



CLOTH

DIAPER

A-Z!

**Find out everything you need
to know about using
cloth diapers with your baby**

DISCOUNT CODE INSIDE!

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"times are changing and many mothers are now considering the cloth option"

With the news of pregnancy comes much joy, many expectations and plenty of choices to be made. Many give a lot of thought about which products to buy and which brands to trust. For many years, mothers have used disposable diapers, but it seems that times are changing and many mothers are now considering another option; the cloth option.

Modern cloth diapers no longer involve unsightly white towels, safety pins, boiling and rigorous washing routines. They are easy to use and this is why many parents around the world are making the switch to cloth nappies. Parents are choosing safer and healthier options for their babies including the choice of diapers,

which will accompany your baby every day and at all times from birth to potty training.

Instead of purchasing many packets of disposable diapers that are used once and thrown away, using cloth diapers involves having a set of 15-20 diapers. The same set of diapers can be used and reused from birth up to potty training, saving you money in the long run.

Many are now considering and experiencing the benefits of using reusable over single-use items in many areas of their life. The same can be said by many parents who have started using cloth diapers which are better for the planet, better for your pocket and most importantly better for your baby.

MARIA'S STORY

My husband and I are very much aware of what we put on our skin in fact we make our own detergent, softener and perfumes. In 2018, we got to know that I was pregnant with my first son, and automatically we wanted to be as natural and safe as possible with our precious baby that I was carrying. After some online research, I came to know that cloth diapers still exist and they are super cute and safe for babies. I got even more encouraged when I was talking to Loredana and I found out that she was also interested in trying them because she was pregnant with her first daughter too. A few weeks after our son was born, our colorful journey with cloth nappies began and I don't regret one single bit of it.



LOREDANA'S STORY

In the last few years I have been trying hard to practice owning less stuff in order to appreciate what I already have, in another word; minimalism. What this process has looked like for my family and myself is being very conscious of what we already own, and the things that we are about to purchase. Through this process we have found ourselves becoming aware that the things we own take up space, time and money. With this mental shift, I could not stand the idea of purchasing packs and packs of diapers for my baby, only to throw them away after a single use. I wanted something that I could reuse, something that made the money we were spending worthwhile. I could not stand the thought that there are resources involved such as water, oil and people working for something that I would be throwing away so frequently, and that is what leads me to look up alternatives for disposable diapers.



"I could not stand the thought that there are resources involved including water, oil and people, working for something that I would be throwing away so frequently"



IKKULURITI'S STORY

As soon as we had our babies and started using cloth diapers, we also realised that very few people in Malta are aware that they exist and that it is difficult to get them. We wished that we had known more parents who use cloth diapers and to explain how to use them and where to find them instead of meeting us with weird looks.

We started dreaming about sharing our experience with you and this is how the idea of our shop came about! We decided to start our online shop to be the friend we were to each other during our pregnancy, who inspired each other not to be scared of trying new things.

Our goal is to make cloth diapers available and accessible in Malta. We want parents to be aware that there are alternatives to disposable diapers and to make cloth diapers accessible to those who want to use them. More than that, we want to accompany parents on this journey to make it as easy as possible for them and that is why we love helping parents learn about cloth diapers.

Every nappy and advice that you can find recommended in this guide and in our shop, has been tried and tested by our most precious ones, our little babies, because we believe in bringing you and your baby only what we love using with our babies.

As well as that, we have looked into the making of the products that we sell, to make sure that our products are ethically made. We value the environment and the people that are working for us.

Through this A to Z guide we wish to make cloth diapers easy for you. Always keep in mind that it sounds much more complicated than it actually is. It only takes a short time to get used to it. Becoming a parent involves many changes and challenges, and using cloth diapers is another change that you can do for the best of the environment, your pocket and most importantly your precious baby.



THE BENEFITS OF CLOTH DIAPERS

1 HEALTH

According to the 2019 Anses (French government agency), chemicals like fragrances, PAHs, PCB and Dioxin (comes from the bleaching process) exist in a disposable nappy for it to be super absorbent but this comes with a high cost.

Potential health issues are skin disorders, liver problems, immune system and even cancer. Surprisingly enough, disposable diapers brands don't show all the ingredients. On the

other hand cloth diapers are made from natural and breathable material such as bamboo and hemp which is why many parents find that their babies' skin do better in cloth diapers than in disposable diapers

2 COST SAVINGS

It is estimated that you will change around 9000 diapers from newborn till the age of potty training. Imagine how much money you have to spend to buy 2/3 packets a week of disposable diapers. On the other hand, when cloth diapering you will only need around 15 to 20 diapers if you decide to go full time and wash twice a week.

Therefore, with an initial cost, which varies from €250-€350, you will cover all your diaper expenses for the whole 3 years and even for future children.

3 ENVIRONMENT

It is estimated that one disposable nappy will take up to 500 years to decompose, leaving a legacy to your children's grandchildren. It is estimated that 450 billion diapers are disposed every year in our landfills. Moreover manufacturing enough single use diapers for a week needs 1,550 liters of water while washing 2/3 loads of cloth diapers a week uses about 200 liters of water. Overall, using single use diapers means using nearly ten times more water than reusables.

WHAT DO I NEED TO START USING CLOTH DIAPERS?

1.

ONE TO THREE CLOTH DIAPERS

We recommend that you start small so that you do not feel overwhelmed. You can later add up to a set of 15 to 20 diapers for full time use and wash two times a week.

2.

BIODEGRADABLE DISPOSABLE LINERS

We suggest that parents who are new to cloth start with biodegradable liners. They will contain the poop and make changing easier.

3.

NAPPY BAG

This is a bag that will hold your dirty cloth nappies after a change when you are out with your baby. It will contain any smells.

4.

REUSABLE WIPES

You may also wish to have a set of 20 reusable wipes to go along with your cloth diapers. Simply wet before you use, or wet with a spray solution and wash with cloth diapers.

What you really need above all is the willingness and determination to try something different!

1.



2.



3.



4.

CHANGING A CLOTH DIAPER

PREPARE

Take out your changing mat and your clean nappy from the nappy bag. Place a disposable liner on top of the cloth nappy. You can also prepare your reusable wipe by spraying it with wipe solution.

STEP
01



REMOVE DIRTY NAPPY

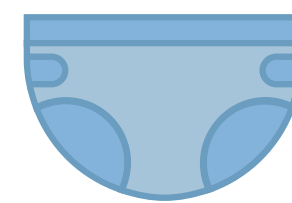
Remove the dirty nappy from your baby. Throw away the biodegradable disposable liner in a bin near you. Place the dirty nappy in a wet bag and close it to contain any smells.

STEP
02

PUT ON CLEAN NAPPY

Put the clean nappy on your baby as you would a disposable diaper. Make sure that there are no gaps around the leg and that it is securely tightened around your baby's waist.

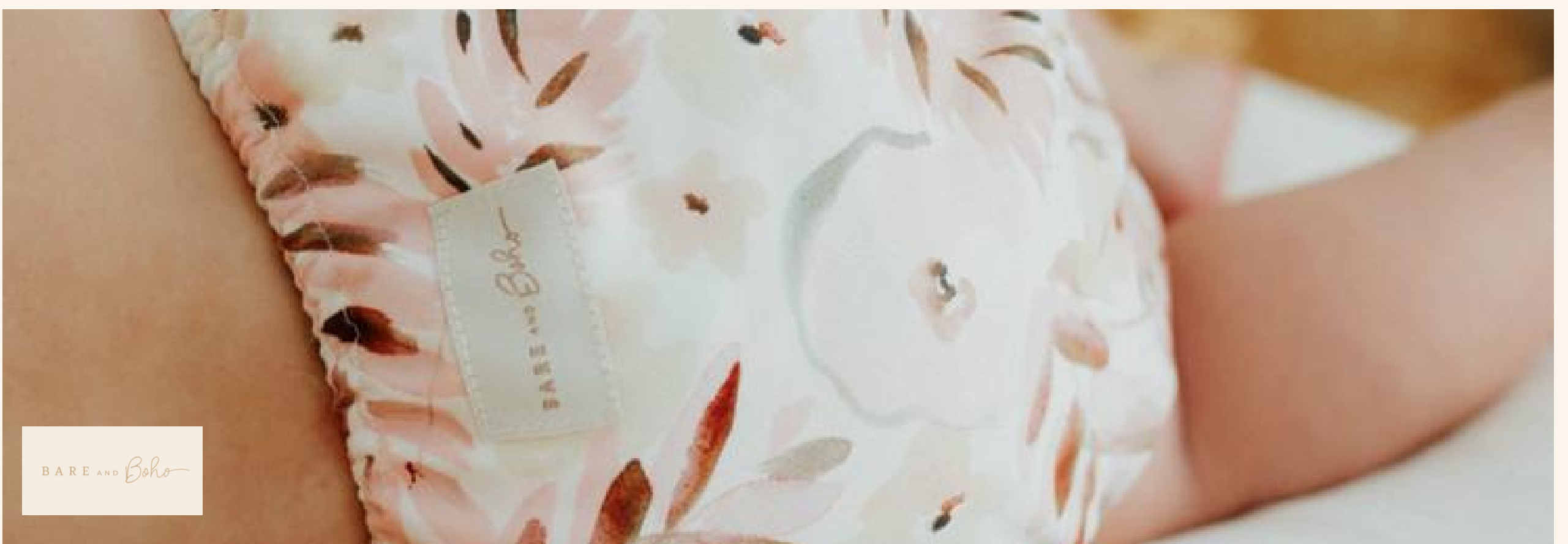
STEP
03



PLACE NAPPY IN A BIN

When back at home, open the wet bag and place it in a bin which can be lined by a mesh bag. When the mesh bag is full, transfer it to the washing machine for a wash.

STEP
04



WHAT ARE THE DIFFERENT STYLES OF CLOTH DIAPERS?

ALL IN ONE NAPPY

The all in one nappy has an absorbent insert that is attached to the nappy making it very similar to a disposable nappy. It is a one part nappy which needs to be washed after every use. May take longer to dry.



POCKET NAPPY

The pocket nappy has a pocket which holds the absorbent inserts that come with the nappy. All of the nappy needs to be washed after every use. Will dry quicker as the absorbent part is separate from the nappy.

ALL IN TWO NAPPY

This nappy has an outer waterproof part and an absorbent insert that is either clipped into it or placed inside it. If the cover is not soiled it can be used again with a new absorbent insert.



WRAP + PREFOLD

Wraps and prefolds are more similar to traditional cloth nappies. The prefold is a piece of cloth in the shape of a rectangle that is fitted around the baby and covered with a waterproof wrap

WHAT'S THE DIFFERENCE BETWEEN DAY AND NIGHT CLOTH DIAPERS?

A day cloth nappy usually lasts from 3- 4 hours. It always depends on the baby if he or she is a heavy wetter or not. Whilst a night nappy is more absorbent to last all through the night. Here is what we recommend from our cloth nappy experience with our children...

DAY TIME NAPPIES



The Baba and Boo one size pocket nappy is designed to fit from birth to potty (4.5kg - 16kg). However, most newborns are too tiny to get a good fit with this nappy, and therefore we recommend the Baba and Boo newborn nappy for newborns. Most babies will grow into this nappy by six to eight weeks. There is a pocket at the back of the nappy where you can place your inserts. This nappy comes with two bamboo mix fibre inserts. Use one insert when your baby is tiny, and add new inserts when needed.

The Close Parent all in two nappy has stretchy tabs just like a disposable nappy for a snug fit around baby every time with a soft waterproof shell that lets baby's bottom breathe and a clever absorbent panel in the outer shell which helps hold the wetness in the middle of the nappy. The bamboo inserts pop into the outer shell. Fits babies from around (3.8kg to 16kg).



The Kit&Kin all in one reusable nappy features a double gusset to help prevent leaks and a core made entirely with soft, natural fabrics - so your baby's bottom only comes into contact with plant-based materials. Hemp and TENCEL™, a material derived from sustainable tree pulp, are kind on delicate skin and up to 50% more absorbent than cotton

This nappy is a One size fits all, fitting best babies of 4kg and up until potty training, with handy poppers and adjustable waist to fit to your baby's shape as they grow.

WHAT'S THE DIFFERENCE BETWEEN DAY AND NIGHT CLOTH DIAPERS?

NIGHT TIME NAPPIES



For night night we suggest to add one booster with the pocket nappy bamboo inserts. It can either be charcoal or hemp. These are more absorbent than bamboo.

Our Pop-in night-time nappy booster: a unique bamboo and fleece booster to help keep little one comfortable and dry at nights. They are made of soft naturally antibacterial bamboo and fast wicking polar fleece to provide just the right combination of absorbency and dryness for you baby. They can be added to the Close Parent All in Two Nappy. Just slip over the soaker.



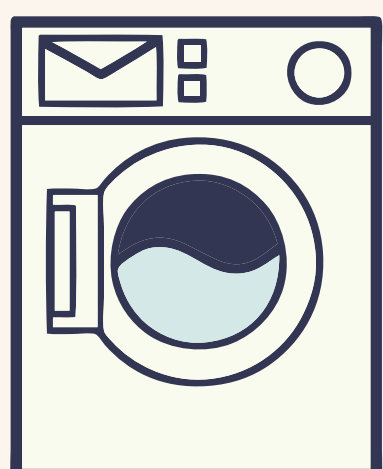
The Petit Lulu Pull-Up Cover waterproof but breathable cover/wrap must be worn over the maxi night fitted nappy to make it waterproof. This makes this nappy combined with a Petit Lulu night time nappy, a great and reliable combination for night time especially for a heavy wetter.

HOW DO I WASH CLOTH DIAPERS?

PREPARE

How frequently you wash will depend on the number of diapers you have. Once your bin is full, transfer the mesh bag to the washing machine for a wash.

STEP
01



QUICK RINSE

Give the diapers a quick, cold rinse cycle with no detergent in the washing machine to remove the dirty residues from your diapers. This will help to keep the diapers smelling fresh.

STEP
02

LONG WARM WASH

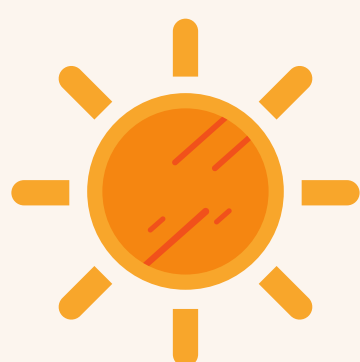
Now give the nappies a longer wash of over one hour at a temperature of 40°C to 60°C. Use a non-bio detergent, but do not use fabric softener as this will decrease the absorbency of the nappies by time.

STEP
03

AIR DRY

Hang your nappies to air dry on the line. The sun is great to remove any stubborn stains that can stay on the nappies!

STEP
04



If you cannot air dry the nappies, you may use the **tumble dryer on low heat**. In the case where you plan to dry in the tumble dryer frequently we suggest that you go for the pocket or all in two nappy styles. This will allow you to tumble dry the inserts but not the cover. The cover is made of PUL material which **can be damaged with heat** and your nappy will no longer be effective without it.



FREQUENTLY ASKED QUESTIONS

Q *Do I need to buy different sizes of diapers as my baby grows up?*

A No! Cloth diapers are one size and they will grow with your baby. There are different rise settings that will enable the cloth diapers to grow in length and different poppers or velcro placement to increase the size of the waist. Cloth diapers should fit your baby from birth up to potty training (4.5kg to 16kg). Whilst they are labelled birth to potty nappies, some babies may be too small to fit into them perfectly right at birth. This will depend on the weight and the shape of your baby at birth.

Q *Should I buy newborn diapers?*

A This will depend on your preferences. If you wish to cloth diaper right from birth than yes you should consider getting newborn diapers. You can otherwise wait for one or two months using disposable diapers and then switch to cloth diapers once the one size diaper fit your baby. The use that you will get out of newborn diapers will depend on the newborn diaper you choose. Some of them fit until your baby is 4.5 to 5.5kg and others fit up to 6 months.

Q *How much diapers should I have?*

A We recommend having a set of 15 to 20 diapers. This will allow you to wash two times a week only. However some people decide to have less cloth diapers and wash more regularly. We suggest that you start slowly and build your set of diapers slowly to make sure that you diapers that you buy are the right choice for you and your baby

Q *Which detergent should I use?*

A We suggest using a non-bio detergent. The detergent choice is up to you. Keep in mind not to use any fabric softener as this will decrease the absorbency of your nappies by time.

Q *Do I need to use biodegradable liners?*

A Biodegradable liners are optional but we do suggest them to parents who are starting out with cloth as they make it easier. Once the baby's poop becomes solid, you may wish to stop using liners and flush the solid poop into the toilet directly. Please note that babies who are exclusively breastfeed have soluble poop and therefore their poop can be put straight into the washing machine, if this does not bother you.

FREQUENTLY ASKED QUESTIONS

Q *How should I dispose of biodegradable liners?*

A We do not recommend flushing these liners as they might cause problems in your drainage system. You can place the liners in the black waste bag or compost it at home.

Q *Should I buy velcro or popper cloth nappies?*

A Some people prefer to use velcro and others prefer poppers. They both have their advantages and disadvantages. Velcro nappies are easy to use and more similar to a disposable. Poppers take a bit longer to get used to. However poppers are more durable over a long time and lots of washes, than velcro. When using velcro nappies make sure to attach to the velcro to the velcro tab on the inside of the nappy to prolong its life. Some parents find that their little ones learn how to undo the velcro tabs off their nappies, which makes poppers much better in this case!

Q *Can I use diaper cream with cloth diapers?*

A Yes you can. If you are using a diaper cream, make use of a biodegradable liner to protect the nappy from absorbing the nappy cream which may build up by time. If the diaper cream is organic there is no need for a liner.

Q *Can I use cloth nappies for the night?*

A Yes you can! Some nappies are better than others for night time because they are more absorbent. We recommend the Baba and Boo and Close Parent brands for night time. Some babies, especially if they are heavy wetters, may need a night booster. This can be bought separately and added to the same nappy. You can also buy a hemp insert which makes the nappy very absorbent.

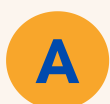
Q *What is the difference between bamboo, hemp and charcoal inserts?*

A You will find that different nappies come in different materials. At Ikkuluriti we recommend using bamboo, hemp and charcoal inserts over microfibre as they are natural materials that will not harm the planet. Moreover they are superior to microfibre in absorbency. Hemp is the most absorbent out of the three and charcoal the second most absorbent. Keep in mind that the more absorbent a material is, the longer it will take to dry which is why bamboo is the perfect material for daily use. You may wish to have a couple of charcoal and hemp inserts for added absorbency in the nappy.

FREQUENTLY ASKED QUESTIONS



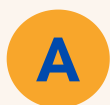
Won't cloth nappies increase money spent on water and electricity bills?



Many families who use cloth diapers find that the added cost in their bills due to cloth diapering is very little compared to the money that you will be saving from not buying disposable diapers for 2.5 to 3 years. Keep in mind that many washing machines nowadays are very good at water and energy saving. You may also wish to add laundry items such as kitchen towels and bathroom towels to the second longer wash, to decrease the effect of your extra washes



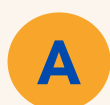
Can I use cloth diapers at hospital when my baby is born?



Yes, hospital staff and midwives have no problem with you using cloth diapers at hospital. However you may wish to start off with disposables to put your mind off trying something new right from birth. We do encourage those who feel up to it to put some cloth nappies in their hospital bag, just in case they want to use them!



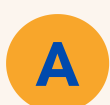
Will nappies smell bad after a wash?



If washed properly, cloth nappies will come out of the laundry smelling very fresh. However, after a lot of use you may feel that they are getting a stink of ammonia. It may be the case that there is a bit of build up due to lots of use. In that case we suggest to pick a day and put your nappies under a lot of rinses following their normal wash. Repeat the rinse cycles until there are no more suds in the machine. This should make your nappies smell great again.



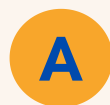
Can cloth nappies leak? Will they leak in the car seat?



Any type of nappy can leak, but since cloth diapers involve different styles and fit some parents struggle a bit in the beginning. This is why we suggest that you start out with cloth slowly. In the case of leaks there can be problems with the nappy itself, such as the cover which is damaged or the inserts that are not absorbent enough. It can also be a problem with the fit, where the fit is causing pee to leak out of the nappy. In case of leak we suggest that you contact us or another parent who uses cloth. We will definitely help you to sort this out. Some materials such as microfibre inserts, may cause compression leaks in situations like car rides, but this can be easily solved by using a natural material instead.



How many reusable wipes do I need?



For full time use with two washes a week, we suggest having a set of 25 to 35 reusable wipes. We use these for everything from wiping bottoms, to cleaning up our babies after feeding, which saves so much money and waste!

FREQUENTLY ASKED QUESTIONS



Will cloth nappies make my baby very hot during the summer?



Whilst cloth nappies are made out of natural and breathable materials, disposable diapers are made up of plastic and other synthetic materials. These make up a very good insulator and therefore disposable diapers will create more heat for your baby in comparison to cloth diapers, which is why in summer we would all prefer wearing, light breathable materials rather than plastic clothes!



Can I use cloth diapers at hospital when my baby is born?



Yes, hospital staff and midwives have no problem with you using cloth diapers at hospital. However you may wish to start off with disposables to put your mind off trying something new right from birth. We do encourage those who feel up to it to put some cloth nappies in their hospital bag, just in case they want to use them! If you plan on using cloth nappies from birth we suggest having 8 to 10 cloth nappies in your hospital bag.



Can I use diaper cream with cloth diapers?



Yes you can. If you are using a diaper cream, make use of a biodegradable liner to protect the nappy from absorbing the nappy cream which may build up by time. If the diaper cream is organic there is no need for a liner.



Will cloth nappies smell before they go in the wash?



Just as disposable diapers would smell in the bin before they are taken out, so will cloth diapers. However, if you store them in a closed bin the smell will be very minimal. We recommend washing twice a week and not less to prevent the nappies from getting too stinky. Alternatively, if you have a balcony or an outer area you may wish to store the diapers in a bin without lid to keep them aerated which will decrease their smell.



Are cloth diapers too much work, effort and time?



Cloth diapers do require some extra work, effort and time, but nothing worthwhile comes without a cost! We have found that they are very manageable and they only involve two extra loads per week plus the time it takes to prepare them. Keep in mind that you will be saving time and money from going to the supermarket to buy packs of disposable nappies.



Thank you for taking the time to go through **this document** and learning all about cloth diapers. As our way to say thank you and to encourage you to try cloth diapers, we would like to offer you a **10% discount** on your first order using promo code "**ebook10**" from our website **ikkuluriti.com**. **Excluding discounted kits.**

Our store has been built with a lot of love and with you and your baby's needs in mind. We offer free delivery for all orders above €35 (*Malta only*) and offer a great selection of brands that have all been tried and tested.

We understand if after reading this guide, you have further questions you'd like to ask. We would love to get to know you and help you to get started on this journey. Please reach out to us on our [Facebook](#) and [Instagram](#) page.