



Cloth Nappies 101

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INTRODUCTION

We understand that parenting can be overwhelming on its own. Now add a huge, diverse world of cloth nappies and your brain might start spinning! Trust us, cloth nappies are a lot easier than they seem! That's why we have created this basic booklet to all things cloth. Feel free to visit our website for more in depth information www.sacnu.com, or join our Facebook group to get more personal guidance: **South African cloth Nappy Users**



1. WHY do people use cloth nappies?
2. Sounds great! So how do I start?
3. WHAT type of nappy should you use?
3. HOW to wash cloth nappies?
4. FAQs





WHY USE CLOTH NAPPIES?



- 
- Saves money *
 - Environmentally friendly
 - No hydrogels, dioxins or fragrances
 - Cute and comfortable (think plastic vs cotton underwear)
- 

* See a cost comparison on www.sacnu.com/the-savings, save R11,000+

SOUNDS GREAT!

How do I start?

Just like any product, there's a big variety of options. Here is how to make the transition to cloth nappies easier:

1

Have a look at the chart on the next page to determine what types of nappies will suit your lifestyle best and then research that type on www.sacnu.com/typesofclothnappies

2

Find a cloth mom near you and have a look at their cloth nappies, it all seems a lot simpler when you can touch and feel the nappies

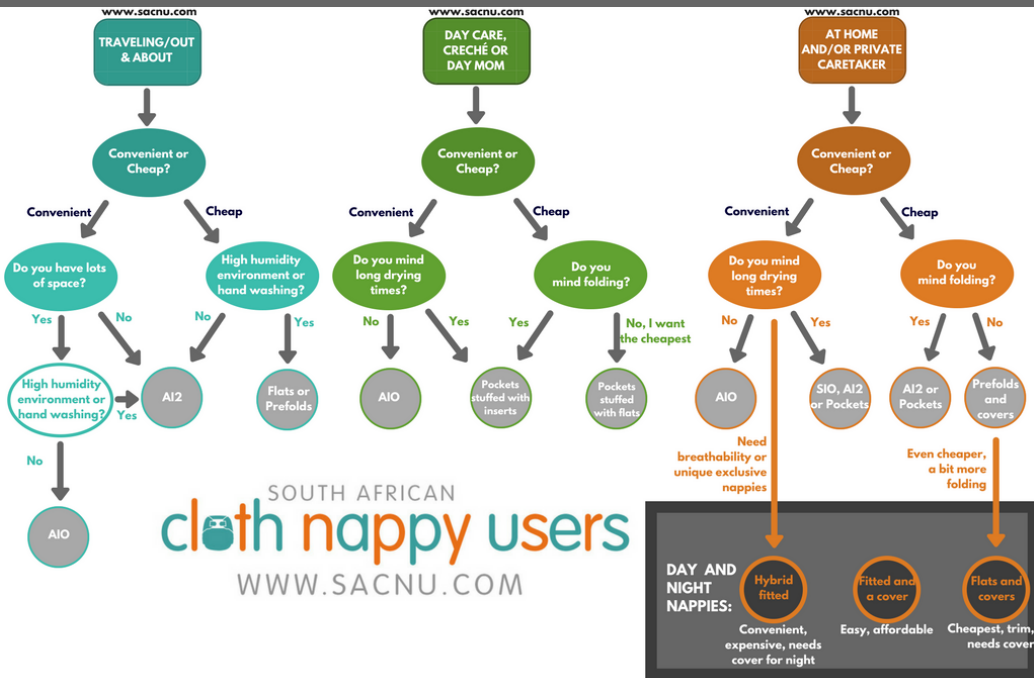
3

Get a loan bucket at www.sacnu.com to test a few brands before buying your own cloth nappies

4

Most cloth nappy shops are based online (but deliver nation wide). Once you know what type of nappy you want, you can find the perfect nappy for you by selecting your budget and preferences at www.findmynappy.sacnu.com (You need 24 nappy changes to wash every second day)

What type of cloth nappy should I get?



*For more detail on the types: www.sacnu.com/typesofclothnappies

HOW TO WASH CLOTH NAPPIES

5 easy steps brought to you by SACNU

1

Dry Bucket

Store nappies in an open dry container. Rinse non-EBF poop nappies

2

Pre-rinse

Rinse all nappies by hand or on a pre-rinse/prewash on your washing machine

3

Long wash

Cotton/Fuzzy wash cycle. Full recommended dose of mainstream detergent. No softener

4

After rinse

ONLY if there is still soap suds left in your machine

5

Drying

Done! Either line-dry or tumble dry on low

CLOTH CHORES
ONLY TAKE

10 min

A DAY! *

SOUTH AFRICAN
cloth nappy users
WWW.SACNU.COM

*www.sacnu.com/chores 5

FAQ: What else do
I need?



- **Cabinet** (clean nappy storage)
- **Dry bucket** (soiled nappy storage)

OPTIONAL

- **Cloth wipes:** Gentler on baby's bum, easy cleaning, big savings! www.sacnu.com/faq
- **Diaper sprayer** (Bidet sprayer) makes cleaning poop nappies easier as you can just spray the poop off
- Flushable or reuseable **liners**
- **Cloth safe bum balm** (Any balm that does not contain zinc or petroleum. Although you will rarely need cloth balm)



FAQ: Addressing the main concerns at

www.sacnu.com/daycares

Day care?

1 CONVENIENCE: No pins, No soaking, No folding. Modern cloth nappies work like disposables

2 LAW: There is no law against cloth nappies. The department of health even states that cloth nappies can be used

3 HYGIENE: Cloth nappies and disposables work the same: Lay baby down, take nappy off, roll it up, toss cloth in a wet bag/toss a disposable in a bin

THE DIFFERENCE IS AFTERWARDS

At home poop gets sprayed off into the toilet and cloth nappies washed



Disposables go to landfills and take years to decompose

500 YEARS

Only **2.2kg** cloth nappy waste is generated per child until potty learning, opposed to **952kg** per child on disposables!*

2,408^T

Disposable nappy waste generated per day in SA *

* www.sacnu.com/environmental-impact

FAQ: Why do people sometimes revert back to disposables?

www.sacnu.com

It's usually because of misinformation and expectations that are not realistic. Some reasons for people to get discouraged:

Stinky nappies? Cloth does not smell! If you have stink issues, you need to check your washing routine
www.sacnu.com/washing

Frequency of changes: For daytime change every 2-3 hours. Use the correct night nappies (fitteds, flats, prefolds will last the night)

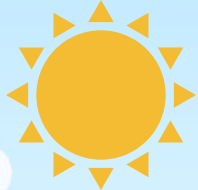
Using one-size on newborns: It's bulky and will leak, they only start fitting at 5+kg
www.sacnu.com/using-cloth-on-a-newborn

Unforeseen costs or challenges: Do your research well, get enough inserts per nappy and get the right fabrics. Get the best type for your lifestyle
www.sacnu.com



Rashes: Very rare (causes eg. fabric sensitivity). This is usually easy to solve with small tweaks. Join our FB group where you'll be assisted with a solution





FAQ: Which brand is the best?

Most work well so it depends on:

Your lifestyle - eg. Creche: Pockets and AIOs.

Traveling: Flats with covers and AI2s

Your budget - Types and brands can vary from R20 to R600+ per nappy

Baby's build - Roomy for chubby and trim for petite etc

Your preferences - Trim, most absorbent, natural fibres, stay-dry etc

Sensitivity - Although in the minority, some babies are sensitive to certain fabrics (Easily resolved)

Most moms prefer a varied stash of types and brands



CLOTH LINGO 101:

AIO: All-in-One

AI2: All-in-Two

CD: Cloth Diaper

Diaper pail: Nappy bucket used to store soiled nappies

Diaper sprayer: Sprayer attachment connected to your toilet, used to spray poop off nappies

Fluff: Cloth Nappies

LO: Little One (Your baby/toddler)

NB: Newborn

OS: One Size

OSFM: One Size Fits Most

OTB: On The Bum

RAOK: Random Act of Kindness

Sposie: Disposable

WAHM: Work At Home Mom

Wet bag: Waterproof bag used to store dirty nappies while out and about

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