



Washing Nappies

Washing nappies nowadays is easy; most households have a washing machine, which does the washing for you. Wet nappies and rinsed soiled ones can be stored in a lidded bucket while waiting to be washed. There are various different washing routines; it's for you to choose the best for you and your baby

Washing your nappies

A hot wash cycle at 60° will sanitise your nappies, however if your baby is well 40° is often adequate, particularly if they are not too soiled, nappies can then be done with your other clothes – maybe doing a quick nappy rinse first. Look at any labels for specific instructions. Use a non-biological powder. Do not use fabric conditioner. Wraps don't need washing every time you change your baby; these can be wiped clean for a couple of changes and then washed. It is important to look at the specific instructions on your wrap, they will last longer if washed at 40°. Close the Velcro first to stop them sticking to other items of clothing

Liners

Liners should be placed inside the nappy next to the baby

Liners are designed to let urine through to be absorbed in the cloth nappy. The liner catches faeces so that it can be flushed down the toilet

Check that your disposable liners can be flushed; only flush one at a time

Disposable liners can be washed a few times to prolong their life

For newborns liners can be cut in two. Do not fold double as this will prevent absorption by cloth nappies

Washable liners can also be used, there are many different sorts on the market, made from fleece, polypropylene, silk, or cotton. They are easy to make yourself.

Remember to wash your hands after dealing with wet or soiled nappies and liners.

Drying your nappies

Out on the line in the sunshine is best as the sunshine will sanitise and naturally bleach nappies. Even in our climate, unless it is actually raining, it is worth putting nappies out on the line and finish off the drying process inside on a drying rack.

Most nappies can be tumble dried though this uses more energy

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Nappy Washing Information

Soaking can be done but is not necessary.

If you have staining problems you could try soaking them

You can use any **ONE** of the following

2-3 tbs white distilled vinegar

1tbs sodium bicarbonate

1tbsp domestic borax

5 drops tea tree oil

1 tbs sanitising powder

Half fill bucket with water and mix in one of the above. Change the water regularly. Please note borax and sanitising powders are germicides and may not require the nappies to be washed with detergent after soaking, just rinse them thoroughly or wash on a cooler 40 degree wash. These should not be used on Velcro or waterproof fabrics or nappies containing elastic.

Read the instructions on your individual choice of nappy

Useful tips

- Biological detergents can cause skin irritation, products like Surcare and Filetti are good for babies with sensitive skin, many people use the eco friendly powders and liquids such as Ecover, Bio-D etc. For all your washing you can often use half the recommended powder and get good or better results.
- Washing with no powder once in a while will keep the nappies softer.
- If washing in eco products occasional use of oxygen based bleaches will keep your nappies bright.
- If your child is susceptible to skin problems it is important to rinse nappies very thoroughly before drying
- Boil washing will reduce the life of the nappy
- Don't dry wraps on the radiators, it's ok for nappies but if they get stiff give them a really good shake and rub.
- Adding half a cup of vinegar in the last rinse cycle will take out any left over soap residues and balance out the pH it will also keep your nappies soft
- Fabric conditioners will reduce the absorbency of nappies
- New nappies have to be washed twice before use to become absorbent

Once you get a routine you will soon find it easy, if not consider a nappy laundry.



Bradford Real Nappy Project

Bradford Environmental Action Trust 140-148 Manningham Lane, Bradford, BD8 7JL

Tel. 01274 718420, Email: nappy@beat.org.uk web site www.beat.org.uk

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