

# Eastleigh & District NCT Cloth Nappy Library

## Intro to Cloth: Waves (Pocket Nappies)

- What's in my kit?
- Laundry instructions
- Where to buy / discount codes

# What's in my kit? ITC Waves

This Introduction to Cloth nappies kit is designed as an easy to use kit which only includes one type of nappy, all fitting in similar ways to keep things simple. The advantage of pocket nappies is that they are easy to put on and quick to dry as the inserts are hung up separately to the wraps. They are also really flexible and can be stuffed with different types of inserts to meet your baby's needs in terms of absorbency. The downsides of pocket nappies are that they do need stuffing once clean and dry and so this can create some extra work. They are also not generally suitable for overnight use as it is difficult to get sufficient absorbency without compromising the fit and so often results in leaks.

We have included 15 nappies which is enough for close to full time use (excluding overnight) and certainly will help give an idea of what it is like using cloth nappies all the time.

If you find that you have liked using the nappies but are not sure whether they are the best option, talk to us about hiring a full Birth To Potty kit, a night nappy kit or hiring a few individual nappies from our large range.



## **Alva Baby Pocket Nappy x6 (all different prints)**

Poppers adjust the sizing to fit 10-35lb

Alva Baby nappies are an efficient and easy to use nappy, so much so they have become the best loved brand for economical reusable nappies.

They come with an absorbent 3-layer microfibre insert which stuffs inside the pocket. Additional boosters can be added for extra absorbency. In this kit we have added a size 2 Little Lamb Triple Bamboo booster into each nappy as we find this offers a good level of absorbency.

Before putting the soiled nappy into the bucket remember to remove the insert from inside the nappy. This ensures when they are washed they get thoroughly cleaned and the water is spun out of them. Many parents stuff their pocket nappies once the inserts are dry from the wash so that the nappies are ready to go just like a disposable.

The inserts can be tumble dried, the wrap cannot.



### **Baba & Boo Pocket Nappy x4 (Brave print)**

Poppers adjust the sizing to fit 10-35lb

This popular pocket nappy has a lovely soft fleece lining to keep baby feeling dry and comfortable. The clever double leg gusset is gentle but highly effective at containing poo explosions!

The nappy includes two bamboo inserts. When your baby is teeny tiny, you will normally only need to use one insert. Once your baby starts to grow and you find the nappy is not lasting as long, it's time to add the other insert for extra absorbency.

Before putting the soiled nappy into the bucket remember to remove the insert from inside the nappy.

The inserts can be tumble dried, the wrap cannot.



### **Bells Bumz Pocket Nappy x5 (Bells Bugs print)**

Whilst still fitting from around 10lb, these BTP pocket nappies are slightly more generous than others and come with a stay dry 'suede-effect' inner. They have one insert which has a high content of natural fibres: 2 layers of bamboo and 2 layers of hemp. A rainbow edged fleece liner is also included with each nappy. Double leg gusset for added leak protection.

The pocket has openings at both ends to make it easier to stuff. This should also help in making sure any inserts left inside agitate out during the wash, however as with the other pocket nappies, we recommend before putting the soiled nappy into the bucket remember to remove the insert from inside the nappy.

The inserts may be tumble dried. The wrap may not.

### **Disposable Liners**

We have included a roll of disposable liners in your kit. Please use these inside the nappies to help catch soiling and minimise the risk of stains. These are disposable but not flushable. The alternative to these is a fleece liner, one of each of which is included with the Bells Bumz nappy.



### **Wet bags**

We include three wet bags in our kits.

Two large hanging wet bags for storage of dirty nappies - one for in use, one for in the wash/drying - they hold around two days of nappies.

One medium wet bag for out and about. These have two zipped pockets, one for clean dry nappies and one for dirty wet nappies. You may find that you need more than one if you are going out each day. These are from Baba and Boo.



# Laundry Instructions

NB. A strip wash as per the instructions later in this document should be completed before returning the kit to the library. DO NOT follow any other strip wash instructions as harsh routines can damage the nappies.

## Regular washing instructions:

Remove nappy from baby; if velcro fastening, do up the laundry tabs. Place nappy in wetbag for storage. There is no need to soak. If baby is exclusively milk fed (breast or formula) then there is no need to remove any poo from a soiled nappy, as pre-weaned poo is water soluble. If baby has started weaning, liners should be used and all poo removed from the nappy either by plopping, scraping or rinsing into the toilet. Please do not store nappies longer than 3 days, as stains will set in and you may find they become smelly!

### Step 1:

- Load the nappies (and cloth wipes if applicable) loosely into the washing machine. If using a bucket and mesh bag, the mesh bag can be put in the machine without being emptied as the agitation will shake the nappies out. If using a wet bag, the bag should be emptied before everything is put in the machine.
- Select a SHORT COLD CYCLE or COLD RINSE CYCLE. This rinses the majority of the wee and all the surface soiling, and drains it away afterwards with the dirty water.
- Set your spin speed to no greater than 1000 as this can damage elastics.
- Do not add detergent at this point.

### Step 2:

- Check the load level. If you need to, bulk out the load using small items of clothing – baby clothes, socks (beware dark items!), burp cloths etc. Ideally, once the nappies are damp from the pre-wash, the machine should appear 2/3 -3/4 full when viewed through the door.
- Use  $\frac{3}{4}$  of a full dose of powder on your box for heavy soiling and hard water.
- Choose a LONG 60 COTTON CYCLE - the longest cycle your machine will do, ideally 2-3 hours long. A 60 degree wash is considered sufficiently hygienic by NHS doctors to remove soiling and any harmful bacteria. It is also more than sufficient to kill the Rotavirus live vaccine.
- Set your spin speed to no greater than 1000.

This 2-step wash routine ensures that the nappies receive their deep clean in clean water, without concentrated amounts of wee and poo still in the machine. If you notice that the machine had excessive amounts of bubbles towards the end of the cycle, or the nappies still felt 'soapy' when you removed them, do another rinse, and reduce the amount of powder slightly when you next wash.

When you take the nappies out of the machine, they should smell of nothing – clean, with a hint of powder, but not an overwhelming fragrance and certainly not whiffy!

Step 3:

- Please line dry the nappies. Some inserts and items (such as muslins and prefolds) can be tumble dried, but if there is any risk of confusion, please do not tumble dry the nappy. If in doubt, check you “What’s in my kit” guide or ask the Librarian!
  - A sock-peg hanger is very useful for inserts, liners & ‘bits’. An open window in the winter, an airing cupboard, a dehumidifier (if you have one), or a heated airer, are all useful ways of cutting down drying time.
  - Some nappies (bamboo and hemp) will simply take at least a full day to dry; this is the down-side of their wonderful absorbency.
  - In good weather, line drying outside or in a window can help remove any staining.
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- ✓ Always use non-bio powder only. Liquid can leave a residue on the nappies which affects the absorbency. Biological detergent contains enzymes which can damage natural fabrics such as bamboo.
  - ✓ Never use fabric softener as this will reduce the absorbency of the nappies.
  - ✓ Never tumble dry anything with PUL (Wraps, AIOs, Pockets).
  - ✓ Never place anything with PUL directly onto a radiator. Radiator racks or hangers above radiators are fine.
  - ✓ Never add bleach, vinegar, essential oils, most sanitisers/stain removers, or laundry ‘boosters’ to the wash. All of them are bad for elastics and PUL.
  - ✓ Never use fabric softener. It coats the fibres, and, over time, will make the nappies less absorbent.
  - ✓ Never wash hotter than 60.

## Strip Wash: To be conducted before first use of the kit and before returning the kit.

Step 1:

- Follow the regular washing instruction but use a FULL DOSE of powder as per the box for hard water and heavy soiling.

Step 2:

- Instead of line drying the nappies at this point, repeat the long 60 wash cycle with no washing powder.

Step 3:

- Line dry as per the above instructions.

The use of a full dose of powder followed by no dose ensures that the nappies have been washed in sufficient detergent to remove all residual ammonia whilst the second wash cycle with no detergent ensures that there is no build up of detergent in the nappy. This combination should ensure the nappies are optimally clean. Please note that kits returned either smelling of residual ammonia/poo or overwhelmingly of detergent will have £5 from

the deposit withheld to cover the cost/time of additional cleaning. Following these strip wash instructions will safeguard against this.

You are welcome to message or email us with any questions at any time - there are NO "silly" questions, as we were all new to cloth nappies at one time!

# Where to buy/discount codes

As a library client, you are able to access a number of exclusive discount codes. Please do not share these on social media - their use is monitored and any abuse may result in the library and our clients losing such privileges.

The two largest retailers of cloth nappies in the UK are The Nappy Lady ([www.thenappylady.co.uk/](http://www.thenappylady.co.uk/)) and The Nappy Gurus ([www.thenappygurus.com](http://www.thenappygurus.com)). Neither offers a library client discount but there are discount codes available.

- For The Nappy Lady, a 5% discount code is provided to all customers who complete one of their advice questionnaires.
- For The Nappy Gurus, 10% discount codes are available via the instagram accounts of The Nappy Gurus team members - simply follow Nappy Gurus to see who the team members are.

We have the following exclusive discount codes for clients:

- Totsbots ([www.totsbots.com](http://www.totsbots.com)) - LIBRARY10 offers 10% off
- Baba and Boo ([www.babaandboo.com](http://www.babaandboo.com)) - BAB25LIB offers 10% off
- Kingdom of Fluff ([www.kingdomfluff.co.uk](http://www.kingdomfluff.co.uk)) - 20NL025Eastleigh offers 10% off first order
- The Nappy Den ([www.thenappyden.co.uk](http://www.thenappyden.co.uk)) - LIBRARY15 offers 15% off
- Cheeky Wipes ([www.cheekywipes.com](http://www.cheekywipes.com)) - nleastleigh offers 10% off orders over £25