

“Yes that’s okay” and “No that is not okay”:

Times have changed since our parents used the old terry flats and so have the way we clean nappies today. Here is a quick guide to some general “do’s” and “don’t’s” of cleaning your modern cloth nappies.

DO’S:

- 1) Once the nappy is soiled / wet, dispose of any waste into the toilet and dry pail (this means put it in a bucket without any water / detergents etc) sometimes a quick rinse is required, do not leave nappies any longer than 3days without washing
- 2) A quick rinse cycle in the machine and then a regular warm or cold wash cycle is sufficient to clean the nappies – ensure you use a cloth nappy friendly detergent ie canestan rinse, dettol laundry rinse or Rockin Green (available online) you can use normal laundry detergent but only use quarter / half a scoop depending on the size of the load
- 3) Sunlight is the best anti-bacterial / bleaching agent there is so always dry in the sun where possible. Over winter this can be a bit harder so even in a room that gets sunlight through a window or alternatively in the hot water cupboard or a safe distance from the fire place etc. Using the dryer is ok for the inserts only
- 4) Always ensure the insert and shell are completely dry before putting away as wet/damp inserts can start to smell if not dried properly

DONT’S:

- 1) Soak in nupisan or other ‘whitening’ agents as these build up in the inserts and can prevent them from absorbing / working efficiently, soaking can delaminate the PUL (basically it ruins the waterproof layer over time)
- 2) Hot wash the nappies or put the outer shell through the dryer – again this will ruin the waterproof layer over time
- 3) Use a full scoop of washing detergent even if you have a full machine of nappies – the ‘active enzymes’ in washing detergents build up in the inserts preventing them from absorbing properly so we always recommend using a cloth friendly detergent where possible

For further information or answers to any questions / advice you need please feel free to email us at: livslittleboutique@gmail.com