

b u m m i s TM

Cotton Diapering Kit



User Guide



We have been helping parents to cloth diaper their babies for almost 20 years! It is quite easy to use cloth diapers – and here are the secrets to success:

- an absorbent diaper
- a great fitting diaper cover
- a washing routine that cleans diapers and diaper covers thoroughly with very little detergent and enough water to rinse them well

You will find absorbent diapers and great fitting diaper covers in your new Cotton Diapering Kit – and this guide will get you started with a simple, no-fuss washing routine! It will also show you how to fold your unbleached cotton prefolds, and use them with your diaper covers.

It may take you some trial and error to figure out the routine that works for you - don't be afraid to play around with things. You may find yourself in an adjustment period at first- especially if making a transition from disposables to cloth. Some families find that when making this switch, mixing up a reusable system with disposables (eg. overnight, or for outings) may make the transition easier - do whatever works best for you! But not to fret- most parents find that using and washing their cotton diapers is much easier than they thought it would be, and quickly become avid full-time users! No matter how often you incorporate cloth into your diapering system , you will still be making significant savings, reducing your family's garbage output, and keeping your baby comfy in soft, breathable cotton.

By the way, you may find that you will need to purchase baby clothes that can accommodate larger bums! Most baby clothes these days are made to go over ultra absorbent disposable diapers. Our unbleached cotton prefolds will be bulkier on your baby simply because they are all natural cotton only - no super absorbent chemical gels.

If you have purchased the 8-15lb Kit, you will find in your box:

- 3 dozen small unbleached cotton prefolds
- 6 small waterproof diaper covers
- A roll of flushable Bio-soft liners

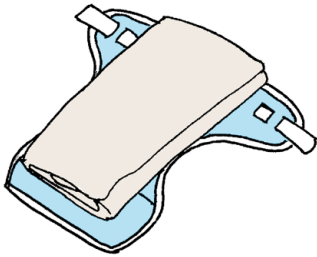

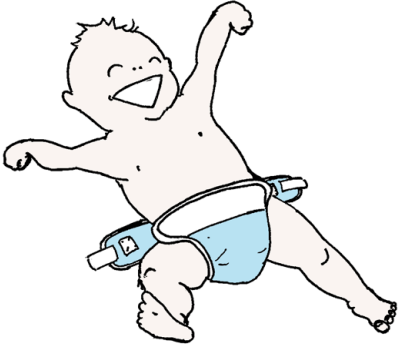
If you have purchased the 15-30lb Kit, you will find in your box:

- 2 dozen large unbleached cotton prefolds
- 4 medium waterproof diaper covers
- A roll of flushable Bio-soft liners

1. Before Using

Your diapers are made of unbleached cotton, and thus still have the natural oils and waxes that chemical bleaching processes strip away. Because of this, you will need to wash new diapers in hot water at least 3 times using a small amount of detergent in order to remove the natural oils and waxes, drying fully between each wash. They will not be absorbent until you do so! See section 6 for information on choosing a detergent.

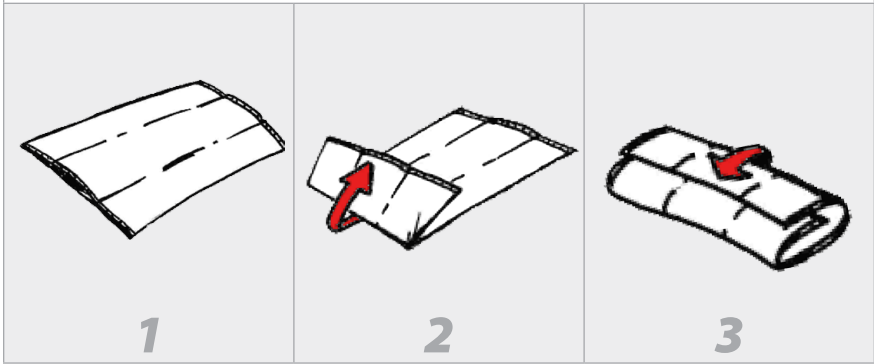
2. Using Diapers

| | |
|--|---|
|  |  |
| <p>1. Fold diaper and place it into the diaper cover. See folding instructions on next page.</p> | <p>2. Add a Bio-soft liner.</p> |
|  | |
| <p>3. Place your baby on the diaper, and adjust the Aplix closures for a snug fit around legs and tummy.</p> | |

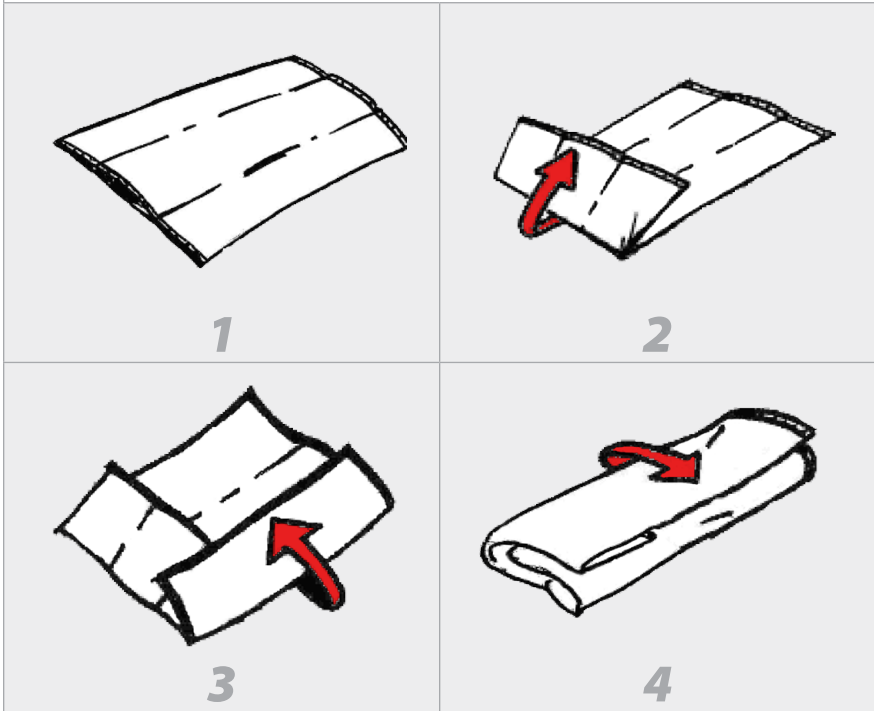
- To prevent leaking, make sure that the diaper and Bio-soft liner are completely contained inside the diaper cover. Any bit of diaper left outside of the waterproof cover can cause leaking.
- Do not tuck your diaper into the front flap on the inside of the diaper cover. This flap is meant to prevent leaking through the sewing line onto the front of the diaper cover!

3. Folding

Girl Fold (maximum absorbency in the middle):

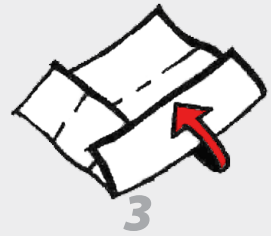
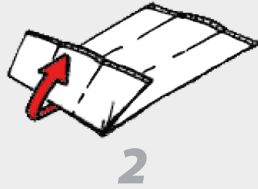
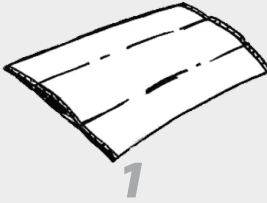


Boy Fold (maximum absorbency in the front):



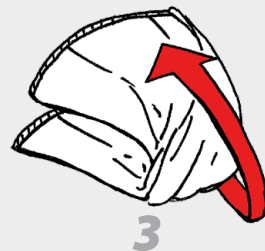
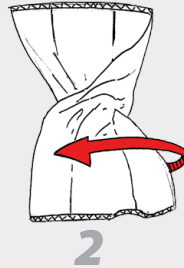
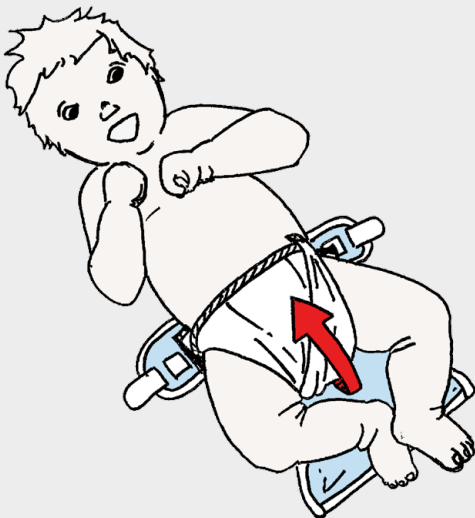
Try the following two folds with newborn babies and beyond!
They will contain runny liquid poop.

Fan Fold



Bikini Twist

Lay diaper flat on diaper cover, and place baby on top. Grab the bottomright corner with your left hand and the bottom left corner with your right hand, and then twist the diaper over (your arms will no longer be crossed). Bring the front half of the diaper up to the baby's tummy and fasten the diaper cover. Any excess diaper can be folded down in order to fit within the cover.



4. Dirty Diapers

You may choose to either soak your diapers, or store them dry in your diaper pail.

| Wet Pail Method (soaking) | Dry Pail Method |
|---|---|
| Fill a diaper pail $\frac{1}{2}$ full with cold water plus $\frac{1}{4}$ cup of either vinegar or baking soda. For even better results, use an oxygenated bleach alternative such as Oxy-Boost. Make sure that your pail fastens securely, and keep well away from curious children and pets! With this method, you can put off washing for up to 3-4 days. The advantages to this method: easier stain removal and less frequent laundering. | Sprinkle some baking soda at the bottom of your pail. Optionally, you can line your pail with a washable bag for easy transport to the washing machine. You should probably wash your diapers every two days – or they may stink! The advantage to this method: a lighter pail – and no diaper soup! |

1. Remove diaper and cover from baby. Dispose of Bio-soft liner if using - otherwise shake off excess poop into toilet.
2. Put wet or soiled diapers into your diaper pail, to be stored until laundry day.
3. If your diaper cover is wet or soiled, rinse and air dry it and rotate to a fresh one. Diaper covers can be re-used if not wet or soiled. If using the Dry Pail Method, you may store dirty covers in your diaper pail. Never soak your diaper covers! This will interfere with their waterproof qualities.

5. Washing Diapers

Unfold your diapers before washing to allow for complete cleaning, and close the Aplix closures of your diaper covers by securing them to the fold back tabs on the inside back of the cover. This will protect your Aplix closures from damage during washing. Wash diaper covers along with your diapers.

1. Dump the entire contents of the diaper pail into your washing machine. If you have used the Wet Pail Method, spin out the excess liquid (you can add your diaper covers to the load after doing this).
2. If you have a front loading washing machine, run a cold water pre-rinse (or a short cycle wash with no detergent). Also do this step with a top loader if you have used the Dry Pail Method- it will prevent stains from setting.
3. Wash diapers in hot water with a maximum of $\frac{1}{2}$ the amount of laundry detergent recommended on the package. If you have a front loading washing machine, make sure you set your water levels to the highest settings and use $\frac{1}{4}$ the amount of laundry detergent recommended on the package*
4. Rinse well! Use the highest water levels in your washing machine to ensure complete rinsing of diapers and covers. If you have a front loading washing machine, do an additional rinse after the wash cycle.
5. Dry in the dryer or outside on a clothesline, as sunlight is a natural brightener and disinfectant. An extra spin cycle after washing will reduce drying time up to 25%! If using your dryer, throw a dry towel in with your diapers – this will also significantly reduce drying time!
6. Smell your diapers after they are washed. They should smell like clean cotton. If your diapers or covers are stinky at all, wash them again with less detergent and more water. More detergent does not mean cleaner, whether you are

washing diapers, covers or clothes! If your diaper covers have a strong smell, you are either not washing with enough water, or you have a detergent residue problem! Please refer to the article on detergent residue for more information.

Please note that you may need to adapt your washing routine to your particular washing machine, water supply etc. Always follow manufacturers' washing and care guidelines if they vary from these. Always check the care instructions on the label of your diaper cover!

* If you are unsure how to set the water levels on your washer, please contact the manufacturer of the machine for instructions. You may need to trick your front-loader into increasing the water level by saturating your diapers with water before washing so that they are heavier – this will cause the washing machine to automatically increase the water level.

6. Washing Products

Please choose a washing product that does not contain any of the following additives. These can create detergent residue problems, which will lead to leaking, diapers that do not absorb properly, and stinky covers.

- Bleach or whitening agents (Oxygen or hydrogen based bleach alternatives are okay)
- Fabric softeners
- Natural oils
- Perfumes
- Dyes
- UV brighteners
- Stain guard ingredients
- Enzymes

Some detergents marketed as “free” or “clear” are not recommended as they often contain additives to remove dust and allergens from fabrics.

| <i>Our recommendations for safe washing products are:</i> | |
|---|--|
| USA | Canada |
| <ul style="list-style-type: none">• Sensi-Clean and Sport-Wash www.atsko.com• Charlie's Soap (liquid) www.charliesoap.com• Country Save www.countrysave.com• Allen's Naturally www.allensnaturally.com• Planet Ultra (powder or liquid) www.planetinc.com• Oxy-Boost (oxygen bleach) www.oxyboost.com | <ul style="list-style-type: none">• Nature Clean (powder, liquid, or oxygen bleach) www.naturecleanliving.com• Claudia's Choices www.claudiaschoices.ca• Charlie's Soap www.charliesoap.com• BioVert (oxygen bleach) www.prolav.com |

Products that have been damaged by natural cleaning products or by detergent residue can often be saved! Instructions on how to “strip” your diapers and diaper covers can be found in the troubleshooting section.

7. Troubleshooting

If your cloth diapering system is the correct size and absorbency for your baby, you should not experience leaks! If you do, make sure that:

- Your diapers have been washed and dried at least 3 times before first use, in lots of hot water, with a zero-residue detergent.
- The diaper is not tucked under flap on the inside front of the diaper cover.
- The diaper and Bio-soft liner are completely contained inside the diaper cover around legs, back and belly.
- You are not using ointments containing petroleum or fish oils, as they can ruin the performance of your diapers and covers (use all ointments sparingly! Bio-soft liners act as a good barrier between diapers and creams)
- The diaper covers fit snugly and you are using the correct size of diaper and cover for your baby. Even the best diaper cover will not work without an adequately absorbent diaper!

A huge advantage to using cloth diapers is that you will know when your baby is wet. Changing your baby's diaper as soon as it is wet or soiled is healthy for baby's bottom – no matter which diapering system you use. Expect to change your baby's diaper approximately every 2 hours in the first few months. You may find that as your baby grows, from time to time you need more absorbency. It may be when your baby starts to sleep for longer at night, or when your baby is nearing the limit of the diaper's size range, but is not yet ready to move up to the next size. If this is the case, simply add a doubler to increase absorbency.

If you notice leaking right through the fabric of the diaper cover, you have a detergent residue problem and will need to "strip" your diapers and change your washing routine. Other signs of detergent residue are smelly or yellowed diaper covers, and diapers that are not absorbing properly.

How to "Strip" your diapers and diaper covers:

1. Run your diapers and diaper covers through a wash with only hot water.
2. Run a second wash using ½ cup baking soda and ½ cup vinegar in the wash – and ½ cup vinegar again in the first rinse cycle.
3. Run a second rinse cycle with plain water.
4. Repeat entire process.

If you are having problems with your diapers and/or covers,
please do not hesitate to contact us.
We would be happy to help you figure it out!



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