

# WASHING YOUR NAPPIES

\*Newborn poo can be washed until they start eating solids

## CHANGE

PUT ANY POO\* IN THE TOILET, OR IF USING PAPER LINERS, IT CAN GO IN THE BIN. NOT WASH DAY? RINSE NAPPIES BY HAND IF YOU WANT

## LOAD

PUT YOUR NAPPIES IN THE MACHINE. CHECK ALL VELCRO TABS ARE CLOSED AND ONLY FILL THE MACHINE 3/4 FULL.

## RINSE

RUN A COLD RINSE CYCLE WITH NO DETERGENT. THIS REMOVES SOLIDS AND URINE AND HELPS PREVENT STAINING

## WASH

THIS IS YOUR MAIN WASH. ADD (POWDER) DETERGENT AND RUN ON YOUR MACHINE'S LONGEST COTTON CYCLE, FOLLOWING MANUFACTURERS GUIDELINES FOR TEMPERATURE (USUALLY 40 DEGREES)

## DRY

CHOOSE LINE DRYING WHERE POSSIBLY, INDOORS OR OUT. YOUR NAPPIES CAN BE TUMBLE DRIED ON LOW, BUT IT WILL REDUCE THEIR LIFESPAN. AVOID PLACING ON DIRECT HEAT

## USE

ONCE DRY, YOU CAN STUFF YOUR NAPPIES, PUT THEM AWAY AND GET READY TO USE THEM ALL OVER AGAIN :)

### Top Tips:

- Follow manufacturer's care guidelines and temperatures for washing
- Use the 'extra water' function for the main wash, if your machine has this
- Use a non-bio powder. Liquid detergents can leave residues on fibres
- Do not use fabric conditioner!
- Run a maintenance cycle once a month
- Wash nappies and reusable wipes together to help save water

# TYPES OF NAPPY

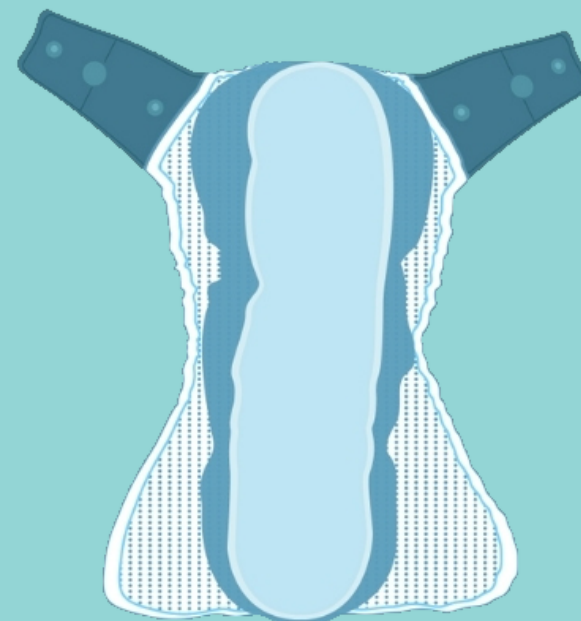
Trying a mix of all types lets you work out which best suit your needs, and your baby's body shape.

## All-In-One



Absorbent inner and waterproof covering sewn together to form a single piece for easy changes. Change the whole thing each time. Slightly longer drying than other styles.  
Average £15 per nappy

## All-In-Two



Absorbent inners are separate to the Waterproof covering, but can 'pop' together into a single piece for changing. The Cover can be reused by replacing the inner once wet. Fast drying and economical.  
Average £15 per nappy

## Pockets



Absorbent inserts/ pads are 'stuffed' into a pocket between the waterproof cover and a lining layer (often fleece). single piece for easy changes, but requires some preparation after washing. Quick drying and easy to customise absorbency.  
Average £15 per nappy

## Two Part Nappies

Separate inner nappy (either 'fitted' or 'flat' (e.g. a trifold or terry towel) is placed within a separate waterproof cover. Both layers are needed to complete the nappy. Cover can be reused once inner is wet. Bulky option and often slower-drying but economic and very absorbent so fabulous at night-time.



Average £2 flat nappies  
£11 fitted inners  
£10 waterproof wraps

Many people use a mix of disposables and reusables to reduce their carbon footprint.



# REUSABLE NAPPIES

HERE'S WHAT  
YOU NEED  
TO GET  
STARTED:



Reusable nappies can be used again and again by washing after use.

They contain an absorbent inner layer, a waterproof outer layer and an optional biodegradable or washable liner.

With modern designs and simple poppers or velcro they are easy to use, wash & dry.

20-24 nappies  
inc. a mix of the  
4 main types



Liners (disposable  
and/or washable)



Cloth wipes



Wipes are great for hands & faces as well as bottoms!

Easy to use and wash

Great value for money

No harsh chemicals

No more wipes to landfill

Absorbent  
boosters



Lidded bucket  
and/or wetbag

