

Wash and care

Follow guidance from
Clean Cloth Nappies:



Store

- Rinse away soiling/poo
- No need to rinse nappies with only wee
- Place in open basket with good air flow until you're ready to wash them

Wash twice

- First wash: 30-70min cycle (40-60°C), only nappies used that day
- Second wash: 2.5-3hr cycle at 40-60°C with nappies plus kids' clothes and small items
- Can wait up to 3 days before second wash

Dry

- Outside on clothes line or inside on airer/rack
- May use dryer for absorbent inserts only (not covers)



WHITEHORSE
CITY COUNCIL

For more information visit

whitehorse.vic.gov.au/reusable-nappy-period-products



这张小册子介绍了一些可重复使用的尿布。用这些产品，养宝宝更省钱，还能减少浪费！

想知道更多？请上我们的网站看看。用谷歌翻译就能阅读中文版本。

Sources

1. choice.com.au/babies-and-kids/baby-clothes-and-nappies/nappies/buying-guides/disposable-and-cloth-nappies
2. sustainability.vic.gov.au/nappies
3. cleanclothingnappies.com/economics-of-cloth-vs-disposables/
4. cleanclothingnappies.com/washing-cloth-nappies/

Credit

All content and most images attributed to Cloth Nappy Workshops Melbourne.

Website:

clothnappyworkshopsmelbourne.com.au

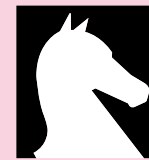


facebook.com/groups/clothnappyworkshopsmelbourne



instagram.com/clothnappyworkshopsmelbourne

Cloth Nappy
Workshops
Melbourne



WHITEHORSE
CITY COUNCIL

Cloth Nappies



Change the world, one nappy at a time!

Discover the world of modern cloth nappies, so you can save money and reduce waste when having a baby.

Why choose cloth nappies?

Reduce waste

- Did you know a child uses approximately 6,000 disposable nappies before they are toilet trained?
- With an average of 1,400 babies born each year to families living in Whitehorse that equals 2.8 million nappies per year
- Disposable nappies take up to 150 years to break down
- Every disposable nappy ever used is still on our planet

Save money

- Disposable nappies cost around \$3,000 per child
- Cloth nappies cost \$250-\$800 for a complete set
- Save approximately \$2,000+ per child
- Reuse the same nappies for subsequent children for even greater savings

Do it your way

There is no "right" way to cloth nappy. Use them:

- Full-time or part-time
- Only during the day
- Try reusable wipes, swim nappies or wet bags

Have fun with nappy changes

Modern cloth nappies are:

- Easy to use and wash
- Available in fun colours and prints
- Adjustable in size as your baby grows
- A chance to make a statement with limited edition prints, sports themes, or artistic designs

How many do you need?

- Newborns: ~12 per day (36 nappies for washing every 2 days)
- Older babies/toddlers: ~6 per day (24-30 nappies for washing every 2-3 days)
- Night use: 6 dedicated night nappies

Remember:

Using just 2 cloth nappies a week diverts 100 disposables from landfill each year!

Cloth nappy styles



Pocket nappies

- Stay-dry layer and waterproof cover sewn together forming a pocket
- Absorbent fabric insert placed inside the pocket
- Easy to use and similar to disposables

All-in-ones

- All components sewn together
- Simple to use with no assembly required
- Not recommended for dryer use



All-in-twos

- Stay-dry layer sewn to absorbent insert
- Insert attaches to waterproof cover with press studs
- Parts separate for easier drying



Hybrids

- Combines multiple styles or reusable/disposable parts
- Great for camping or flexibility
- Example: reusable cover with disposable insert

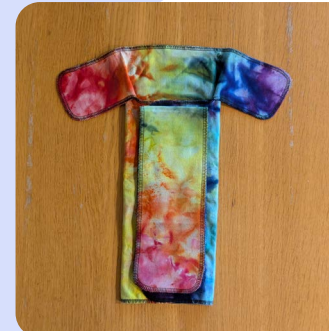


Flats

- Traditional terry-towelling squares
- Fold, wrap around baby, secure with fastener
- Requires waterproof cover and fastener
- Very affordable and quick-drying

Preflats and prefolds

- **Preflats:** Like flats but with waist tabs
- **Prefolds:** Rectangle with extra absorbency in center
- Affordable newborn solution



Fitteds

- "Shaped" nappy made entirely of absorbent fabric
- No folding needed
- Requires waterproof cover
- Excellent for overnight use