



How to care for your cloth nappies

Before using for the first time wash your new nappies and inserts cold **2-4 times without** fabric softener, bleach or gel detergent



If you don't prewash new nappies, they will not be absorbent enough and they will leak. Nappies reach their full absorbency by around 8-10 washes

When you take the used nappy off your baby you can flush solids down the toilet if your baby is weaned. Then store used nappies in a wet bag or bucket prior to washing.



Run nappies through a quick wash or pre wash cycle on your machine at 30 degrees to rinse off urine and any remaining solids.

Then run a long wash at **40 degrees for babies over 3 months old** and at 60 degrees for babies under 3 months old. For optimal hygiene and care nappies should be washed within 2 to 3 days of use.



You can wash nappies with your other baby clothes or towels using biological detergent and **remember do not use fabric softener, bleach or gel detergent** as this will reduce absorption.

Dry nappies on a **clothes horse** or on a **clothes line**, but not on a radiator

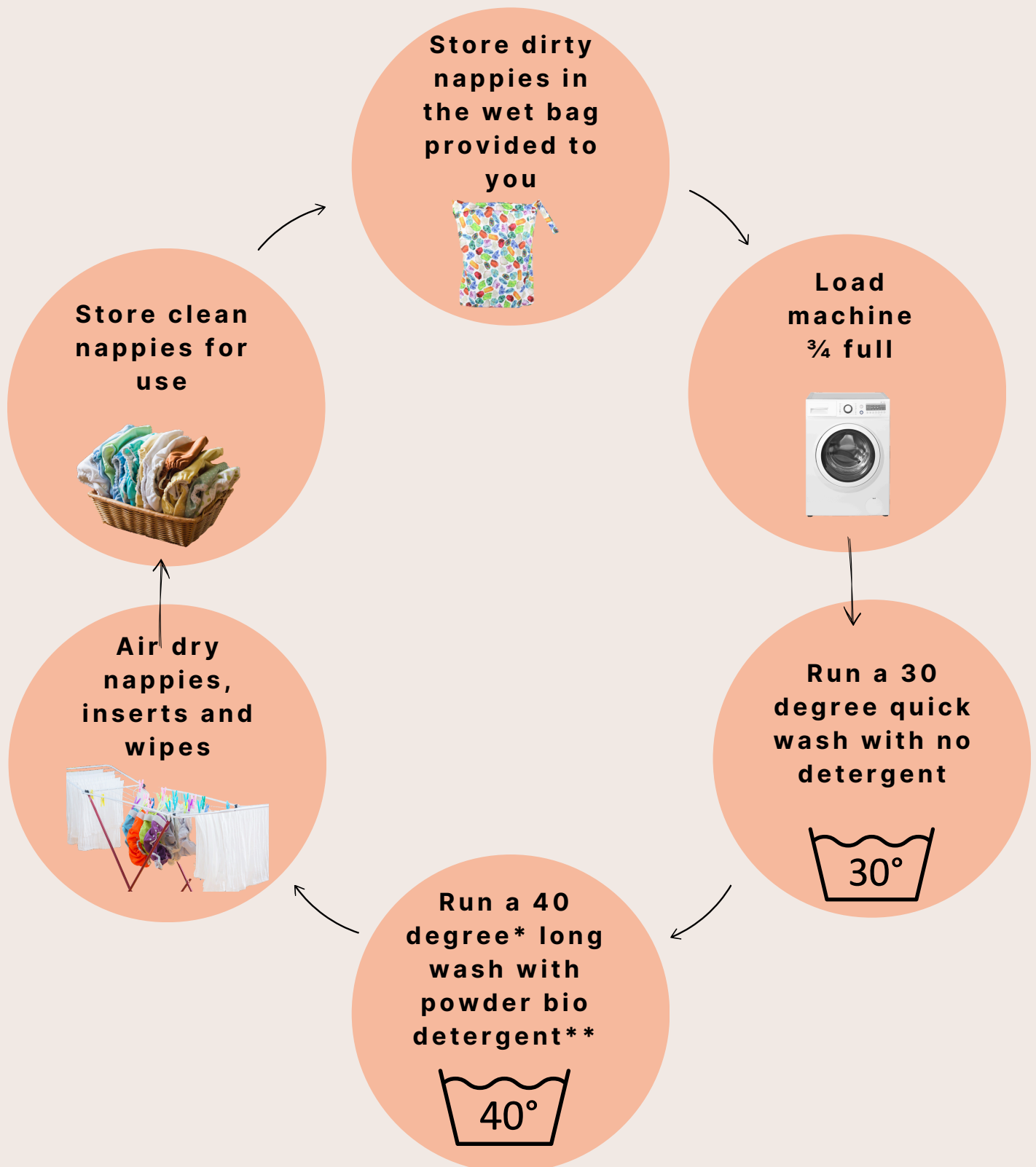


Run a maintenance cycle on your washing machine monthly.

A strip wash of the nappies is occasionally needed for ammonia or detergent building up in the nappies over time. Guidelines for strip washing can be found online.



Cloth nappy and wipes washing instructions



*Wash at 60 degrees if baby is under 3 months

**Never use fabric softener