

How to sanitize “New to You” Diapers

Step 1: Start with CLEAN cloth diapers, using DISINFECTING bleach (must say Disinfecting*) with at least 5.25% sodium hypochlorite as the active ingredient. Soak all diaper parts (inserts, covers, etc) for at least 30 minutes (and not to exceed 45 min.) in COLD water using the following dilution corresponding to your load size:

Average Bathtub:

1/2 full: 1/2 cup

3/4 full: 3/4cup- 1cup

Smaller Vessels:

1 Tablespoon bleach for each gallon of cold water (up to 5 gal)

Important!

* Splash-less and scented bleaches are not suitable for disinfecting.

*Concentrated bleach requires the same dilution amounts.

Step 2: After bleaching, rinse at least once with HOT water, and follow with a HOT wash with detergent.

Important!

You cannot soak in an hE front-loader and soaking in a hE top-loader is NOT recommended. Using the bleach dispenser in your washing machine will not work as you cannot control the dilution or the soaking time.

For more information, see: <https://themonarchmommy.com/2015/11/13/how-to-safely-bleach-cloth-diapers/>

