



Reusable nappy overview

The nappies provided in the bundle are pocket nappies and they can be used from 10lbs to potty training, by altering the size of the nappy using the poppers - see nappy fitting and absorbency guide.



The nappies should be changed every 3 hours, or depending on your baby's needs! This will change over time with their liquid intake.

The nappies included in the bundle are typically used as daytime nappies. For nighttime nappies contact your supplier who will give you a great discount on your purchase!



Pocket nappies consist of a waterproof outer layer, a stay-dry inner lining, and an open pocket area in between the two layers where an absorbent insert(s) can be placed.

All-in-One nappies have the waterproof outer and absorbency is attached with a stay dry layer.

Absorbency (inserts) can be made from a variety of materials, such as microfibre, bamboo, cotton, bamboo cotton blends, organic cotton, hemp, or combinations of these materials and can be paired together to provide the desired level of absorbency.



One of the biggest advantages of pocket nappies is the ability to adjust the absorbency level to suit the needs of your baby. This versatility allows you to choose the type of insert that works best for your baby and budget. You can also change this to suit your baby as they grow.



Nappy fitting and absorbancy

To ensure there are no leaks it is important to fit the nappy correctly! See the Cloth Nappy Library YouTube channel for a video on fitting nappies



Cloth nappies fit low (below the belly button in the front and right above the bum crack in the back) and close (tucked nicely into the knicker line) to baby's legs, but they do not need to be super tight to make them work.

Don't worry about gaps at the waist as you want to be able to fit 2 fingers in comfortably to allow baby to lean and move around, but the legs are the area that you want to ensure have a snug fit as this is where you'll see most leaks.



Pair fast absorbing inserts (eg. microfibre/cotton) on top closest to your baby's bum (inside the pocket) with high capacity inserts (eg. hemp/bamboo) furtherst away from your baby's bum. Remember that microfibre cannot directly touch baby's skin.

Add an extra layer of absorbency at the front for boys and back for girls to prevent leaks.

