



## NAPPY CARE INSTRUCTIONS (WASHING MACHINE)

### *Do:*

1. Remove a wet nappy and simply shake or pull out the insert into your dry nappy bucket and throw in the nappy. If the nappy is soiled shake any solids into the toilet. Most should just plop down the toilet - if there is still a lot left on the nappy you will probably find this will rinse off by putting the washing machine through a pre-wash rinse cycle. **TIP:** Use a nappy liner! *Did you know? Most nappy liners can be washed and used again and again! The ones that are soiled you throw away with the solids.*
2. You can wash your nappies with other laundry **IF** you do a rinse cycle before for the nappies only.
3. Wash using a 40°C or cold wash cycle. Use only a 1/2 - 2/3 of the recommended amount of detergent to prevent build up of detergent on the fabric. There is no need to soak the nappies or wash hotter. **TIP:** Use normal or non-bio detergent only!
4. Ideally hang your pocket nappies to dry outside in the sun or inside in a warm place but not directly on a radiator. They will dry in a few hours. You can tumble dry them on a low to medium heat if you need to.
5. To make pocket nappies even easier to use store them already stuffed with an insert and nappy liner on top.

### *A few Don'ts:*

1. Don't use a greasy nappy barrier or balm cream on your baby with these nappies- it will leave a greasy residue on the inner lining which is very difficult to remove. If using a cream is necessary because of severe nappy rash use disposable nappy liners to prevent cream getting onto the nappy. **TIP:** Use honey!
2. Don't use fabric softener. It will coat the fabrics, making them water repellent and will

cause leaks!

3. Soaking dirty nappies (in a bucket filled with water & disinfectant or detergent) is not necessary and can cause smells to seep into the fabrics. A dry nappy bucket with a fitting lid works fine for storage.

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### *Dealing with issues:*

Smells & Leaking: If you find your nappies are not smelling fresh when you take them out of the machine, or have an ammonia smell, the detergent is not getting rinsed out properly. Bacteria can get trapped in the residue of the detergent left of the fabric which then hinders absorption as the nappies aren't 100% clean. **TIP:** You may be using too much detergent!

### **Steps to take:**

1. Check the rinse cycle, and if you see suds at the end of your cycle add a second rinse to your routine to remove them.
2. If you are still having stink issues, run the nappies through a hot wash cycle (60 or 90°C) with no detergent. You could add ½ cup of white vinegar or baking soda.

*It's really not difficult, or time consuming to wash cloth nappies- it will only take you a few minutes every few days, leave the work for the machine to do! It is all about routine, and once you have that established it is easy on you, your baby and your purse!*