

Terminology:

WAHM - work at home mum

MCN - Modern Cloth Nappies

PUL - Poly Urethane Laminate (the waterproof layer that is laminated on to the polyester (usually) outer.

OSFA - One size fits all

OSFM - One size fits most

R'n'G - Rockin Green (laundry detergent specifically designed for cloth naps)

Aplix - Aplix fasteners are hook and loop pads which stick together - better known under the trade name velcro.

Flat nappy/old school flats/red striped/white towelling nappy- All of these are different names for the same thing, a flat white sheet of cotton that you fold up to make a nappy. One of the most cheapest options and what your grandparents used on their kids. Requires a cover at all times.

Prefold - A cotton rectangle sewn in three parts to have multiple layers, usually 4,6,4 (layers). Can be placed inside a waterproof cover as a folded pad or folded around babys bum and held in place with a snappi or nappy pin. Requires a cover at all times.

Fitted nappy- A nappy that has elastic around the legs and waist but has no waterproof layer so requires a cover at all times.

Pocket nappy- A nappy that has a waterproof outer and a stay dry inner. There is an opening between the outer and inner ("pocket") where you put your absorbent inserts.

All in one (AIO) - A nappy that has all of its absorbancy sewn into it and requires no cover- pretty much exactly like a disposable nappy but made of cloth. These take a long time to dry.

Snap in one (SIO) - A nappy that has a waterproof outer and absorbent inserts that snap into place.

Cover - A waterproof cover that goes over nappies that are not waterproof. Can have snap, velcro or Aplix closures.

Insert - Absorbant material that goes inside a pocket nappy, snaps into a SIO or is added to a AIO/fitted/flat. Can be made from a range of materials (see below)

Liner - A liner that goes on top of the nappy to catch any poo's, making cleaning the nappy easier. You can get disposable, flushable or washable liners.