



## Stains on Nappies

Sorry to hear you are having stain problems, here are quite a few options,

- 1) Hanging outside even if not very sunny often bleaches out stains and is the most natural way to do it,
- 2) Frost works well too – in the old days I've been told every one regularly put nappies out to get frozen.
- 3) Soaking in white vinegar 1 tbs can help so can 2 tsp of bicarb
- 4) I wasn't into soaking but did use a bit of "Ecos Stain & Odour Remover" you can get it at several eco sites or whole food shops sell it which is good or you can use vanish on the stain or a bad soiled bit before washing or soaking if you are soaking them. There are other brands that probably work as well.
- 5) Doing the odd wash with a bio powder will help make sure they are well rinsed though, however now her she isn't new born she may do fine with bio powder
- 6) Ecover bleach or another of the Oxygen based bleaches now available – can be used in the wash or for a soaking solution
- 7) Bio tex also works
- 8) The other thing is to think about what liners you are using – if you are using that is, or it might be the time to start if you are not and having problems – I found that the washable fleece liners kept just about everything off Ollie's nappies – I cut my own from cheap thin fleece so that they were big enough to wrap round the back of the nappy, so I only used the paper ones when he was in childcare.
- 9) Finally I found that the odd stain washed out next time so I rarely worried about it and they didn't seem to get any worse. – I know it is not the approach for every one but if they smelled fresh I wasn't that bothered!!