

PREPARE



1: Wash

Wash new nappies to improve absorbency. Wash and sanitise second hand nappies.



2: Adjust

If nappy is adjustable, adjust snaps to fit your baby. Visit the website for a 'how to' guide.



3: Layer or boost

Add inserts to all-in-two and pocket nappies. Inserts may snap on, be placed in the pocket or lay on the nappy.

Position absorbency to suit your baby (e.g. at the front for boys).



4: Place on baby

Lay nappy flat and lift baby to slide nappy under.



LEARN MORE

The Nappy Project is a joint project between 14 Victorian Councils. It offers free resources to make it easier for families to use reusable nappies and save money and reduce waste.

Visit the website for more information, including videos and resources:

thenappyproject.com.au



Resources



Workshops



WHITEHORSE
CITY COUNCIL

3 'HOW TO' NAPPY GUIDE



This project is supported by the Circular Economy Councils Fund. The Fund is delivered by Sustainability Victoria under the Victorian Government's circular economy policy, Recycling Victoria: a new economy.

www.TheNappyProject.com.au

All information is correct as of July 2023



TIME FOR A CHANGE

5. Secure the nappy

Secure the nappy with snaps or hook and loop.



If using a traditional pre-fold or terry towel nappy, you can use safety pins or specialised nappy fasteners before placing on a waterproof cover.



6. Nappy changes

How often you change will depend on the age of your baby and their soiling patterns. On average, changes will be every 2-4 hours.



7. How to check

Check for wetness inside the leg or back of the nappy. Once you are in tune with your baby, you will usually know when their nappy needs changing.

8. Remove solid poo

Tip, shake or scrape solid waste into the toilet.

9. Store for washing

Don't pre-soak your nappy. Place it in a dry pail (bucket) until washing day. You can pre-wash and then store nappies ready for the main wash.



10. Washing nappies

Remove inserts from pockets if applicable.

Optional: run a pre-rinse cycle.



- Wash in warm or cold water as recommended by the nappy manufacturer.
- Select a regular or heavy-duty cycle, depending on the level of soiling.
- Visit thenappyproject.com.au for more detailed instructions.

11. Drying nappies

- Line dry or use a clothes horse. Sunlight helps fade stains.
- Inserts and boosters can be placed in the dryer. Other nappy parts will be damaged by the heat in the drier.



Washing tips

- Avoid fabric softener. This will reduce the absorbency of nappies.
- Avoid soaking nappies as this can damage the elastic and waterproof layer.