



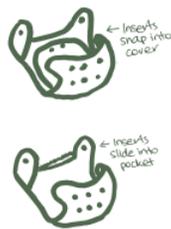
# cloth nappies made simple

Cloth nappies have come a long way from the giant terry towel flats - now they are a cute, modern, easy to use alternative to disposable nappies. By using cloth nappies, even just one a day (!), you can help reduce landfill, save money, and stop those pesky poo explosions!

## What is a modern cloth nappy?

There are lots of different styles of cloth nappies but the most common are All-in-Two (AI2) or All-in-One (AIO).

### ALL IN TWO (AI2)



AI2 nappies are in two parts to combine absorbent inserts with waterproof covers. They either have a little fabric pocket sewn into the cover which you can stuff with the insert, or the insert lays inside the cover. Pocket nappies are the most popular. AI2 nappies are a great option as they are fast drying and you can use any brand or type of insert inside the pocket - even a cotton tea towel if you are in a pinch!

### ALL IN ONE (AIO)



AIO nappies have the absorbent insert sewn into the waterproof cover and they often have velcro closures. They are the most similar to a disposable nappy which makes them popular for people just starting out, grandparents or daycare.

When choosing a cloth nappy try to buy one which comes with absorbent inserts made from natural fibers like bamboo, hemp or cotton. These fabrics are able to absorb a lot of liquid while still being quite thin.

# How to wash cloth nappies

Some useful things to have in your laundry include one or two dry pails (open, airy laundry basket that allows for lots of air flow); good quality detergent (e.g. Biozet or OMO); in wash booster (e.g. Vanish); and rubber gloves.

1. Remove any solids and put nappies into the dry pail. Nappies from breastfed only babies do not need to be cleaned before adding to the prewash.
2. Prewash. Every 1-2 days, wash nappies on a short cycle that is around 30-60 minutes long. Use a half dose of detergent (i.e., if it is recommended to use 1 scoop for a heavily soiled wash, use 1/2 scoop) and the in wash booster (if using).

Once washed, put these in the large dry pail. If you only have a few nappies, you can add them to your normal clothes wash.

3. Main wash. Every 3-4 days, add all the prewashed nappies into the machine. Choose a long, hot cycle (40-60 degrees) that is around 2-3 hours.
4. Dry. Line dry inserts or in the dryer. Dry nappy covers in the shade as the sun will deteriorate the waterproof lining.



one little  
sprout

# HOW TO FIT CLOTH NAPPIES

## MODERN CLOTH NAPPIES (MCN)



**1.** The back of the nappy should be about the same height as your baby's belly button.



**5.** The waist should be snug but not tight.



**2.** Squeeze the middle of the nappy so it looks like a taco. Pull this up and tuck it into the undie line.



**6.** Adjust the rise snaps at the front of the nappy so it is snug around your baby's legs.



**3.** Pull the 'wings' on one side of the nappy up and over the thighs and snap/Velcro it closed.



**7.** Push any loose fabric upwards into the rise snaps.



**4.** Repeat on the other side.



**8.** Finished.

## Where can I get more advice or information?

There are lots of helpful Facebook groups and websites online, but I am always happy to help! Reach out to me via email - [onelittlesproutau@gmail.com](mailto:onelittlesproutau@gmail.com) - or via my Facebook page - [One Little Sprout](#).