WASHING CLOTH NAPPIES AT HOME



overloaded) cycle.

instructions.



PREPARING A CLOTH NAPPY FOR WEAR



Most cloth nappies tend to have softly lined inners with water-resistant outer covers.

Both disposable and reusable nappy liners are great for catching solids and protecting cloth nappies from any oily creams.





FITTING & CHANGING CLOTH NAPPIES

Remove the nappy and empty the solids into the toilet to avoid the solids going to landfill. *

Fold the dirty
nappy closed and
put it into a wet bag or
lidded bucket. There
is no need to soak it.

Place the clean nappy under the child to just above their bottom.

0

Check the liner is tucked inside the nappy and the clothing isn't.

Ensure the fit around the child's legs is snug with no gaps to prevent leaks.

Bring up
and snap the velcro
sides together snugly
but not too tightly. You
should be able to fit
two fingers between
the child's nappy
and belly.





*How you do this depends on how much time and space you have.
So, you can either:

- Put the soiled liner into a lidded bucket to deal with later.
- Rinse off what you can into a bucket then flush it away.
- Rinse off what you can directly into the toilet.



REMEMBER disposable liners are rubbish and should not be flushed down the toilet.

