



Lauren George  
Family Support Specialist

laureng@childcareanswers.com  
317.636.5727 ext. 248

Cloth diapers are making a comeback, but it's not your grandma's pins and plastic pants anymore! You can often save a few bucks by using cloth diapers, and the "green" benefits for environment are an added bonus.

### Types of Cloth Diapers



#### Fitteds

- Highly absorbent
- Excellent for overnight
- Requires a cover



#### Covers

- Extremely customizable
- Uses flats and prefolds
- Can use fasteners like pins, snappis, or boingo clips
- Inexpensive option



#### AIO/Pockets

- Most like disposables
- Easy for caregivers
- Complete diaper system

### Preparing the Diapers



#### New Diapers

Wash new diaper covers, pocket shells, inserts, or AIOs made with synthetic fiber once before putting on baby. You can also use natural fiber diapers (cotton or hemp) after one wash, but they gain absorbency through multiple washes.



#### Used Diapers

Strip absorbent material to remove mineral deposits from untreated hard water if necessary. Use a bleach soak with used diapers to sanitize and remove yeast or other bacteria. Bleach soaking is generally all that you need for used diapers.

#### How many diapers do I need?



##### Newborn

Min. 12-15 changes to do laundry every day; 24-36 for every other day.

##### Three months+

Min. 10-12 changes to do laundry every day; 20-30 for every other day.

## What do I do with these dirty diapers now?!?



### Scrape & Spray

Scrape or spray off solid matter into the toilet. You must remove waste from formula-fed babies before washing. Breastfed waste is water soluble, so you may choose to skip this step before washing.



### Store

Store dirty diapers in an open pail with liner or open bag. You'll wash the linens/bags when you wash the diapers. NEVER USE A WET PAIL!



### Wash

The most important thing to remember is that cloth diapers are just really, really dirty laundry. The basic concepts of laundry still apply. Things to keep in mind:

- **Water Softener:** If your water hardness is > 120ppm, add a half cup softener with your mainstream detergent. For hardness >60ppm, add half softener plus Free & Clear or plant-based detergent.
- **Detergent:** Use a full measure of mainstream detergent without fabric softener that's correct for your washer type (High Efficiency or not) and family's preferences (Eco-friendly, low cost, easy, etc.).
- **Wash Cycle:** Select the longest, heaviest cycle.
- **Load size:** For High Efficiency front-loaders, fill the drum three-quarters; for top loaders, load half-full. For standard washers, make a stew consistency when choosing load size.

## Troubleshooting

If you have problems with smells, rashes, or leaking, it is likely a problem in your wash routine. Double-check the steps above and try out different methods until you find the right fit.

You may want to strip or bleach soak diapers as well.

Remember: your baby's doctor is your first point of contact if you suspect that rash is a result of a medical issue!

Help! My baby's  
diapers are leaking!



- Check fit of diaper.
- Add absorbency.
- Check wash routine.

