

Getting Started with Cloth Nappies



Your guide to making the switch from single-use to reusable nappies **easy** and **enjoyable**.





Why choose cloth?

Cloth is reusable and more sustainable. Modern cloth nappies are an improved design to older style cloth nappies so they're easier and more convenient to use.

What are modern cloth nappies?

- Shaped like disposables – easy to use and wear
- Made of a waterproof outer layer with absorbent inserts made from materials like bamboo, cotton, hemp or microfibre
- Easy to wash
- Change regularly like disposables
- Come in various styles, types, sizes and brands



Congratulations on the new addition to your family!

To help in this exciting time, we've done the research for you and compiled this guide to help get you started with cloth nappies.



It's not all or nothing. Try using cloth nappies part-time to build your confidence. Some cloth users still use disposables overnight or on holidays.



What do I Need?

Here's some things that might be useful when you start your cloth nappy journey:

- Modern cloth nappies
- Additional inserts to boost absorbency
- Reusable microfleece liners (optional)
- Wet bags – good for out of home care
- Good quality detergent & stain remover
- An open, airy basket (dry pail)
- A silicone 'poo' brush & laundry bar soap
- Laundry wash bags
- Cloth wipes & small tub of plain water (no soap or oils)



Save money

Cloth nappies may cost more per nappy but you will save a lot more over time. Modern cloth nappies range from \$10-\$35 each.

An average user might buy around 30 at a total cost of approximately \$900. Even with the cost of laundry over three years (about \$300) you'll still **save over \$2100** by the time your baby is toilet trained.







What things should I consider?

1 How many?

25-30 nappies is a typical number to start with

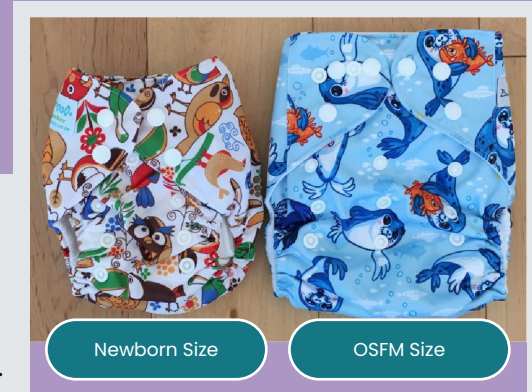
You may want to try different styles to see what suits you best. You can buy new, secondhand or even hire packs from online stores!

2 Which Style?

All-in-one (All)	<ul style="list-style-type: none"> Great for beginners Easy to use and assemble Slower drying time 	
All-in-two (All2)	<ul style="list-style-type: none"> Separate waterproof cover Mix and match inserts More assembly time Quicker drying time than All 	
Fitted with cover	<ul style="list-style-type: none"> Separate waterproof cover Whole nappy is absorbent Great for overnight or heavy wetters Most like a disposable in style 	
Prefold with cover	<ul style="list-style-type: none"> Separate waterproof cover Insert folds in three with middle section more padded Fasten with a 'snappi' nappy fastener 	
Flat with cover	<ul style="list-style-type: none"> Separate waterproof cover Traditional style terry towels Quickest drying Fasten with a 'snappi' nappy fastener 	
Pockets	<ul style="list-style-type: none"> Mix and match inserts More assembly time Built-in "stay dry" layer Quick drying Requires new cover with each change 	





3 Which Size?

Newborn size fits 2.5-7kg. One Size Fits Most (OSFM) fits 5kg until toilet training.



4 Which nappy insert material?

Bamboo is most common for good absorbency. You can use two inserts if your baby is a heavier wetter: one with high capacity and one fast absorber (on top).

Absorbency	Capacity	Speed
Microfibre* and charcoal bamboo		★★★★★
Cotton		★★★★
Bamboo		★★★
Hemp		★

*Microfibre should not touch skin directly

TIP: You can add a reusable microfleece liner on top to catch poos and draw moisture away from baby's bottom. Make your own cheaply by cutting rectangles from a microfleece blanket or buying material.

Washing

A good washing routine will get rid of stains and smells. How often you wash depends on how many nappies and how much drying space you have.

Every nappy needs to be pre-washed and washed again to be completely clean.

Basic washing routine*



1

Rinse poo and dry pail



2

Pre-wash every 1-2 days at 40°-60°
½ scoop detergent
30-60min cycle
Dry pail while awaiting main wash



3

Main wash every 2-4 days at 40°-60°
Full scoop detergent
2-3hr cycle



4

Line dry

* Summarised version. Refer to cleanclothingnappies.com for more information.

TIP: Be wary of washing advice suggesting using small amounts of eco-detergents, cold washing, vinegar as a stain remover or 'sunning' stains. This could lead to ammonia build-up and ammonia burn on your baby.

Clean Cloth Nappies (cleanclothingnappies.com)

is Australia's most respected authority on cleaning cloth nappies. Visit their website for evidence-based wash routines and advice.





FAQs

Where can I buy modern cloth nappies?

You'll find most options online however some department stores have limited options. Online groups can recommend brands that can withstand a thorough washing routine.

Should I buy brands made overseas?

There are many brands made in Australia. Imports can vary in quality, however some brands rate extremely well with consumers.

Should I buy secondhand?

Secondhand buying is a cost-effective way to trial styles and brands but be cautious. Always ask for detailed photos and check the condition of elastics, inserts and the waterproof lining before buying.

What about nappy rash?

Modern cloth nappies do not cause nappy rash if washed thoroughly. Nappy rash is caused by nappies being left on too long, general bacterial infections or high acid levels in urine. All rash creams will wash out of fabric with an effective wash routine.

Leaking or smelly nappies?

Try:

- Adjusting the fit, adding extra absorbency
- Getting the Clean Cloth Nappies Team to assess your washing routine at [cleanclothingnappies.com](https://www.cleanclothingnappies.com)

Need more info?

Online communities, like **Cloth Nappy Reviews and Support** on Facebook, **cleanclothingnappies.com**, **clothnappyhelp.com.au** and **australiannappyassociation.org.au** are a good place to get practical and clear advice.



Hunters Hill Council

22 Alexandra Street, Hunters Hill NSW 2110
PO Box 21, Hunters Hill NSW 2110

Email
customerservice@huntershill.nsw.gov.au

Phone
9879 9400

Website
www.huntershill.nsw.gov.au