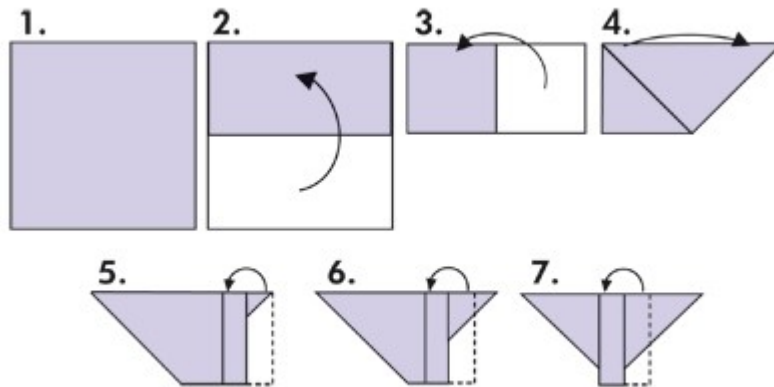


Terry Squares

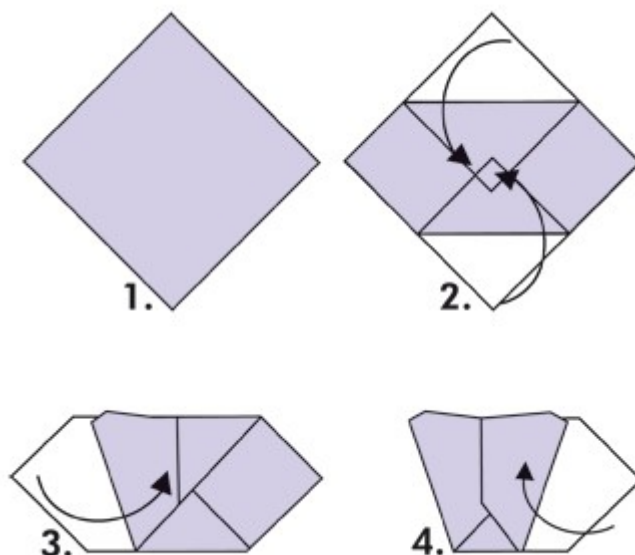
Newborn fold



(1) Place unfolded nappy in front of you and fold the closest edge away from you (2). Fold again from right to left (3). Take the bottom left hand corner across to the right to form a triangle (4). Turn nappy over so that the triangle is underneath and fold flat edge over (5), repeating (6 & 7) until you have a pad in the middle of your triangle.

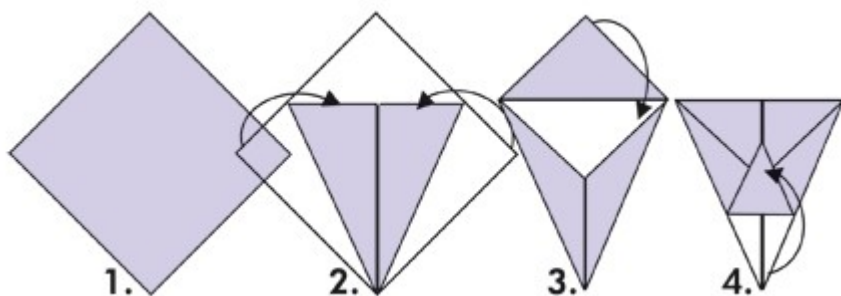
Lay the baby on the nappy with the triangle pointing down and bring the sides in and the point up, securing with a nappi nippa or nappy pin. Tuck the nappy in around the legs for a closer fit.

Neat fold



(1) Spread nappy out in a diamond shape and bring the bottom corner up to just beyond the middle of the diamond then bring the top corner down so that it just overlaps the bottom (2). Fold the sides across to the middle (3 & 4) to give a neat pad, which will give a tidier fit around the legs than the other folds described.

Kite fold



(1) Spread the nappy out in a diamond shape. Fold the left and right corners towards the centre to make a point (2). Bring the top corner down to meet them (3) then bring the point at the bottom up to overlap.

The last fold (4) can be adjusted dependent on the size of the baby.

Once the nappy is on it should be tucked in around the legs.

Removing soiling

Place a sheet of biodegradable liner on top of the nappy (do NOT fold it in half as this makes it too thick for urine to easily pass through). At nappy change time flush it away with any soiling – please read notes at the end of this document regarding use of liners and septic tanks. If your baby has loose stools, using a fleece liner in place of a biodegradable liner may be more appropriate, as soiling is less likely to run off the fleece.

If you are not using biodegradable liners, simply hold the soiled nappy, or fleece liner, over the toilet and flush the soiling away.

Storing and washing your nappies and wraps

Remove soiling from the nappy and place the nappy and wrap into your nappy bucket. Soaking is not necessary as washing machines and detergents are very effective. You can add a few drops of tea-tree or lavender oil to the bottom of the bucket, or to a tissue to help eliminate any odours.

Add a small amount of detergent to your wash (less than recommended on the packet as it helps to prevent a build up of detergent on the nappies which can hamper absorbency over time) and wash at 60°. Alternatively, add a teaspoon of nappy sanitiser such as Mio Fresh to the detergent drawer & wash at 30°. Tots Bots Potion is a detergent and nappy sanitiser in one and allows you to wash your nappies effectively at 30°.

Do NOT use fabric softener as this creates a film on the nappies & hampers absorbency. Nappies can be washed with your normal household laundry to ensure you always use the full capacity of your washing machine.

Please check individual nappy labels before tumble drying. Wraps should NOT be tumble dried as it will affect their waterproofness. Line drying is great for your nappies as sunshine is a natural deodorizer and will help to bleach any stubborn stains away. Never place nappies or wraps on a direct heat source.

Increasing absorbency

Some babies need extra absorbency in their nappy, especially during the night. Placing bamboo booster pads into your existing nappy will help to increase absorbency. Alternatively, you can use a super-absorbent nappy such as Ellas House Bum Hugger or Slinky Minki at night. Both of these have fleece liners which help keep your baby feeling dry.

Keeping your baby's skin dry

Fleece liners allow urine to pass through to the nappy whilst preventing it from passing back again, helping to keep your baby's skin dry. Tots Bots stay-dry, reusable fleece liners come in packs of 10 and fit inside most nappy brands.

Frequent soiling on the wrap

For a newborn baby, or a baby with loose stools, soiling may go on the wrap as well as the nappy. Some wraps have a wipe clean surface to enable you to wipe away a small amount of soiling with a damp cotton wool pad or a baby wipe, allowing you to use the wrap again.

Biodegradable liners have a smooth surface making it harder for loose stools to stick to the liner. An alternative is to allow soiling to go directly onto the nappy or onto a fleece liner as it is an absorbent surface and soiling will stick to it more easily.

Leaks

Ensure that the liner is not folded as this makes them too thick for urine to pass through to the nappy. Check that no part of the nappy or liner is visible out of the wrap. Please also ensure that you are using the appropriate size nappy for your baby's weight.

If your baby is a heavy wetter or sleeps for long periods, adding a booster (see 'increasing absorbency' above) should help. Please bear in mind that as with any nappy, real or disposable, leaks will occasionally happen.

Nappy rash

Many babies get nappy rash at some time during their nappy wearing life, usually when teething or poorly. Ensure that soiled nappies are changed as soon as possible and allow some nappy-free time.

Some parents find that using a fleece liner inside the nappy helps as this acts as a one way barrier, allowing urine to pass through to the nappy, whilst keeping your baby's skin dry. Weleda nappy cream is a good natural barrier cream and helps to reduce soreness and prevent redness.

Biodegradable liners and septic tanks

Please be aware that we do not recommend using biodegradable liners if you have a septic tank. Additionally, the flushing of liners in old or damaged drains may cause blockages. No responsibility can be accepted for individual drain systems.

Need to order more items?

To order additional items, please either contact your nappy adviser, or place your order online at: www.cottonbaby.co.uk Alternatively, call Cotton Baby on: 01228 712699 or e-mail: nappies@cottonbaby.co.uk

If you do not find the answer to your questions above, or you require further advice, please do not hesitate to get in touch and we will be very happy to help.

Nicola Latimer

Founder, Cotton Baby

"Caring for your baby and the environment"