



Your complete guide to caring for your nappies.

Preparing your new nappies:

Soak all your new nappies overnight in a bucket of cold water before washing them 2 -3 times on a regular wash cycle. It is important that detergent is used only for the first wash, and you do not need to dry them between washes. It is important to remember that it takes up to 6 washes for the fibres of your new nappies to reach their full absorbency. So, you will need to change them more frequently the first few times of use.

Nappy Care Day-to-Day:

Washing of cloth nappies is very easy; we recommend the five-step approach. However, it is trial and error to discover what washing routine works best for you. All you need to do is keep it simple.

Step 1 ~ Clean it ~ Deposit any solids into the toilet and hand rinse your nappy as soon as possible. This includes all wee nappies! Rinsing will minimise staining, cut down on smells and stop potential fabric damage from acidic wee.

Step 2 ~ Store it ~ Place your nappies in a dry bucket, dry bin or wet-bag – ‘dry pailing’. You can soak them in water, but we recommend dry pailing. During hot and humid weather, your nappies may get sweaty, we recommend a swing top bin or laundry hamper as a better way to store your nappies. If you have a front loader, you may find that storing your nappies in a wet-bag will make it easier to load them into the machine.

Step 3 ~ Pre-rinse it ~ Empty your nappies into your washing machine every day or two and pre-rinse your load in a warm cycle. This gets rid of any excess urine or soiling before the wash cycle.

Step 4 ~ Wash it ~ Put your nappies through a normal or long wash cycle up to 60°C with the amount of detergent recommended by the detergent manufacturer for your load size and water level. If you use a front loader, we recommend you run an additional rinse cycle at the end of your wash to avoid smelly and/or leaking nappies.

Step 5 ~ Dry it ~ Sunlight is an amazing tool! Not only is it an economical way to dry your nappies, but it will eliminate bacteria and bleach any stains out! How good is that! Try to avoid leaving nappies in direct sunlight for long periods as intense heat can make your nappies go stiff and perish the elastics. It is important to avoid putting too much stress on the leg elastics and internal absorbency by hanging them horizontally rather than from the front to the back of the nappy. Absorbent inserts, fitted nappies and pre-folds can be tumble dried on a medium heat.

For more washing advice, we recommend having a look at www.cleanclothnappies.com or www.australiannappyassociation.org.au.