

## TYPES OF MODERN CLOTH NAPPIES

**Flats & Prefolds** - Prefolds are the modern version of flannelette flats; made from several layers with extra absorbency in the centre where it is needed. Prefolds and terry towelling flat nappies can be fastened with a Snappi™ (an easy to use, safe fastener) or, like flannelette, used in the traditional way - folded and pinned. Versatile flats and prefolds can also be folded into a pad and placed into a fitted cover without a fastener, used to stuff pocket nappies, or as absorbency boosters in other kinds of nappies.

**Fitted Nappies** - Fitted nappies are shaped to fit your baby without folding and have elasticated legs and waist. Most fasten with Velcro® or snaps.

**Pocket Nappies** - Pocket nappies are a cover and liner sewn together to form a pocket, which is stuffed with absorbent material such as a flat or a prefold. Most fasten with Velcro® or snaps.

**All In Ones** - All modern cloth nappies require a cover (the waterproof aspect of the nappy) unless they are an All In One (or a Pocket), which has the cover attached.

**Covers** - Modern cloth nappy covers are no longer plastic (PVC) and uncomfortable. They come in a range of breathable materials such as PUL (Polyurethane Laminate), Windpro, Nylon, Polar Fleece and Wool. Covers can either be Pull-up or Wraps which are fastened with Velcro® or snaps.

**Liners Boosters/Doublers** - Disposable or reusable liners are used to draw moisture away from baby and help make cleaning up easier. Boosters and doublers are used to add absorbency to a nappy.

**Modern Cloth Nappy Materials** - Modern cloth nappies come in a wide range of materials. Some are natural like cotton, towelling, hemp or wool and some are synthetic like polar fleece, micro fleece or micro suede. All materials are very easy to launder and should last a long time.

For more information  
or to request more brochures, contact:  
[www.thenappynetwork.org.nz](http://www.thenappynetwork.org.nz)

## MODERN CLOTH NAPPY BENEFITS

- ♥ modern cloth nappies can SAVE you thousands
- ♥ help the ENVIRONMENT in a fun and funky way
- ♥ wide RANGE of fabrics and designs
- ♥ soft and COMFORTABLE
- ♥ FREE from perfumes, chemicals and nasty gels
- ♥ modern nappies allow AIR to circulate keeping temperatures lower



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	<p>The Nappy Network runs nappy demos for interested groups - we have informal 'Nappicos' in many areas - and a friendly online community where all are welcome to learn more about modern cloth nappies.</p>
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IT'S TIME TO  
CHANGE YOUR  
NAPPIES!



# WHAT ARE MODERN CLOTH NAPPIES?

Modern cloth nappies come in a dazzling array of styles, fabrics and colours. Today's nappies are easy to use, easy to wash, prevent leaks and keep baby dry whilst allowing babies' skin to breathe.

## DISPELLING THE MYTHS

**Cloth Nappies Cause Rashes** - Cloth nappies do NOT cause nappy rash. Leaving a baby in a wet/soiled nappy (whether cloth or disposable) for too long can result in nappy rash. To avoid nappy rash, ensure all traces of detergents are rinsed out of nappies when washed. Drying in the sunshine is a great sanitizer, reducing the likelihood of rash. At each nappy change, wash baby's bottom with warm water and a soft cloth, then carefully pat dry. Be wary of using perfumed wipes and creams as they may create/aggravate rashes. Allow baby, nappy free time to air and dry skin.

**Cloth Nappies Are Expensive** - Quite the opposite. Cloth nappies are reusable and you only need approx 18-24 nappies per size and 4-6 covers per size to get you from birth to toilet trained. You don't have to buy your nappies all at once either, and modern cloth nappies have a great resale value.

**Cloth Nappies Are Hard To Use** - Modern cloth nappies don't require pins or difficult folds and most have Velcro™ or snaps to fasten. It's so easy to use a modern nappy!

**Cloth Nappies Leak** - Not these days! With modern cloth nappies, leaks are a thing of the past. There are a vast array of nappies and covers available and most combinations ensure no leaks. If you do have a leak common causes are the nappy not fitting properly (i.e. too big or too small) or a build up of detergent on the cloth.

## Good for Babies Good for the Environment



### ECO CHIC

Modern cloth nappies REDUCE household waste. Every year 575 million 'disposable' nappies make their way to NZ landfills. That's approx 2000kg per child. Those nappies may take up to 500 years to biodegrade. It also takes one cup of crude oil to make the plastic for each 'disposable' nappy. You can REUSE modern nappies 100's or even 1000's of times. RECYCLE old clothes, sheets or even towels into colourful cloth wipes. It's fun, easy and a great way to save money and the environment!

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## ECONOMICAL

Studies show that it costs over \$2500 per child for 'disposable' nappies over 2.5 years. Modern cloth nappy systems can be used for more than one child, saving you thousands. Set up costs can vary from \$200 - \$1000 however, many modern cloth nappy suppliers offer payment plan options. With modern cloth nappies you don't have to buy extra rubbish bags, nappy wrappers or scented storage bags nor spend money on nappy soakers. Contrary to popular belief, laundering does not have to be expensive or difficult. And, save even more by using cloth wipes!



## WASHING MODERN CLOTH NAPPIES

Modern washing machines and powders mean no soaking, scrubbing, nasty chemicals, dangerous buckets of water or time consuming washing routines. Simply dispose of any waste in the toilet and place nappy in a lidded bucket until wash day. This method of storage is called 'dry pailing'. It removes any drowning risk and the smell of soaking. On wash day (depending on how many you have) simply wash your nappies by using half the recommended amount of one of the many powders available on the NZ market. It is beneficial to use chemical, perfume & enzyme free powders to protect baby's sensitive skin. Do not use fabric softener as this has waterproofing properties. Ensure nappies are rinsed well as powder residue can lessen absorption. Most modern cloth nappies can be tumble dried however the best way to dry is outside in the sun, taking advantage of the sunshine's natural sanitizing, whitening effect. Oxygen based whiteners can be used to boost whitening.

