

About the Author

Miranda Stamp has been using, talking about and writing on the subject of washable nappies since the birth of her daughter in 1999, when she started the well known nappy resource website online www.twinkleontheweb.co.uk. Over the years Miranda has amassed a wealth of knowledge about different types of washable nappies and the best ways of using them. Much of this information is now in this one booklet to help you find the best way to use both modern and traditional washable nappies.

Help Line

For any queries about using washable nappies, or if you feel we have left something out of this guide phone

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How to Nappy

Your guide to using modern and traditional washable nappies



Instructions for all types of
cloth nappies

by

Miranda Stamp

www.twinkleontheweb.co.uk

The Cloth Nappy User's Guide

Welcome to How to Nappy, a Nappy Using Guide.

Having made the decision to use cloth nappies, you will now need to know the best ways of using them.

Cloth nappies can provide superior containment, absorbency and comfort over disposable nappies. With this guide we aim to show you how to get the best out of your nappies and divulge a lot of the tricks and tweaks we have learnt over the past 6 years for different nappy systems.

The nappies are divided by type, and any specific instructions relevant to brands are mentioned in the section for that type of nappy. There is an alphabetical index of nappy brands and types at the back of this brochure on page xx.

Throughout this booklet I've interchanged 'him' and 'her' in different sections to refer to your baby, its difficult to be gender neutral so please substitute your preference!

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Sun helps sterilise and bleaches out any stains from your nappies. If you don't have a tumble drier, and don't wish to have nappies drying on view around the house, consider using a foldout airer over the bath. Alternatively, why not wash as soon as baby has gone to bed, hang out to dry on/by the radiators (if appropriate to the nappy, do not dry any wraps or All-In-Ones directly on the radiator as this will affect the waterproof properties overnight. Most will be dry by morning. Finish off in the airing cupboard/by the radiator/over the bath (the latter is good if you're short of room). Storing your clean nappies in the airing cupboard is beneficial in two ways, firstly it ensures they are totally dry, and secondly it is nice to put soft warm nappies on baby's bottom!

Being More Environmentally Friendly

With cloth nappies you have a variety of ways in which you can reduce the environmental impact of using nappies, whereas the only way disposable users can make any difference is by using less nappies!!

You can make a difference by:

- * Choosing nappies made from organic cotton or hemp/green cotton which are grown without the use of pesticides.
- * Choose nappies made locally within UK or EEC to minimise miles travelled.
- * Avoid PVC wraps, use some organic wool or wool wraps if possible (NB: not always suitable)
- * Buy secondhand nappies.
- * Avoid soaking, dry pail (store dry) in a bucket with a close fitting lid. If you do soak avoid sanitisers and use a natural agent eg lavender oil. Use washable liners
- * Use an A rated energy efficient washing machine
- * Wash at 60 maximum, wash nappies that are wet only at 40
- * Especially if your washing machine doesn't adjust the volume of water to the weight of the load automatically, always wash a full load - add other items such as towels and clothing to your wash to make a full load
- * Use an eco-detergent
- * Don't use a conditioner, it reduces absorbency and is unnecessary
- * Line or air dry do not tumble dry, and avoid turning the radiators on to dry
- * Never iron nappies or wraps
- * Use washable wipes and water to clean your baby, add to your bucket for the next nappy wash.
- * Sell or pass on your nappies after you have finished with them.

Terminology—what is what in the nappy world?

Most washable nappy systems comprise two parts.

Firstly, the absorbent bit: the nappy. This can be either a **flat nappy** - usually a square or rectangular nappy that you need to fold around the baby (eg terry squares, prefolds) or may have a bit of shaping cut into it and you just wrap it around the baby (eg Imse Diaper, Disana tie-on).

Alternatively it will be a **shaped nappy** and have elastic at the legs and waist, and will come either in different sizes—a **multisized shaped and fitted nappy**, or be deemed '**one-sized**' or '**birth to potty**' and have a means of adjustment (usually folding over the top or front) , examples include Mother-ease One Size, Popolini UltraFit or Nature Babies Dizzy Diaper. Furthermore, the larger size of many sized nappies may be used as a one size nappy by adjusting the fit by folding down—examples include Tots Bots, Nappy Nation or Easy Peasy Bumbles.

Secondly the waterproof bit—the Wrap or Nappy Cover

A **wrap** is used over the top of the nappy to keep the moisture in and everything else dry. Wraps are usually made of breathable polyurethane laminated polyester or sometimes PVC, and will open out flat, fastening up with either poppers or hook and loop fastening. Traditional pull-up style covers are available too. For a more breathable cover, use one made from polyester fleece or wool. When fitting your wrap it is important to ensure it is snug so you can just insert a couple of fingers under the edges, but not so loose it allows your wet nappy to protrude.

There are also **Pouched Wraps**, with an inner layer of fleece to keep baby dry, and the absorbent nappy or a pre-stitched insert is put inside the pouch between fleece and wrap—examples being Fuzzi Bunz, Minkis, Happy Heiny's or Stuffables.

One Piece Nappy: A final alternative is the **All in One**, which is shaped and fitted with elastic, and has a waterproof wrap style outer sewn on to an absorbent nappy inner to form a one-piece nappy.

Before using your new nappies be sure to wash them first at least three times to gain greatest absorption —see (p28) .

Nappy Changing—What to Expect!

Your baby will need changing frequently, particularly in the early days expect to change before or after every feed. This can typically be 8-12 times or more a day for a newborn, decreasing to perhaps 6-8 for an older baby. If your baby has pooped then you should change the nappy as soon as possible, as it is the ammonia produced by the bacteria in the poo that will cause nappy rash. The big advantage of washable nappies is it doesn't matter how many times your baby needs changing you simply pop the washing machine on a bit sooner if you go through them more quickly than expected. Thus rather have to change a nappy when out and about many mums will quickly change to a fresh nappy before leaving home even if they only changed a soiled one half an hour previously. It is good practice to change your baby frequently, as keeping your baby clean will help prevent nappy rash and other infections.

Newborn babies and meconium

For the first few bowel movements, a newborn baby's poo will be a tarry dark green/brown sludge called meconium, which can stain nappies. Many parents choose to use disposables initially, the alternative is to use a flushable liner or a fleece liner if you wish to avoid staining, although the sun is a good stain shifter.

After this the poo will change to a soft runny yellow/mustard colour and doesn't smell if breastfed, more solid and darker and more smelly if bottlefed. Some babies will poo frequently at every feed or every few hours, others will store it up and only poo once every few days. From day to day your baby's poo may vary a bit, but if you notice a marked change such as becoming very smelly, very watery or very pale or very hard or with blood in them then you should talk to your doctor or health visitor.

Be Organised

Before you even think about picking up your baby to change the nappy, it's a good idea to have everything you might need ready beforehand. The best place to change a baby is often to sit beside them on the floor—they can't wriggle or roll off; with a changing table or on the bed you must be very sure to keep one hand on your baby, and never ever leave baby unattended as that will be the time they learn to roll! A waterproof backed changing mat with an absorbent surface, or a towel is useful as often as soon as the cooler air gets to your baby it seems to encourage a wee. A muslin cloth or flannel

dried the nappies for re-use. There are some brands of milder soaking agents eg Nappy Fresh which do not affect hook and loop fastenings hook and loop fastenings, always check with the manufacturer if it is applicable to use on your nappies.

If you soak do be careful to keep your nappy bucket out of reach of small children, storing in the bath or shower tray contains the contents if spilt. You'll need to drain your nappy bucket before putting the nappies in the machine, using a nappy mesh to line the bucket will make this easier.

Not soaking—'Dry Pailing'

It's usually easier not to soak to save the effort of tipping the soaking water away. If you do not wish to soak, in order to maximise the longevity of your nappies it is recommended that you rinse the nappies to dilute the urine present. This should ideally be done at least daily if not washing each day. To minimise smells in your bucket, add a couple of drops of lavender or tea tree oil to your bucket or to a cloth to lay on top of your nappies in the bucket. If not soaking or rinsing you may choose to put your nappies through a rinse or prewash cycle before washing. Using a nappy mesh bag to line your bucket will minimise the handling of nappies required.

Washing

Try to get into a routine of regularly washing to minimise risk of running out. A machine load is usually 15-18 nappies, so this will probably mean every second or third night. Most manufacturers suggest to wash at 60° or 40°. Flat nappies without fastenings or elastic may be washed at higher temperatures if desired, but its not really necessary as 60° will be fine. Shaped and fitted nappies with elastic will deteriorate with regular washing at higher temperatures. Nappy wraps can usually be washed with the nappies at 60, check manufacturer's instructions but as they dry very quickly you may find it advantageous to hand rinse them on a daily basis.

Detergent

Always use a non-biological powder to minimise risk of irritation to your baby. Use sparingly as not much is required, often 1/3 to 1/2 normal dose is fine. If you check your final rinse cycle for suds and you see suds at this stage cut down a little more on your powder. Do not use fabric conditioner as this will coat the fibres of the nappy making it less absorbent.

Drying

Line drying is best as it is free and more environmentally beneficial, the

disintegrate. They can be bagged and binned or composted.

Adding Absorbency

Any cotton, hemp, microfibre inserts may be added to increase absorbency—use what is to hand, be it folded flannel or cut up towel. Putting the pad between nappy and wrap may improve fit for a smaller baby without making the whole too bulky and thus causing leaks at the leg. Putting the booster inside the nappy may help prevent strong busts of wee running down the leg for an older child.

Washing & Care Instructions

New Nappies—Before Use

Wash nappies 2-3 times or more (hemp is best 5-6 times or more) and continues improving over the next dozen washes) in order to improve absorbency.

General instructions

When taking the nappy off, if hook and loop fastening, its worth remembering to fold back the tabs ready for washing as you take the nappy off. For a nappy such as Tots Bots where the 'hook' side has a keeper or pad of 'loop' adjacent to it on the waist tabs, you can fold it flat on to this as you take the nappy off by pressing it onto it flat in one movement as you take the nappy off. For other nappies such as the tie on nappy you'll need to tie the ties together to avoid a laundry tangle. For wraps or hook and loop fastening nappies without keepers, the best way is to turn inside out and then do up.

After removing poo, you then have a choice of method—either soak or dry pail.

Soaking

If you soak your nappies, do so in a bucket ½ full of water with either

- * 3-5 drops of Tea Tree Oil (which has natural antibacterial and antifungal agents) OR
- * 3-5 drops Lavender Oil (similar properties to Tea Tree Oil but not as strong, many prefer the smell) OR
- * 2-3 tablespoons of clear vinegar OR
- * 1 tablespoon of sodium bicarbonate.

Most nappy manufacturers do **not** recommend the use of sterilising solutions especially bleach, Miltons, Napisan, which can affect polyurethane laminate and PVC covers, as well as hook and loop fastenings (Velcro, Aplix) and elastic. These old-fashioned sterilisers were used as an alternative to washing, In the days before automatic machines you soaked in steriliser, rinsed and then

is useful to drape over the penis and will contain fountains from little boys, and also squirty poo explosions when you least expect them!

For cleaning your baby warm water and a washable wipe is best (cotton wool tends to stick and shed bit of fluff).

Its usually easiest to lay the fresh nappy out on the changing mat completely assembled ready for baby. Then, if you lay baby on top, remove as much of the lower clothing as you can, and fold any one piece outfits or babygros up under the baby and well away from the nappy area just in case - as you take the dirty nappy off, the dirty nappy will generally catch any further fountains of wee or explosions of poo without soiling your fresh nappy or clothing.

How do I assemble a cloth nappy?

You'll need to lay your nappy out ready, in this order, laid out flat and ready to put baby on, listed from changing mat upwards!

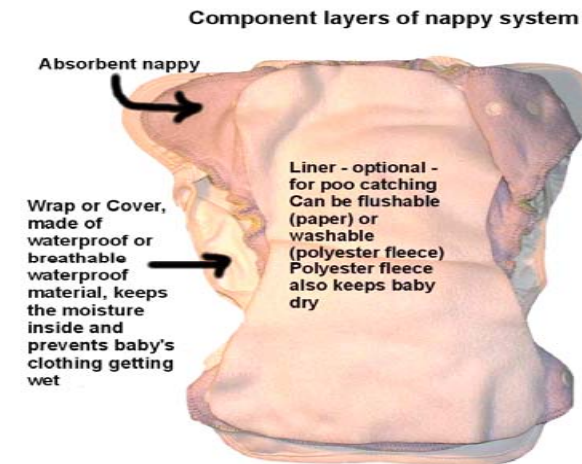
A waterproof or breathable wrap *

An absorbent nappy (either a flat one ready folded or a shaped and fitted one) *

A booster liner for extra absorbency (optional)

Either a flushable liner or a polyester or fleece washable liner (optional) on top

Alternatively substitute an All In One (where the waterproof outer is attached to and part of the nappy) instead of the 2 items marked *



Nappy Changing

Communicate

Firstly, and this isn't often mentioned in baby manuals, I feel it is very important to communicate with your baby and let her know what is happening at nappy change time - it's a bit of a shock for cooler air to hit the warm nappy region unexpectedly, and it is also good to create a nice pleasurable bonding time with your baby. Hopefully in the longer term this will be a pleasurable experience for her and will minimise the traumas many parents experience with older babies who decide they do not want their nappy changed. Talk to her, tell her what you are doing. Even from birth although she doesn't understand what you are telling her, she will be familiar with and know the sound of your voice. If she can hear you talking and reassuring her, and you maintain good eye contact throughout, she will usually respond well and enjoy having her nappy changed. Chat away to her, sing or hum, even tell her the latest gossip or the plot of the latest soap, it doesn't matter what you say so long as you are communicating with her.

Older babies

For older babies who want to wriggle, it's often useful to keep a special toy handy solely for nappy changing, one that needs to be held in both hands is useful as this will help keep both shoulders flat on the changing mat. Only allow her to play with this toy while you change the nappy, put it away afterwards, and it will still be desirable next time. For really trickier older babies I found making a ball from sticky tape—sticky side out as much as possible—will keep her occupied as it will stick to the hand trying to remove it from the other hand! If you still have bother, sitting alongside your baby and popping one leg across her chest will usually keep her in one place long enough. Beyond this time, some babies will then only stand up at nappy change time, and I found a floor length door mirror or being allowed to empty a drawer gave ample entertainment time to change a nappy.

Getting Started

If your baby has pooped, then use the nappy or liner if you used one to clean off as much as possible. Then using the washable wipe dampened with the warm water (you could also use a little mild baby soap or baby lotion if desired, but plain water is preferable) clean your baby gently. If you have a lot of poo to remove a little olive oil on your wipe is sometimes useful to help clean with. For girls it is important to clean carefully from front to back to avoid getting poo and

Troubleshooting

When putting the nappy on, always make sure that you check around the legs and waist to ensure the nappy is not protruding from the wrap, otherwise wet will wick from the nappy into baby's clothing. With a small baby, you may need to add a booster liner to pad the nappy out so that it fits better. If you use a flushable liner, this will catch the poo in most instances, just ensure the liner doesn't protrude from the nappy, tuck any corners in. Do be careful as you take the nappy off if breastfeeding as the poo is likely to be fairly runny and just the act of taking the nappy off can cause the poo to leak out and off the liner. If you get a leak, first consider a) was some part of the nappy protruding from the wrap and coming into contact with baby's clothing and/or b) was there sufficient absorbency for the amount of wee/length of time the nappy was on - if not add extra booster layers (use cut up old towel if you have no boosters). You may need to experiment a few times to get it right.

Dealing with poo- All about Liners

You have a choice of methods:

No liner—often easiest especially for newborn breastfed poo which hasn't much in the way of 'solids', although it may stain the nappies. Tip any solids into the toilet, you can rinse off the nappy in the toilet bowl and/or in the flush of the toilet.

Washable polyester/fleece liner—Polyester fleece isn't absorbent but allows the moisture through the liner to soak up in the nappy, leaving the solids on the surface. Newborn poo will usually wash or rinse off in the toilet flush, large poo may be a little more sticky but can often be removed by stretching the fleece liner over the toilet for it to drop off. Some people will use a showerhead to rinse off the nappy into a bucket or the toilet or may use a long handled brush, others will remove the worst and let the washing machine do the rest. Thinner knitted polyester liners are also available as are fleece or polyester topped boosters.

Disposable biodegradable liner—these are largely made of paper, and provided you do not have an antiquated plumbing system that might block or a septic tank system that isn't suitable for flushing them they may be flushed. Alternatively they may be bagged and binned. They are also handy to use on top of a fleece liner for out and about with an older baby, as the fleece keeps the surface nearest baby dry, and then your baby's poo will land on a dry surface and thus be less sticky and easier to remove.

Ultra liners—these are thicker and made of cellulose. Whilst they are biodegradable they shouldn't really be flushed as they do take several washes to

outside is covered with waterproofing. This means that in damp or cool weather you need to ensure the nappy is thoroughly dry right into the core, otherwise it can encourage bacterial growth within the nappy leading to cabbage-y smelling nappies once your baby wees. A good way of doing this if not able to tumble dry to finish off your nappies after hanging is to store them somewhere warm and dry such as in an airing cupboard or by a radiator before use (do not put directly on a radiator as it will damage the waterproofing)

Pouched Nappy Wraps

These comprise a waterproof outer with a polyester fleece inner layer sewn in, open at one end to form a pouch into which the absorbent nappy is stuffed. Examples are Minki, Slinki Minki, Fuzzi Bunz, Happy Heinys and Stuffables. You can use any folded flat nappy such as a terry or prefold to stuff with, or you can choose a shaped insert. When folding a terry, its easiest to use the Pad Fold (page 12) as this way of folding means the folds are layered and are spread throughout the nappy rather than on top of each other, and thus lie nicely flat when stuffed in the pouched cover. Again, as with All in Ones check the nappy cover is a snug fit around the legs and waist, and that the elastic is evenly spread by running a finger round to ensure a close fit, and this will minimise the risk of leakage.

Be careful not to overstuff your pouch though. If you have too much filling, this will lie in the pouch like a fat sausage rather than flat, and make it difficult to bend round your baby, causing the leg holes to pull away from the leg and thus to leak. If you find you need more absorbency then either change more frequently or choose a thinner stuffing such as hemp which is more absorbent weight for weight than cotton and thus less bulky, or add a microfibre insert which isn't bulky but will add some absorbency.

Finally, some babies simply are the wrong type of shape to fit some brands of pouched nappy wraps and you may need to try a different one or stick to a two part system instead.

Microinserts are often used in pouched nappy wraps, be aware that being a man-made fibre that the moisture is held between the fibres rather than within the fibre as in cotton or hemp. This means that moisture can be squeezed out by too tight a wrap or too tight clothing, and you may have more success with hemp for slimness with a heavy wetter. To make a large microinsert fit a smaller wrap, pull the top and bottom apart and fold the end or the middle inside itself as you would to turn a sock—this gives a flatter effect when stuffed than folding the insert.

thus germs into the vagina. Boys should be cleaned around the penis and testicles, but you do not need to pull the foreskin back when cleaning the penis. It is just as important to clean carefully when the nappy is wet as when your baby has pooped, be sure to pay attention to skin folds and creases. Use a further dry washable wipe to gently pat (not rub) your baby dry. Leaving the nappy off for a while is a good idea as it allows air to circulate and dry your baby.

Nappy creams, barrier creams and nappy rash

Nappy rash may appear as red patches or general redness on your baby's bottom. The skin may be hot and look sore, a more severe rash may have pimples, spots or blisters. Nappy rash is most commonly caused by the skin being in prolonged contact with ammonia from bacteria in poo or urine irritating the skin. Independent research has shown that it doesn't matter which type of nappy is being used, frequent or prompt changing particularly after a poo is the key to minimising the outbreak of nappy rash. Nappy rash can also be caused by sensitivity to detergent, soap, bubble bath or baby wipes. It's important to ensure you've adequately rinsed the detergent from your nappies (see Washing, p27-28) but it could be that changing to a milder detergent prevents this. Other causes of nappy rash include teething - when your baby dribbles, the excess saliva he produces, being alkaline, causes the immature stomach to overproduce acid to counteract this, and the resultant caustic poo can burn particularly if it reaches areas not usually pooped upon. In this case a barrier cream is effective in protecting the skin, similarly a change in diet or consumption of acidic foods such as strawberry and tomatoes may cause changes to the acidity of the poo.

Some parents like to use a nappy cream or barrier cream for every change, other parents will only use a cream specifically if there is any redness or irritation. Typical products used as barrier creams—these coat the skin with waterproofing layer to protect it from urine and poo—include petroleum jelly, petroleum-free jelly or zinc oxide based products. There are a huge range of other nappy cream products available to help soothe and calm nappy rash, or you can use simple home-made remedies such as soaking a piece of muslin in a cold cup of chamomile and honey tea, wring out and place damp in the nappy. Talcum powder isn't recommended for use with babies these days although you can buy talc free powder or use cornflower instead.

If the condition gets very bad, or won't go away, the rash may actually be thrush - a fungal infection which needs treatment by your doctor.

FLAT NAPPIES

Muslins and Terries need folding to the shape of your baby and with the absorbency between the legs. They may be secured with

- Nappi Nippa—snug fitting moves with baby
- Pins –secure, locking head =hard to remove
- Hook and loop fastening wrap—ease of use

TIPS for best containment

Always roll any excess fabric inwards up the leg to form a bucket or lip. If leaking up the back is an issue, fold the back inwards at the waist to form a lip.

Muslin & Newborn Fold

Good fit, good containment. Ideal for newborns.

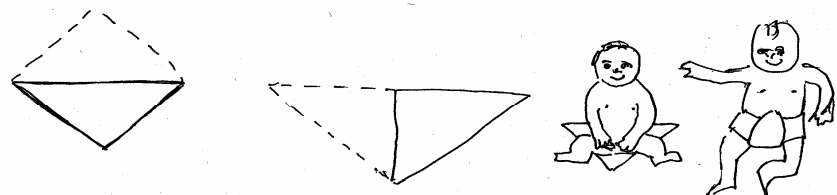
Fold into a triangle, then fold into a triangle again, then if you need the absorbency put a booster on it and roll the back down a little so it fits your baby—if you have a baby that poos up the back you may find rolling inwards is more effective. Put baby on nappy, pull the booster *only* up between the legs, and then wrap the two sides of the muslin around the thighs rather than across the belly. Then pull up the remaining corner of muslin between the



legs and pin or Nappi Nippa through to catch both sides. Finally roll the leg bits inwards up the leg so they don't drop down below the wrap. Fits really snugly and contains runny breastfed poo well.

The Triangle Fold—Good for small babies

Fold the nappy in half to make a triangle. Fold the nappy in half again to make a smaller triangle.



Washing of Wool wraps: Wash at 30° by hand (body temperature is 37° so the water should feel cool) in pure unperfumed soap or wool shampoo only, do not use detergent as this will remove the lanolin. Rinse well and squeeze to dry, squeezing into a towel will remove excess moisture. You will find after several washes that the wrap may begin to loose its waterproof properties and will need retreating with lanolin. You will also find that initially you may need to treat with lanolin more frequently, and that a well used and treated wrap can often go several months without further lanolin treatment.

Sensitivity Please do be aware that some people including babies may be sensitive to wool and/or lanolin.

If using concentrated lanolin add a small amount (check supplier's information but usually about a teaspoonful to 1/2 a washing up bowl) to hot water to dissolve it. Then make up with warm water, then add the wet wool wrap and agitate in the water. Leave for approx 10 minutes minimum, ideally overnight to soak into the wool fibres. Then gently spin in your machine or squeeze dry (if you place it in a towel this will take out more water) and drip dry.

Other than special machine washable/dryable wool, never tumble dry wool wraps or wash them too hot - it will ruin them. Drip dry away from direct heat. Radiators will also spoil the condition of your wool wrap.

All In Ones

With All in Ones the critical thing is the fit, as you have only one barrier to protect against leaks. When you've put the nappy on, check carefully it's a snug fit round the legs and waist. You can add a booster to pad out a nappy to make it fit better if needed, even if the extra absorbency isn't required. If your nappy has hook and loop fastenings, be sure to fasten them back or fasten the nappy inside out to wash to avoid them sticking together in the wash. One of the problems with All In Ones is the difficulty in cleaning the nappy, since one side is always covered in waterproofing, this means it isn't as easy for the water in the washing machine to wash through the fabric. (the exception is the Nappy Nation All In One where the waterproof outer is only partially attached). Therefore it is best to rinse the nappy first in the machine or by hand or in the toilet flush, and to make sure there are not too many nappies being washed at once for cleanest results.

Drying is also an issue with All In Ones, the exception again being the Nappy Nation which unfolds, many All In Ones will take quite a time to dry as the

Fleece wraps

Fleece wraps work by means of evaporation, the non-absorbent fleece fabric acts as a water resistant barrier yet allows water vapour to escape by evaporation. The secret with fleece wraps is to ensure that you have plenty of room in them to allow the air to circulate, and that you do not compress the fleece either with tight clothing over the top or by pressure from being strapped in a car seat or pushchair. Provided the leg and waist are snug enough fitting to prevent nappy poking out, then you shouldn't get any leaks so long as you have sufficient absorbency inside the wrap.

Washing: Some bobbling of the fabric will occur if you wash fleece with fluffy terry nappies, so its often best to wash with other clothing. Fleece may be washed at 40 or even 60° and can be tumble dried briefly though they do dry almost immediately, and should be washed frequently. Most fleece is colourfast after the first wash.

Wool wraps

How do they work? The wool fabric used in these wraps is treated with lanolin. Lanolin occurs naturally in the wool, coating the fleece of sheep enabling the rain to run off their coats. However the manufacturing process removes much of the lanolin so this is replaced in the finished product. The fine weave of the wool fabric, coupled with the crinkly nature of the wool fibres allows moisture to evaporate from your baby's nappy though the wrap, yet prevents wee from escaping through, and lowers the temperature of the nappy by several degrees. You'll find on removing your baby's wool wrap that the outer surface of the wet nappy will feel quite cool and clammy to touch, and often the inside may be almost dry depending when he last weed. Provided your baby has sufficient nappy layers/booster pads to last through the night and absorb all of the wee generated these wraps will not leak, and unlike a man-made waterproof wrap your baby will be much cooler in it. You may find that when you remove the wrap that there is a very faint smell of urine, it may also feel very slightly damp due to the fact the structure of the wool will hold a certain amount of moisture too. Unless the wrap needs retreating, when the wrap is left to air, this absorbed moisture and slight smell disappears. Wool wraps are very easy to care for in that they only need washing every few weeks unless soiled, they simply require airing after every use. As with fleece wraps, do make sure that your baby's clothing is nice and loose to prevent moisture wicking through under pressure.

Place the baby on the folded nappy and join the three corners. If using a pin, pin horizontally across the babies tummy inside the first fold to prevent the pin sticking into the baby if it comes undone. Alternatively use Nappi Nippas. Roll excess fabric inwards up the legs to aid containment.

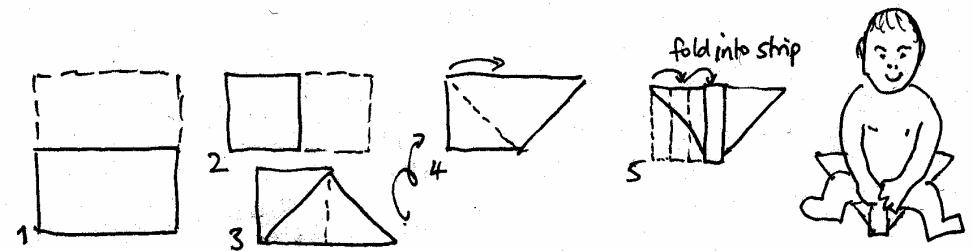
The Origami or Chinese nappy

Good for newborns, with good absorbency and slim across hips

Spread the nappy out in a square shape, folding the top half down over the bottom to form a rectangle.(1)

Fold in half again from right to left, so that there are now two double folds along the top.(2) With your left hand hold down the bottom three layers of the lower left hand corner, and with your right hand pick up the fourth lower left hand corner on the top layer and pull it across to the right as far as it will go so that you now have a square with a triangle attached.(3)

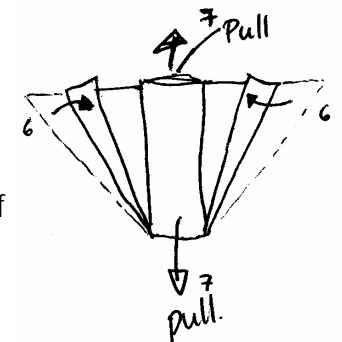
Turn the nappy over so that the longest edge of the nappy is at the top (4)



Take the top two layers on the left and fold them over three times from left to right to form a central long thick rectangular strip, leaving the triangle underneath.(5) Place your baby on the triangle with the centre of the rectangle between the legs. Fold the corners of the two triangles over the rectangle and fasten with a pin or Nappy Nippa.

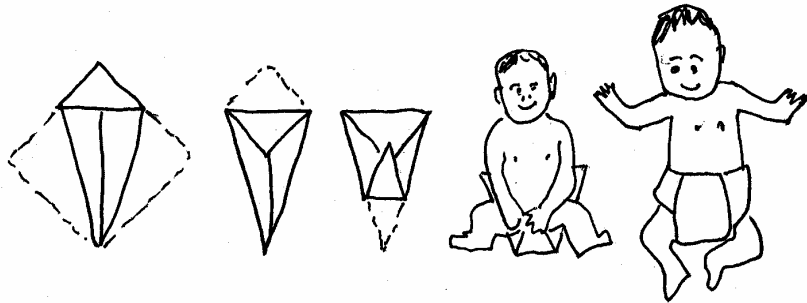
For improved containment, either fold the 'wings' in before doing up, or roll the excess fabric inwards up the legs when on (6).

For an older baby, you can increase the length of time this fold can be used by pulling the back up and the fabric folded on the top downwards to increase the height of the folded nappy (7).



The Kite

Good for bigger babies. Easily boosted for extra absorbency



Spread the nappy out in a diamond shape, and fold the left and right corners in to the middle.

Fold down the top corner to form an elongated triangle.

Take the bottom corner up to meet the top corner.

Place the baby on the folded nappy, and join the sides with a pin or use a fitted wrap to hold it in place.

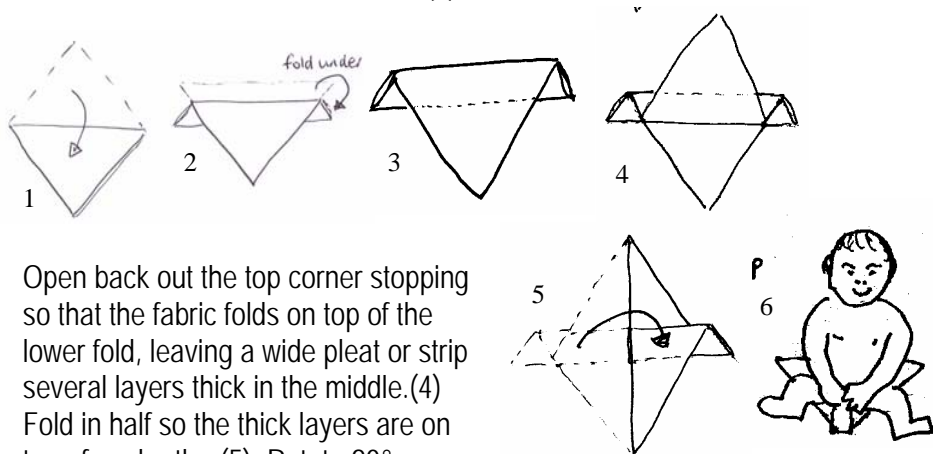
The Pleat Fold

Good for older babies, good absorption between legs

Spread nappy out in a diamond shape (1)

Fold down top corner, overlapping the bottom by a few cm (2)

Fold under a few cm at the middle (3)



Open back out the top corner stopping so that the fabric folds on top of the lower fold, leaving a wide pleat or strip several layers thick in the middle.(4)

Fold in half so the thick layers are on top of each other(5) Rotate 90°wrap the wings around baby and secure with pins or a Nappi Nippa.

unless your baby has soiled the wrap and/or the leg bindings are soaked (which will lead to wicking/leaking you can usually rotate between two or three wraps during the day, wiping down the inside with a damp cloth and leaving to air between changes, there is no need to have a clean wrap each time you change the nappy.

Fitting the wrap.

It is important they are a snug fit as this is the final barrier to prevent leaks. You should be able to do the wrap up quite snugly but such that you can still insert a finger or two under the elastic at the waist or thigh, and that it should fit closely without digging in. It's a good idea to run a finger round the leg and waist after you have put the wrap on to ensure the elastic is evenly tensioned and that none of the nappy sticks out of the wrap so the nappy remains a snug fit without leaks. If the wrap is too loose it may allow some of the wet nappy to protrude and get your baby's clothing wet—this is known as 'wicking'. Unfortunately if the wrap doesn't fit well your only option may be to change brand or size of wrap, as most have little adjustment for skinny legs other than by angling hook and loop fastening to narrow a leg hole, although a couple of brands : Motherease and Popolini do have a loose mesh binding over the leg and waist elastic and it is possible to make a tuck by sewing through the binding only.

Troubleshooting tips for wraps.

If you have had a wrap for a while, and it has started to leak at the edges, if adding a booster doesn't help, it may well still be fitting but not be a good fit hence the leaks, this happens particularly if your baby is outside of the recommended weight range and/or is chubby, and a bigger wrap will then be needed. Sometimes, particularly with chubby legs, a hook and loop fastening wrap can suddenly start scratching the top of the thigh, this often means it is time to move to the next size wrap, however you may find by carefully trimming off the point of the corner of the fastening into a curve that you cure the problem.

For a small baby, it's usually easier to use a hook and loop fastening wrap to get a snug fit. However if you find your baby has decided that its nicer to remove the nappy (this often happens around 20lb/10kg/a year old) you may find that this coincides with the timing to move up a size of wrap and poppers are harder for them to undo. The other advantage is when you have a baby that wants to stand when you nappy change, in this instance it's usually easier to do up all bar one set of poppers, pull on the wrap then popper up the remaining popper.

Motherease one Size, Popolini One Size, Growing Greens

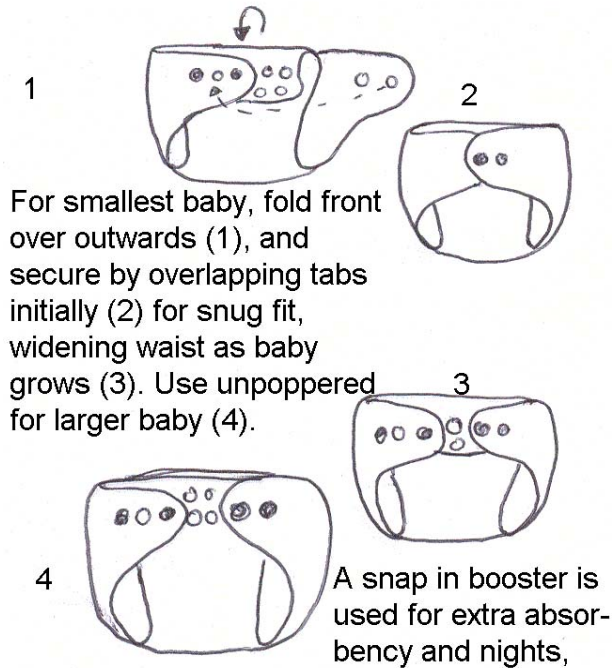
For Growing Greens the booster pad is shaped and may be used as a first nappy by wrapping round baby and securing with a close fitting wrap.

You will find this style of nappy usually gets quite tight somewhere between 9-14 months, just before your baby walks, however he will slim down on being more active and it isn't unusual for him to drop two nappy wrap sizes at this stage as his body changes from chubby baby to slim toddler running round you!

A snap in booster pad is available (purchased separately with Motherease). This is usually added in around weaning and for overnight. Some babies will need this more than others. If you need to add a second booster pad perhaps for overnight this is often best added between nappy and wrap for a slimmer fit. For the trimmest fit on a newborn, some parent find it neater to put this style nappy on inside out and do up, folding the front down over the tabs. Should your nappy get outgrown specialist nappy suppliers sell a couple of types of extender to popper on to the nappy to extend their life.

All the nappy systems mention so far need a WRAP to go over the top Wraps or nappy covers

As the description says, these cover the nappy to keep the moisture in and your baby's clothing dry. You'll need less wraps than nappies, usually about 4 per size, sometimes more for prefolds or a newborn baby. Generally,

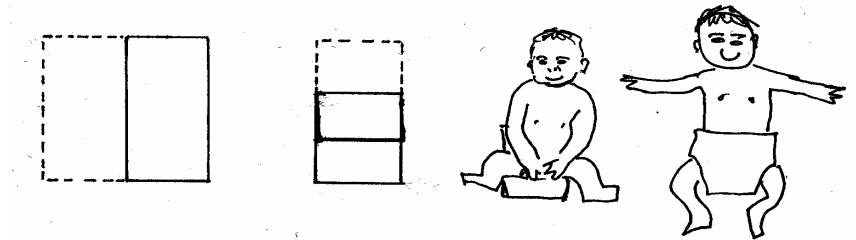


The Rectangle

Good for small to medium babies. Easy to fold, but not so easy to secure firmly.

Fold the nappy in half to make a rectangle.

Fold the top third down for a girl and the bottom third up for a boy.



Place the baby on the folded nappy and wrap the corners round baby's waist, join the corners with a pin each side, you may get Nappi Nippas to fit a smaller baby, or use a close fitting Velcro or popper wrap to hold in place.

Roll the excess fabric inwards up the leg.

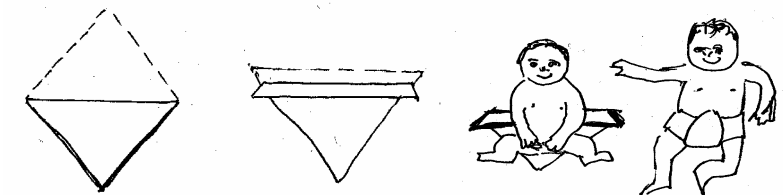
The Triangle (for older babies)

Best for lighter wetters, as there is not so much padding between legs

Fold the nappy in half to make a triangle.

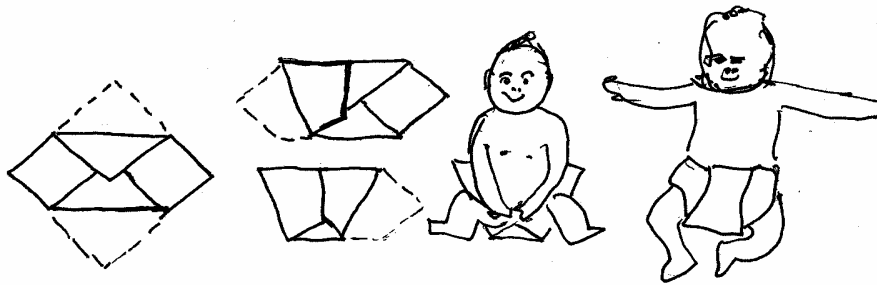
Fold down the top edge, adjusting the size to suit your baby.

Place your baby on the folded nappy and join the three corners.



Pin Tips When pinning, to keep your pins sharp and glide smoothly through the fabric store (out of reach) store stuck in a bar of soap or beeswax, or run the pins through your hair before use to pick up a film of oil to allow it to pass smoothly through the fabric without sticking.

The Neat Nappy



Spread the nappy out in a diamond shape, folding up the bottom so it is level with the other corners of the diamond.

Fold down the top corner so that it just overlaps the bottom corner.

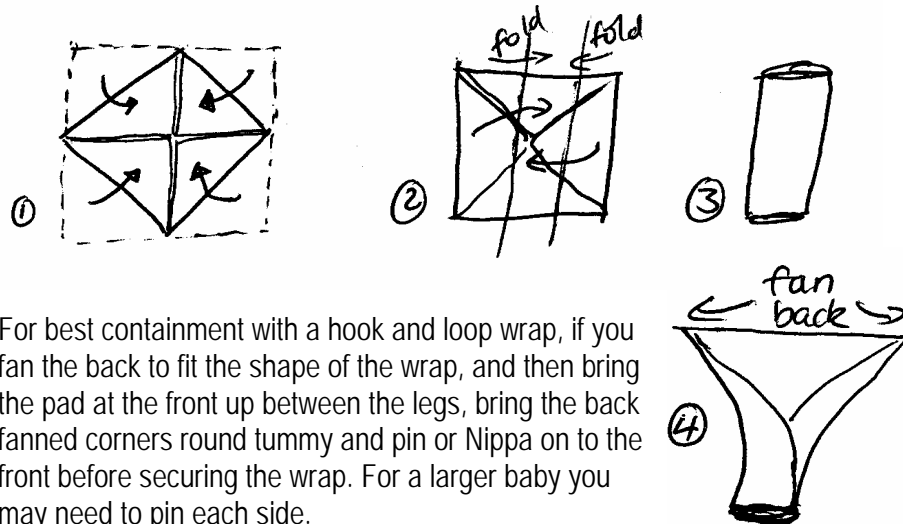
Fold in the left corner so that the top edge is level with the top fold.

Fold the right corner in the same way

Place the baby on the folded nappy and join the corners with a pin or use a fitted wrap to hold in place.

Pad folding

Fold corners of nappy in to centre, making a smaller square (1). Fold into 3 (diagram 2) making a rectangle, which can be tucked into an ElliePants, or [pouched nappy cover](#), or laid in a hook and loop fastening wrap and done up (3). Overlap the corners in 1) to make a smaller square as required.



For best containment with a hook and loop wrap, if you fan the back to fit the shape of the wrap, and then bring the pad at the front up between the legs, bring the back fanned corners round tummy and pin or Nippa on to the front before securing the wrap. For a larger baby you may need to pin each side.

One Sized or Birth to Potty Shaped and Fitted Nappies
Please see specific notes relating to nappy brands(p19)
Labels are usually on the outside of nappies to prevent scratching for most brands except **Motherease** size/care labels.

Most One Size shaped and fitted nappies are designed such that the front and/or the back is folded down for a smaller sized baby, and opened out for an older baby. Some rely just on being folded eg **Motherease One Size** others, such as the **UltraFit** or **Diddy Diaper** have a series of poppers down the front to secure this.

We've outlined some of the nappy instructions here:

Popolini UltraFit, Motherease MultiFit, Dizzy Diaper, Snap to Fit, Imse Popper, Snug to Fit

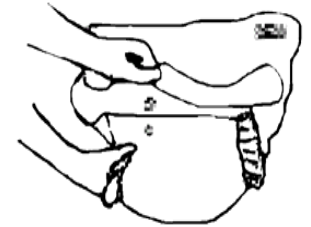
This style of nappy has a series of poppers on the outside of the front for reducing the height of the nappy for smaller sizes, and fastens with hook and loop (**Dizzy** fastens with Poppers).

If you find the fit baggy at the leg, you can usually tuck the leg frill inwards to improve the fit. A booster pad (sometimes supplied with the nappy) is added for extra

absorbency. Most nappies of this style have an overlap at the waist for a smaller baby, the **Dizzy** overlaps on a series of reversed poppers on the front of the left waist tab (as you look at it when on)

Baby Life The back of this nappy rolls down to reduce the height for a small baby. With an older baby you'll usually need to add a booster.

Size 2 of many nappies eg **Tots Bots, Nappy Nation, Diddy Diaper, Bumble** May all be used as one sized nappies, simply by folding the front over outwards and securing with a Nappi Nippa.



pouch at the back of the nappy. The nappy can be reduced in height for a smaller baby by removing the booster, and popping the poppers on the flap onto a pair of poppers half way down inside the pouch.

Bumper and Minki Huggle Has a fold out flap in a pouch at the back to aid drying, boosters for extra absorbency may be added to the pouch.

Diddy Diaper For a smaller or premature baby, or to use the Size 2 from birth, the front may be folded over and secured with a Nappi Nippa.

Kissaluv's Size 0 The centre popper on the front poppers downwards to keep the front of the nappy clear of the cord stump.

Nappy Nation Comprises 4 layers, each sewn on one to the nappy on one side only. It doesn't matter in which order you lay these down on top to make up the nappy, and the flap that is attached to the front may be folded to the front if required. You can add boosters if needed by tucking under the back flap helps to stop them moving about. When you have put your baby on top of the nappy, pull the front of the nappy out before bringing up between the legs to ensure that the leg elastic is stretched to fit properly so that the layers are aligned without the leg elastic being bunched towards the back.



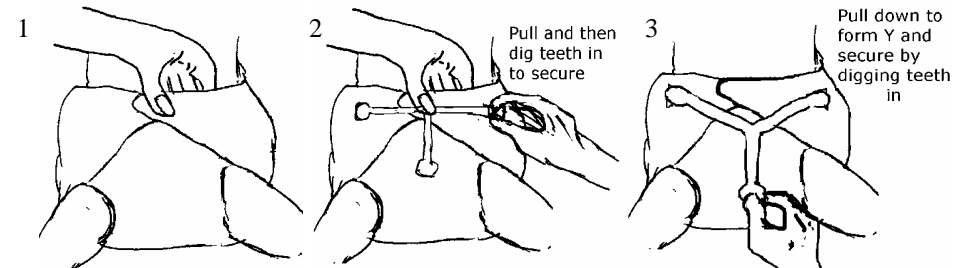
Tots Bots Has an integral fleece liner (not unbleached version) If you need to fold the booster to increase absorbency to the front, simply fold it and lay the fleece liner on top. The booster will seem longer than the nappy when laid flat, but if you pull the front out under your baby and up between the legs, this will stretch the back so the booster doesn't stick out at the back.

PREMATURE BABIES

Most nappies can be made smaller by folding the front over outwards and securing with a Nappi Nippa

How to pin a nappy

Generally there is much nervousness about pinning, the truth is you are more likely to stab your own thumb than pin your baby! Fold the nappy round your baby as usual, and hold in place by slipping the fingers of one hand under the nappy below where you want to pin with your thumb on top(1). Lift the nappy away from your baby as you start to put the pin in at an angle through the top layers and slide it sideways through the fabric as you go, picking up the layers you need to pin, tilting your wrist so the pin pushes outwards away from your baby. Close the pin and secure by firmly pressing the locking head down.



How to fasten a Nappi Nippa

Fold the nappy up round your baby, and hold with one hand as in picture (1) above. Position the Nappi Nippa and hold in place over the nappy with your thumb uppermost so the Nippa is in a T. With the other hand, pull one of the tabs as far as you can around your baby's waist and hook the claws into the terry fabric (2). Continue holding the centre of the Nippa in place, and repeat with other waist tab. Then pull centre tab as far down as you can and hook into the fabric - this is the most important one, the Nappi Nippa should now be in a 'Y' shape and nicely taut so as to hold the fabric in place firmly (3).

Improving Containment and Absorbency for an older baby

As your baby gets older you will have to adjust the means by which you fold your terries to accommodate his growth. You may also find once older you get leaks, if the nappy is sodden add a booster, this can be any suitably shaped or folded extra absorbency to tuck between the legs eg a folded flannel or strips of towel or a folded muslin. If adding a booster in the nappy doesn't cure the problem, try adding it between the nappy and wrap. It may also be that the wrap fits but is not a good fit so you need a different size, or it may be that the wee is taking route of least resistance and running down the leg. This is particularly likely to happen with pad folded terries, and usually resolved usually by pinning or using a Nappi Nippa.

PREFOLDS

If, having seen them being used before, your new prefolds are flat and not as you expect them, please be aware that they do shrink a little and fluff up a lot on washing.

Do try folding prefolds in different ways to find the method that suits you best. You may find as your baby grows that you'll need to change the fold to suit. Do experiment with the folds and tips in this booklet, to find what works best for you - prefolds can be as good on containment as shaped and fitted nappies, its just a case of knowing how to get the best from them.

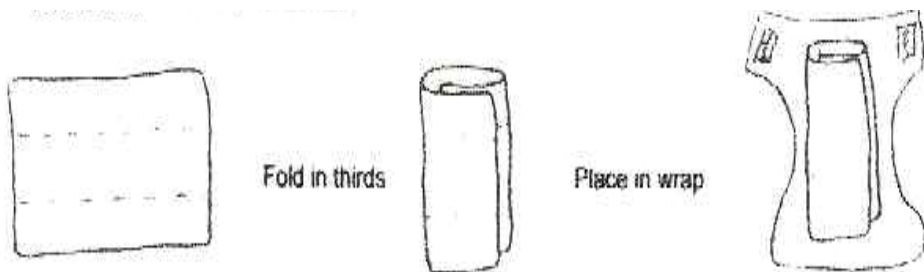
A slimmer fitting Velcro/hook and loop fastening wrap works best with prefolds, as the wrap will be adjustable to fit snugly and hold the prefold in place. If you use a loose fitting wrap you may need to pin to hold in place. For extra absorbency, particularly at night, you can use 2 prefolds together or a small one inside a larger one, or tuck a booster inside to give greater absorbency as required. To still give a good fit but to add absorbency some people pop the booster between prefold nappy and wrap rather than inside the prefold itself.

Standard Fold – best for older babies or bottle fed babies where poo is more solid.

With tramlines running horizontally

For smaller babies or where a prefold is folded in three and seems to bulky, try folding in 4 by folding edges into centre then in half for neatest effect.

For babies with runny poo, if you roll the edges to the centre (rather than fold) then fan the back a little before placing in the wrap, you'll have formed a bucket for poo catching, with the rolls of fabric serving to form a trap against the legs to prevent poo escaping. If poo escapes up the back, fold or roll a little of the back edge inwards to contain this.



To make a big nappy smaller

For a petite baby, or to make a second size nappy fit from smaller or birth, you can reduce the height of the nappy to make it fit. There are two methods of doing this with hook and loop fastening nappies, experiment and see which you prefer

- 1) Bring the front up between the legs, then fold the front of the nappy over outwards before overlapping the tabs and securing with a Nappi Nippa. Take care that the hook side of the fastening doesn't rub your baby. If you can't overlap the tabs so the hook side isn't exposed, then try this:
- 2) Put nappy on inside out, but fold the top over outwards all the way round, securing the hook and loop fastening as normal. This does make a chunky fit round the waist but will usually be good on containment at the leg.

Popper Fastening nappies

There are many brands of sized shaped and fitted nappies with popper fastenings. Examples include Ella's House, Minki Huggle, Kissaluv's, Sandys, Popolini Two Size.

To ensure best fit of your nappy, bring the front up between the legs, cross over the tabs if needs be and secure.

Your nappy should be a snug fit, but you should be able to put a finger or two between nappy and baby for a comfortable fit.

Some popper fastening nappies have one popper inverted on one of the flaps. This is not a mistake, but to allow the flaps to be overlapped for slimmer babies.

To make a big nappy smaller

For a petite baby, or to make a second size nappy fit from smaller or birth, you can reduce the height of the nappy to make it fit. Put nappy on inside out, but fold the top over outwards all the way round, securing the hook and loop fastening as normal. This does make a chunky fit round the waist but will usually be good on containment at the leg.

Additional Information for specific nappy brands

Bimble QD Has a fold out flap to aid drying which tucks inside the back, additional padding may be added to the flap if required.

Bumble Has a detachable booster that pops onto a flap inside the

Sized Shaped and Fitted Nappies

Please see specific notes relating to nappy brands(p19)

Labels are usually on the outside of nappies to prevent scratching for most brands except Motherease and size/care labels which often located under flaps.

Nappi Nippa Fastening nappies

There are a multitude of different brands of sized shaped and fitted nappies that come without fastenings. Examples of these are Tots Bots, Nappy Nation, Easy Peasy Bimble, Bumble and Bumper, Diddy Diaper. These are secured with Nappi Nippas or pins - See page 13 for instructions.

To ensure best fit of your nappy, bring the front up between the legs, cross over the tabs if needs be and secure.

Your nappy should be a snug fit, but you should be able to put a finger or two between nappy and baby for a comfortable fit.

To make a big nappy smaller

For a petite baby, or to make a second size nappy fit from smaller or birth, you can reduce the height of the nappy to make it fit. Bring the front up between the legs, then fold the front of the nappy over outwards before overlapping the tabs and securing with a Nappi Nippa

Hook and Loop (Velcro, Aplix) fastening nappies

There are many brands of sized shaped and fitted nappies with hook and loop fastenings. Examples include Tots Bots, Nappy Nation, Ella's House. To ensure best fit of your nappy, bring the front up between the legs, cross over the tabs if needs be and secure.

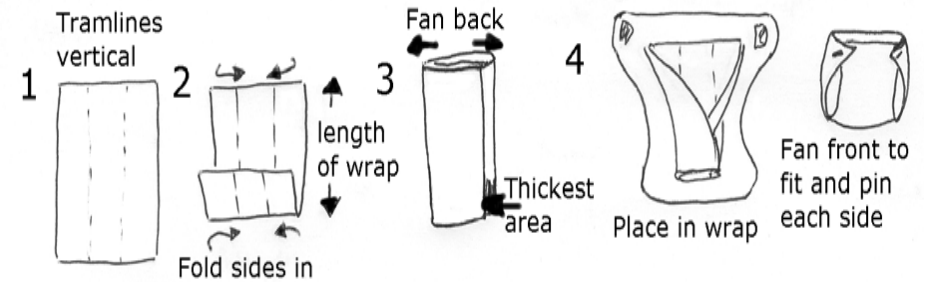
Your nappy should be a snug fit, but you should be able to put a finger or two between nappy and baby for a comfortable fit.

When removing the nappy, secure the hook side of the fastening on the adjacent furry pad or turn the nappy inside out and re-fasten for washing.

Otherwise you will find all your nappies hooked together in the machine. Sam-I-Am nappies have a corner of fabric sewn on the back of the tabs into which you can invert the hook end of the tab.

To maintain the effectiveness of the hook and loop you may need to regularly remove fluff and threads from the hooks, do this carefully with a fine needle to avoid damage to the hooks.

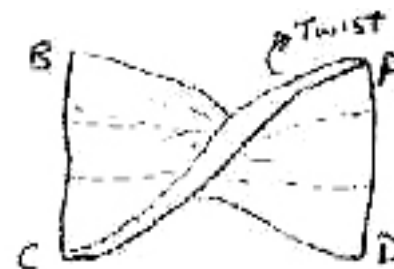
Fanned Fold - Ideal for boys as thickness at front, and good for poo containment esp. breastfed babies



- 1) With tramlines running towards you, fold up bottom edge adjusting the length of back remaining to fit the wrap
- 2) Fold side panels in along tramlines, tucking one side into the other at the bottom fold
- 3) Fan folds out at the back. If needs be, where you have a baby with runny poos that escapes up the back, fold the top back edge inwards (towards the baby) about 2cm. This will help trap the poo.
- 4) Place in wrap, and pop baby on top bringing fanned back corners round onto the front, pin each side if required or secure with a Nappi Nippa. Pinning is useful to stop leakages with an older baby where a larger volume of wee can just run straight out of the nappy and down the leg and out of the wrap, this method will hold the nappy closely and neatly to the baby and help prevent this. It is also good for best containment with runny poo/newborn babies. You can also do this by folding in three along the tramlines, then folding the bottom up (known as 'Angel Wing' fold) then as step 3.

Pinned Bikini Twist

Good for older babies to get the prefold to fit for longer once getting outgrown,



- 1) Lay prefold flat
- 2) Turn over at midpoint
- 3) Lay baby on nappy, with waist lying between A&D.
- 4) Bring B/C up between the legs and wrap round waist, and bring A & D round the waist and secure onto B/C with a pin each side or Nappi Nippa.

Disana Tie On

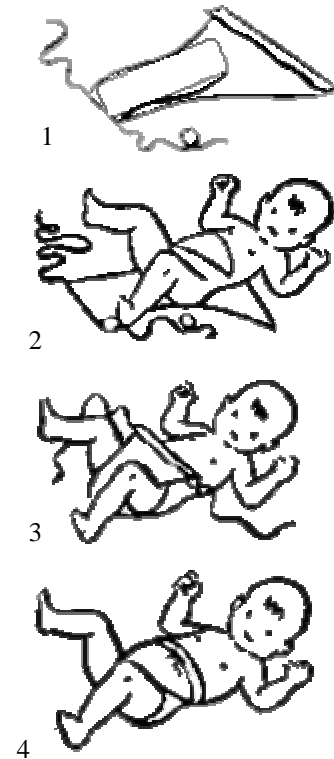
Lay the nappy out on the changing mat with the narrow front end folded back at the ties (1). You may also need to fold down the top of the back edge to fit a smaller baby.

For a newborn you will probably not need any extra padding, but for older babies add a booster such as a folded muslin or a flannelette square folded to approximately 8-10cm wide.

For a snug fit, fold the booster up between the legs first, wrap the back corners round the waist overlapping on top of the booster (2).

Then bring the front up between the legs, cross the ties behind the baby's back and secure by tying a bow on the front.(3)

Finally gently tuck the nappy in round the legs to form a good snug fit. (4)

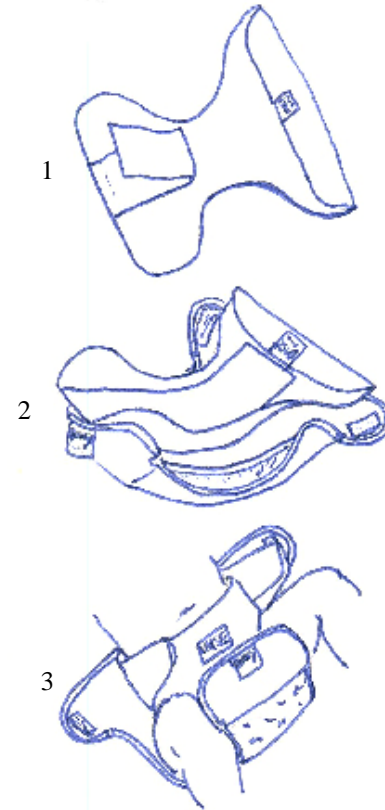


After taking the nappy off do ensure you tie the ties together to avoid a big tangle in the washing machine.

Imse Flannelette Diaper

The Imse Diaper is a slim one-size nappy that can be folded to fit all babies. Although slim it is reasonably absorbent, and has good poo catching abilities despite not having any fastenings, and is great for newborns. For older babies you will probably require boosters, or to use two together, particularly for nights, around weaning and for toddlers.

To use the nappy, fold the back of the nappy under (that is the end with the label, not the end with the flap sewn in) as per top diagram so that it fits into the size wrap you are using lengthwise. By folding the back inwards, this adds to the nappy's poo catching abilities by forming a pocket to help prevent poo escaping onto the wrap at the back – especially good for newborns and breastfed babies where the poo may be runnier. Some people like to remove the label, and others prefer to fold it outwards : there is no right or wrong, experiment and decide which you prefer.



For small (newborn) babies, you may need to fold the front over too, so that it fits the wrap.

Lay nappy in the wrap. If you have a boy you may need to fold the flap to the front (1) to provide extra padding in that area, otherwise lay the flap flat (2). If you need to boost you can either use the booster inside the nappy or between the nappy and the wrap (experiment and find which method works best for you). Use a liner on top if required.

Put baby on the nappy, fold nappy up between the legs and over baby's tummy, bring 'wings' of nappy up from back. If you wish to really secure, use a pin or two pins, otherwise fold wrap up as closely as you can over on top of nappy and secure with the Velcro tabs.(3)

Tuck in any loose bits of the sides that may be protruding from the wrap between the legs (these help form the poo-catching pocket). If you tuck a finger in and push

the sides of the nappy in high up at the front at the top of the baby's thigh, this will have the effect of pulling the sides in closer to your baby's legs. Also check none of the nappy is protruding from the wrap eg above thighs, at the back – any protruding nappy will allow moisture to get out ('wicking').

The **Happy Nappy** is very similar to the Imse and is folded over at the back and front in the same way but has no fold out flap

Imse Organic Terry

The Imse Organic Terry is essentially the same design but is thicker and more absorbent being made of long loop pile organic terry, and has elastic at the legs thus providing better containment. Assemble in same way as above, folding over the back to fit. You can secure with the wrap or with pins, be aware that Nappi Nippas are not so successful with this nappy and will probably pull the loop pile of the nappy.