gussets, to ensure insert sits flat. Tuck groin elastic back in to baby's underwear line.



7. CHECK

Ensure no gaps around back or inner thighs, and two fingers width in between front panel and baby's tummy so there is some space for when baby is sitting up.

How to Fit a Reusable Swim Nappy

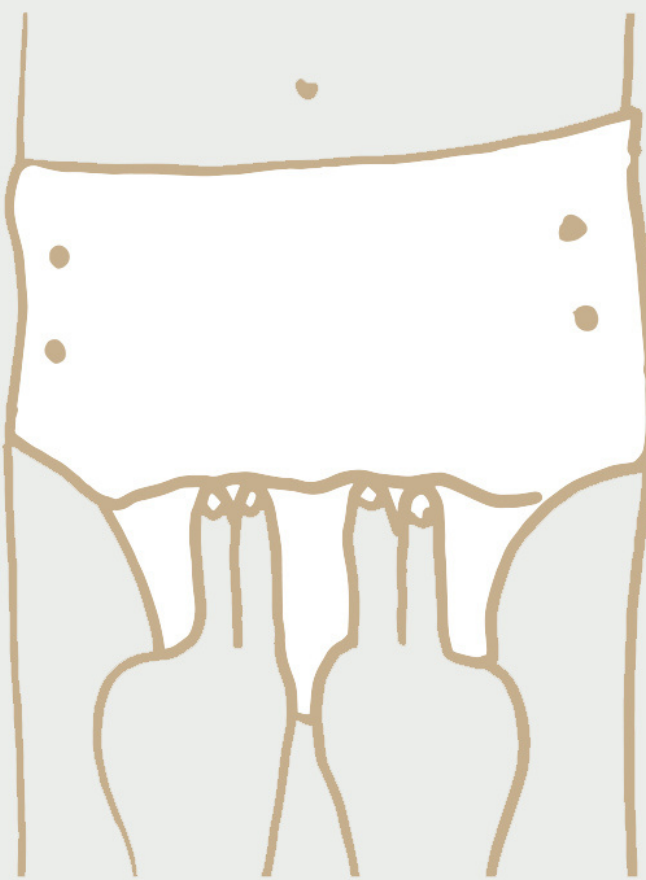
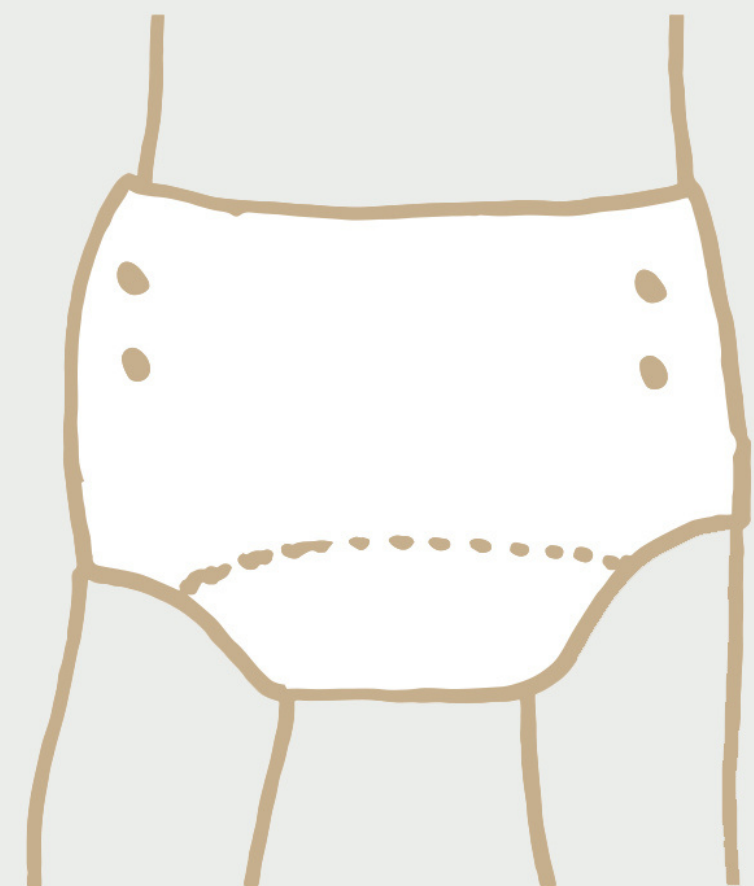


1. FIT

Ensure back of swim nappy is just at top of baby's bottom. Pull front up high. Bring the waist tabs up and around hips, creating snug fit.

2. ADJUST

Adjust the front rise snaps in lower groin to lengthen or shorten nappy. Select suitable row and connect by lifting upwards and snap in to top row.



3. TUCK

Use fingers to push the excess fabric upwards between front groin rise snaps. Pull groin gussets out around thighs for added comfort, or they can be tucked into baby's "undie-line" if that suits your baby's shape more.



Sleep Guide

Option 1

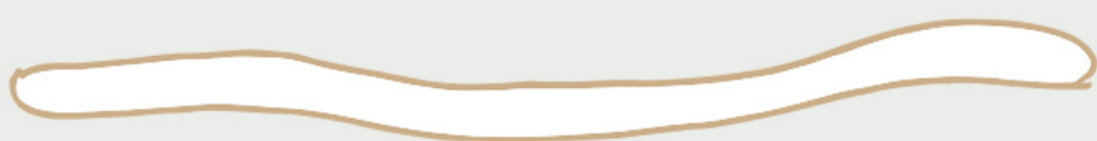


Snap Insert



Reusable Cloth Nappy Shell

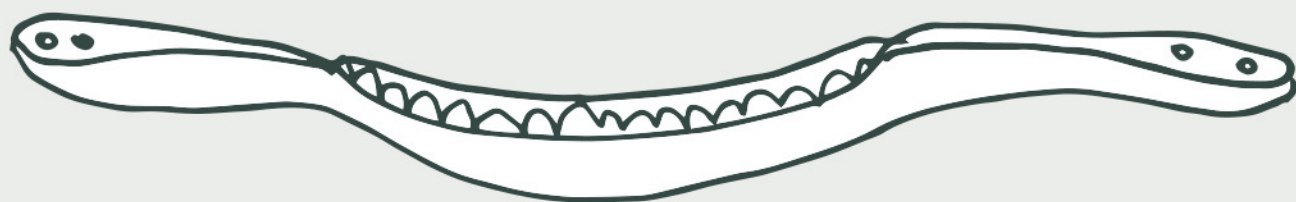
Option 2



Booster



Snap Insert

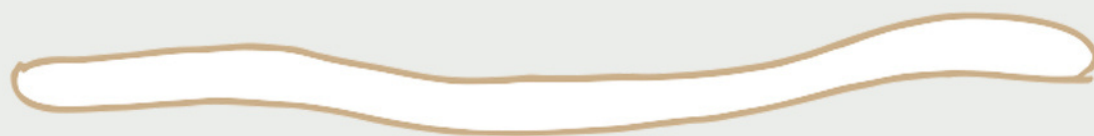


Reusable Cloth Nappy Shell

Option 3



Fold + Place
Booster at front
for boys



Booster



Snap Insert



Reusable Cloth Nappy Shell

Care Instructions

Nappies can be washed with household laundry. Opt for light colours if worried about potential colour run onto your reusables & smaller items are better than large, when combining with household laundry. (Eg. Bed linen and towels can hinder the agitation).

Washing:

Cold water doesn't really cut it for cloth.

We recommended 40-60 degrees for your reusables to best strip soiled fibres.

Run separate PRE-WASH cycle 30-60mins & MAIN cycle 2-3hr. Run your two cycles back-to-back Day 2 or 3... OR Rinse cycle day 2 + Main cycle Day 4 (dry-pail in between).

Depending on load size & whether loads shared with household laundry, may impact which timeframe above suits. (Removal of/hand-rinsing where needed for solids).

Dry-Pailing:

This is an open & airy storage solution for soiled reusables in between cloth-removal & laundry day. Don't store in a dark or damp space. Avoid pail-liners/bags.

Stain Removal:

Soiling on nappies shouldn't be the norm with a solid wash routine, however use a stain removal bar if this does occur.

Drying:

Sunlight is ideal and the most environmentally and cost effective way of drying. Dry shells in an airy, yet shaded spot. Tumble dry suitable for inners (not shells). STRETCH inserts & boosters when wet and before drying. The extra effort will result in less shrinkage once dried.

Do you need to pre-wash nappy shells?

Pre washing your nappy shells is only for hygiene reasons due to the handling of the nappies through the production cycle and warehouse handling. They can be added to your prewash of insert cycle at 40 degrees.

How often do I need to wash my nappies?

We recommend washing your nappies every 2 to 3 days for best results. If you are struggling to fill your washing machine to the recommended loading amount, you can add in other baby items or family household laundry to bulk the load.

We recommend loading the machine for best agitation and also protection of nappies, to "loosely full" when dry, which will result in $\frac{3}{4}$ full when items are wet. Keep this in mind when establishing your washing routine and what day works best.

A little note on cold washing.

Cold water is not recommended for a sufficient long-term washing routine for your cloth nappies. Cold water will not deliver optimum results and can leave your nappies smelling or create ammonia build-up which can eat away at the natural fibres or break down the laminate lining on the shells.

For top-loaders, we recommend adding hot water via a kettle if you can monitor the temperature and ensure no higher than 40-60 degrees for the cycles.

For front loaders, you may be able to confirm through your settings that your machine does in fact allow the machine to create its own hot water internally, even if the machine is not connected to external hot water.

FAQs

How many nappies do I need?

Although cloth nappies are amazing in reducing waste and family expenditure, they are not immortal, wear and tear can be expected over time and particularly with smaller numbers of nappies in rotation. Nappies will indeed become the most used and washed items for the first few years of your child's life, going through hundreds and hundreds of washes (more for smaller stash sizes). The general recommendation for using cloth nappies full-time and exclusively over an average 2 year period, for 1 child (changing every 2-4 hours):

12-24 Nappy shells

24-30 Inserts

4-8 Boosters depending on night use/heavy wetting. (Wet/colder regions will require more)

How often should I change the nappy?

Cloth nappies are made with completely different materials to disposables. Disposables contain elements such as synthetic absorbent gels and fibres, making them fast absorbing, unlike natural fibres like Hemp or Bamboo. So your little one will feel moisture in most cases, which is great as it simplifies the transition to toilet training, later on.

The inserts are designed for day use to absorb soiling. Changing recommended between 2-6 hours. Unless you have a heavy wetting toddler or are choosing to go longer between changes, you can opt to add a "Booster".

If you find your little one is leaking and the insert is soaked completely (meaning it is not a fit issue, but rather the insert has absorbed all it can), then you will either need to change often to match output. Alternatively, you can boost your nappy with extra layers, such as adding in one of our Boosters. This will further push out changing time.

How long will the nappy last?

The average stash size based on industry norms promotes a healthy number of 24 nappies for full-time use (shells and inserts). These may be expected to last one child 2 years, or service more children based on a few factors such as use, washing and care.

What is the best way to store dirty nappies between washes?

Industry standard recommends "dry-pailing" for used cloth nappies. A dry pail is a term used for an open aired bucket storage system which allows maximum aeration of your items until machine-wash day.

Can I use salves, balms or creams on my baby when using cloth nappies?

Balms and barrier creams can be used with our cloth nappies. However, you will want to avoid using balms or creams containing zinc or petroleum unless using a reusable/disposable liner as these balms will result in residue sticking to the inserts and will reduce absorption.



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