

Cloth nappies tend to come in parts: the nappy itself, absorbent boosters and the outer wrap. In some nappies, these may be all-in-one.

You may also wish to use a washable or disposable liner. This collects any poo which can be flushed down the toilet or thrown away.

If you use a fleece liner, poo drops off into the toilet easily and you can use the liner as them a in wipe. Ideal if baby is sensitive to wee, and also reduces staining through to the nappy or soiling onto it.

Booster pads add extra absorbency perfect for overnight or heavy wetters.

Change the nappies every 2-5 hours depending on age and how often they wee.

Always change after a poo.

Creams may build up on a nappy, so use them sparingly and always use a liner.

Ensure that outer wraps completely cover the inside nappy to avoid wet clothes.

### Washing your cloth nappies:

You may wish to soak your nappies before washing them, but some manufacturers advise against this, and you should never soak waterproof layers.

Poo from formula or solids won't rinse away easily in the washing machine as it is less soluble than breastfed poo. You may therefore wish to let these nappies soak or use a liner.

You can just put your nappies straight into the wash. Fold back any Velcro tabs, and pull out any liners/boosters/inserts.

Wash nappies and covers separate from other laundry and don't overload the machine.

See labels for individual washing temperatures. As a guide, cotton nappies should be washed at 40°-60°C, but waterproof covers may deteriorate in hot water (use 35°C cycle). Use your usual non-bio washing detergent, but only half the amount you would normally use. This prevents product build-up and irritation.

Start with a cold pre-wash, then a regular wash in hot water (where advised). Then rinse well. If there are still bubbles present, re-rinse.

Nappies should smell fresh after being washed. Rewash if they smell even faintly bad, as lingering bacteria can damage delicate skin.

Do not use fabric conditioner as this depletes the absorbency.

You can choose to line dry or tumble dry your nappies, depending on manufacturer's instructions (do not tumble dry covers or all in ones as the UPVC can deteriorate).

**Links:**

<http://www.babycentre.co.uk/a1052701/how-to-wash-cloth-nappies>

<https://www.thenappylady.co.uk/news/a-guide-to-using-your-cloth-nappies.html>

