

1) Why cloth diaper?

A. Environmental Benefits

- Every DAY 4 million diapers are disposed of in Canada.
- **Each takes approximately 500 years to decompose.** Human solid waste can leach from these diapers and contaminate groundwater, and organic material buried deep decomposes and releases methane.
- You can further reduce your impact by choosing high efficiency, the temperature for laundry, when you do your laundry and the size of each laundry load. Users of home-laundered cloth diapers can reduce environmental impact up to 38% through their laundering choices.

B. Financial Benefits

\$1600 vs \$380

1st year: 2200 diapers. **2nd year: 2100** **3rd year: 1500**
12 diapers/day x 4 weeks 6 diapers/day x 365 days 4-5 diapers/day x 365
10 diapers/day x 12 weeks
8 diapers/ day x 36 weeks

\$600

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\$400

- Assuming 20-40 cents/diaper. Average baby toilet trains ~ 30 months

Cloth diapering sets (New: \$300-\$400). Used \$250 (or less depending on diaper style).
Assume laundry is ~ \$1/load. Average 1 load every 3 days. ~ **\$131/yr**

Selling your cloth diapers ~ 50% of the price

C. Less blowouts and possibly less diaper rashes

2) How many will you need?

Depends on:

- Age of baby
- Type of diaper you choose and
- How often you want to wash

** CD doesn't have to be all or nothing**

- Some people don't start cloth until after 6 weeks or 3 months.
- Some people use disposables at night, while travelling or when running errands

Age of baby:

- Newborn – 2-3 months
 - ~ 12 diaper changes a day. If you use covers and inserts you will want ~ 6 covers/day.
 - So 24 diapers for 2 days, 36 diapers for 3 days
- Baby – 3 -10 months
 - ~ 10 diaper changes a day. ~ 5 covers/day
 - So 20 diapers for 2 days, 30 diapers for 3 days
- Toddler: 10 – 15 months
 - ~ 8 diaper changes a day. ~ 3-4 covers/day (more predictable poop)
 - So 16 diapers for 2 days, 24 diapers for 3 days

3) Different types of Cloth diapers

- Two main components: an absorbent layer and a water proof layer.*
 - All in Ones (Velcro vs snaps)
 - All in Twos

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- Pockets
- Covers and Flats/Prefolds
- Fitted diapers
- Hybrids Disposable inserts – like grovia bio-soakers and g-diapers)
- Wool covers **especially for overnight or diaper rashes

B. Two different sizing:

- Sized diapers (Small, Medium, Large) and One-size fits all – Uses Rise snaps.

*Sized diapers can offer a better fit at younger ages

* One size is more economical, possibly more confusing

C. Absorbent layers/Inserts/Boosters:

- Hemp (most absorbent, but slower) *natural
 - Bamboo (Absorbent, faster) *natural (rayon is more synthetic)
 - cotton (Absorbent, fast)
 - microfiber (less absorbent), synthetic. Aka microterry
**Should not be used directly against skin.
 - Fleece: not absorbent, it is a “stay dry” fabric, wicks away moisture.
- As you baby grows, you may want to add a “booster”, an extra layer of absorbency to prevent leaks

4) Special Precautions:

A. Diaper rash creams.

- Ideally choose one that is cloth diaper safe (rinses out in the laundry and does not cause a repellent barrier). No petroleum products (e.g. petroleum jelly).
- Any diaper cream will wash out of natural fabrics (hemp, cotton) with enough detergent and hot water, but petroleum-containing products can cause synthetic fabrics (microfiber, fleece) to repel.
- Zinc oxide is not controversial, it just causes stains with some uses. So you can use a liner if worried.

B. **Fabric softener** – is no-no. Do not add to your laundry as this can cause your diapers to repel. Natural options are found on the last page

C. **Dryer sheets** are a no-no. Do not use in your dryer (Poop (bf vs formula vs solids, and liners – reusable “flushable”)

5) Laundry

A. Poop!

- Exclusively breastfed babies – Poop is completely water soluble and poop diapers can go directly into the laundry.
- Formula fed babies – Use a liner (either disposable or reusable).
 - “flushable” disposable liners should never actually go into the toilet. Poop should technically be rinsed off into toilet and liner placed into trash.
 - Reusable liners are often made out of fleece (poop easily “plops” off) or cotton. Can buy or make your own.

B. Laundry detergent

- Many main stream laundry detergents are safe – they just can’t contain any fabric softeners. A list of common detergents is found on the last page.
- Make sure to use enough – use the recommended amount of detergent for the size of the load. For “natural” detergents, you may consider adding 10-20% more detergent.

C. **Drying.** You can dry your diapers on medium (as high heat could be damaging to the waterproof fabric (PUL). Most environmentally friendly option is to hang.

D. A diaper service is available depending on location (~\$100/month)

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<http://www.ottawaclothdiaperservice.com/diaper-service-packages.html>

6) Reusable swim diapers and training pants

- Even if you decide not to cloth diaper, consider these other reusable options: i. swim diapers (always bring two to the pool!)

ii. Cloth training pants (by this time, you likely will only be dealing with pee, so its much easier to clean. Plus, many cloth trainers allow the kiddo to feel wet, adding natural incentive to use the potty.

7) How to buy used.

Look for used diapers at consignment stores and online.

What to look for (ask) before buying:

- i) Are the elastics in good condition? [These can be replaced by local independent moms ~ \$3/diaper but you will want a discount if buying diapers with poor elastics
- ii) Is the outer cover (the PUL) still waterproof? If not, this is not easily fixed.
- iii) Do they smell? If so, this can be fixed, but may take some work.
- iiii) Always sanitize (see sanitizing diapers sheet)

8) How to fold a diaper and what is a Snappi? [Demo + Handout]

9) **Low Income?** Certain places in Quebec actually subsidize diapers or in Ottawa you can contact the One Diaper Program, who distributes cloth diaper sets to people who might otherwise find the initial purchase prohibitive.

Protips:

A. Meconium poop at the hospital and first 3 days

- 1) Use a liner or use disposables
- 2) Put coconut oil on baby's bum (makes it less sticky)

B. Sunning your diapers – remove stains and smells

C. Make your own Diaper wipes – and just wet them with water!

- Use an old flannel or cotton receiving blanket, and cut into ~ 7" squares (normally get 16 wipes from one blanket). No need to finish edges, they unravel slowly.

Commonly used Cloth diaper friendly detergents

Regular Tide Powder (orange box) or Tide Liquid (orange container)

Ecos detergent

Country Save

Kirkland Ultra free and clear

Tide Free and Gentle

Sunlight powder

Nellies (use a little extra then recommended)

Alternatives to Dryer sheets

- Dryer Balls (either plastic or wool).

- Reusable Dryer Sheets (found at Canadian Tire and Herb and Spice Wellness Shop on Bank St)

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- DIY fabric sheets, using some vinegar on a washcloth.