

# SOFTBUMS CLOTH DIAPERING INFORMATION BOOKLET

Learn cloth diapering Facts about:

- Cost
- Types of cloth diapers available today
- Washing
- Comfort of your baby
- Health of your baby
- The environment
- How to change a cloth diaper
- How many do you need
- Leaks
- How to store cloth diapers, rash, tips & tricks and more



[www.softbums.com](http://www.softbums.com)

## Introduction

Everything you need to know about cloth diapers and then some. Seriously, this is a lot of information to absorb at once so don't overload yourself if this is your first time reading about cloth diapers. There is a comprehensive chart on the different styles of cloth diapers today. That should help sum up the differences in styles. If you are still confused after reading that, don't worry. It's not essential to know everything to be able to choose an excellent diaper for your baby. As long as you make sure to go with a reputable company you'll be fine. I don't recommend trying anything used or from a department store though. As often the quality is lacking. Aside from that you should be fine.

Some parents decide to buy one of each style they are interested in, and try them on their baby. However you end up spending a lot on a bunch of different diapers, perhaps making it even more confusing and expensive. If you don't have your baby yet, you probably want to get your diapers now before baby comes. Most parents just choose one style they think they will be happy with and get a complete set of them. That is the easiest way, then you don't really have to know too much info to get started cloth diapering your baby.

I always get asked which diaper I would use for my baby. If I had another baby again and money was not a consideration, I would definitely use fitted diapers for the newborn period in addition to some All-in-two's. Then I'd use mostly all-in-two's with a few fitted diapers and wool covers for night-time. I love the simplicity of all-in-ones, but I really like being able to reuse the outer shell of the diaper. Saves on water usage too. I like using a one-size diaper, even for the newborn period, as I really don't like having to get all new diapers for each size. Babies grow so quickly, before you realize it they are in the next size and you need diapers now! But I do like to have 2-3 dozen small sized fitted diapers for a newborn. They really work well at containing all the mess, never a leak, and they fit the tiny baby so perfectly. They are well worth it in my opinion.

Cloth Diapers are similar to disposables in that there needs to be an absorbent inner, and a waterproof outer. The difference is that many cloth diapering options today come in 2 parts where the absorbent inner diaper is separated from the waterproof outer in some way for various reasons. Prefolds and Covers are a perfect example of this. Prefolds are a very inexpensive diaper, plus many layers thick and therefore very absorbent. . But it is just a flat rectangle. They used to attach this to baby with pins. But now with a Velcro cover all you need to do is fold the prefold into the cover and attach to baby. People like Prefolds because you can get a lot of very absorbent diapers for about \$2 each. Once you've folded it into the cover it goes on very easily, like a disposable.

Cloth Diapers also need to fit the baby well and be absorbent enough. If the waterproof part does not fit perfectly it can leak. Also absorbency is crucial because cloth fibers can only absorb so much liquid before they will leak, no matter how well the waterproof outer fits.

For example, this is why babies with thinner legs do better in a fitted diaper with a separate cover. This baby's fitted diaper has its own elastic and is also very absorbent. When you add a separate cover on top, your baby gets 2 sets of elastic instead of just one, and super absorbency. So even if this baby wets a ton and it might start to leak around the leg opening, you've got a second layer to catch it. In fact adding absorbency to any diaper will decrease its chance of leaks. So if your skinny legged baby only has pocket diapers or all-in-ones, adding more absorbency will help against leaks. And adding a separate cover over this baby's pocket diaper or all-in-one will also help in special situations like night-time where the diaper is on longer.









What you need to cloth diaper:









- A cotton, hemp or bamboo diaper to absorb and hold wetness
- A waterproof outer to keep wetness away from clothes, such as a cover/shell.

There are several ways to cloth diaper;

1. Lay, fold, or snap the absorbent diaper/soaker into a diaper cover/shell. You won't need to change the cover or shell every time, just the diaper. Air out the covers in between changes. Wash covers every other day, or when stinky, or poopy. You'll need about 4-5 covers or shells and about 1 dozen diapers/day.
2. Use an all-in-one diaper where the waterproof material is sewn onto the diaper. You just put it on baby like a disposable. You'll need about 12-18/day.
3. Use a pocket diaper(waterproof material is sewn on) and absorbent insert. You'll need 12-18/day of both pockets and inserts. Simply stuff the insert into the pocket diaper as you put it on baby, and un-stuff it before washing.
4. Use a fitted diaper and separate cover. You can use any cover with fitted diapers. Some prefer the pull-on covers as they are inexpensive, and very easy to use with fitteds. You'll need about 12/day plus 4-5 covers/day.
5. Pin or Snappi on a flat or prefold diaper then use a cover over it. You only need to do this is you have a pull-on style cover such as a wool soaker. Fitted diapers are much easier to use under pull-on covers as they have closures.

## Cloth Diaper Choices for Today's Modern Parents

Picture	Diaper Style	Description	Pros/Cons	Needs A Cover
	All-in-One	One piece diaper, nothing else needed, just put on baby. Most similar to a disposable. Waterproof outer, absorbent soaker sewn in, elastic at legs and back with snap or Velcro closures.	Easiest diaper to use as it is all one piece. Daddy's favorite. Best for wiggly babies, outings, or parents who want the easiest diaper. Costs a bit more than other systems. May leak on thinner legged babies. May need doublers to be absorbent enough.	NO
	All-in-Two	Same as all-in-one, but absorbent soaker is removable making the outer waterproof shell reusable several times before washing.	Same as all-in-one in that it is the easiest diaper to use. Options for inner fabric to be more natural, or higher tech wicking ability. This all-in-two system however costs much less than other systems as you can reuse the shell. It also dries much faster and gets cleaner as it is in 2 pieces. Costs a bit more upfront. But you can offset that by using fewer diapers at first, or using Prefolds instead of some of the soakers.	NO
	Pocket	Waterproof outer, microfleece inner, elastic legs and back, snap or velcro closures. Pocket opening at back to stuff absorbent insert.	Easy to use. Inner microfleece keeps baby feeling dry. Quick dry. May be a good night-time diaper. Costs more than other systems. You cannot reuse the outer shell. Harder to wash and may have buildup issues with the inner fleece making the diaper leak badly. It is a hassle to have to stuff and unstuff	NO (But it does need an absorbent insert)
	Fitted	Gentle elastic at legs and back with snap or Velcro closures. Extra absorbent soaker sewn in.	Perfect for Heavy wetters, night-time, skinny babies, or a more breathable natural diaper. Needs a pull on cover when you put clothes over it.	YES
	One-Size	One-size means it fits from birth to potty training, or about 8-35 lbs. Many diapers can be in a one-size style such as; Fitted, All-in-Two, and Pocket diapers.	Lasts through many months/years and saves lots of money in the long run. You can afford to buy the easier and typically more expensive diapers, because it saves money even over Prefolds and covers. May be bulky on a newborn if it is not a trim style. May not last through more than one child. Costs a bit more upfront.	YES (if a fitted) NO (if an all-in-one or pocket)
	Contour	Hourglass shaped to fit in a Velcro or snap cover. Multiple layers, but no elastic or closures.	Easier than Prefolds as they don't need to be folded, just lay in a cover. Still a more expensive system than Prefolds.	YES
	Prefold	This is a Flatfold pre-folded into a rectangle with multiple layers in middle.	Needs to be folded or pinned and can be more confusing for new cloth diaper users. A simple and cost effective way to get lots of very absorbent cloth diapers. Easy to wash and lasts forever. Premium is big for 6-36 mo. Infant is 0-9 mo. Premie is 0-3 mo. Must be folded and laid into a Cover or pinned	YES
	Flatfold	This is simply ONE layer or fabric that you fold to fit onto baby. Can be Cotton birdseye, terry, or gauze, or Hemp fleece.	Needs to be folded many times to get it into the proper shape to fit into a cover, or be pinned or snapped onto baby. Not the quickest diaper in the world to use. Very fast drying time. Inexpensive. You can use 2-3 flatfolds to increase absorbency. Fits into almost any diaper or cover as you can adjust the size of the diaper easily. Great for newborns. Great for an inexpensive alternative to Prefolds until you can afford more expensive diapers.	YES

	Insert	2-4 layers of Microfiber, Hemp or other very absorbent material in a rectangle shape to fit into a pocket diaper	Usually very absorbent and no need to fold before stuffing into a pocket diaper. You can use a Prefold as an insert too, but you have to fold it first and some trim pockets can't hold a Prefold well and will leak.	YES (Goes into a pocket diaper)
	Snap-in, or lay in Soaker	3-7 layers of Hemp or other absorbent fabric in a contoured pear, rectangle or hourglass shape. Snap-Ins have a snap to attach to the waterproof shell so it can act as an all-in-one.	Perfect combo with the All-in-Two making it into a super absorbent customizable diaper. The top layer of fabric that touches baby's skin may be a different material such as microfleece, organic cotton velour or other. A bit more expensive than prefold diapers at first, but saves more money over time.	YES (Goes into an All-in-Two diaper)
	Doubler	Several layers sewn into a slim oval shape to add absorbency to any diapering system without adding extra bulk to the diaper.	Great for heavy wetters, night or nap times, or any time you have to leave the diaper on a little longer, like outings or long car rides.	YES (added to any diaper system)
	Cover (aka: wrap, shell)	Waterproof material with elastic legs and back and Velcro or Snap closures. Comes in PUL, Fleece, Laminated Prints, Nylon, or Wool.	Covers and Prefolds are the standard for cloth diapering. There are so many brands of covers out there, that you can get caught up trying each one to get the best fit, least leakage etc. With all the sizes to buy you end up spending more than other systems.	
	Pull on Cover	Waterproofed nylon cover, elastic legs and waist, no closures.	Pull on covers were made for fitted diapers. Can also be used over pinned or snapped Prefolds or flats. Come in breathable nylon, or wool.	
	Snappi	Little bungee cord with gripping plastic teeth that secures a Prefold or flat diaper instead of pins	You only need this if you want to put a pull-on style cover over a flat or Prefold diaper.	
	Liner	Liner is a very thin layer that you place on top of any diaper next to baby's skin to catch poops.	Biodegradable, flushable liners for catching poop. Other liners are a thin 1 layer of microfleece, or other fabric that are washable and reusable and help wick moisture away from baby's skin so they don't feel wet.	
	Cloth Wipes	A fabric wipe that is reusable and washable	Softer and gentler on baby's skin than disposable wipes. Use water to wet wipe first. Keep some moist ones in the diaper bag too.	
	Wool	Very soft Merino or other wool specially milled for baby clothes so it does not itch.	Natural antibacterial and antimicrobial properties to keep wool fresh and clean without washing for weeks. Breathable.	
	Hemp	Made from Hemp plants	Super absorbent fabric. Uses much less water to grow, and no pesticides. Antibacterial.	
	Cotton Sherpa, Fleece, Velour, Terry, flannel, or birdseye	Just variations of Cotton fabrics. 100% cotton being the most absorbent, any polyester blend will render the fabric less absorbent with more percentage.	Softest from most to least: Velour, flannel, sherpa, birdseye, fleece, terry.  Absorbent from most to least: Terry, Fleece (100% cotton only), Velour, birdseye, sherpa, flannel.	
	Bamboo	From Bamboo trees	Very soft, and 60% more absorbent than cotton. Has antibacterial properties similar to wool.	

# PERFECT FIT ONE-SIZE DIAPER

## INSTRUCTIONS

[WWW.SOFTBUMS.COM](http://WWW.SOFTBUMS.COM)

**1. Open Front Pouch.**



**2. Find Toggle Adjustments inside and slide down to tighten elastic.**



**3. Adjust Elastic to fit your baby PERFECTLY! No need to readjust elastic again until baby grows.**



**4. Close Front Pouch and try diaper on baby. Readjust Elastic as needed.**



This is an all-in-one diaper, or (AI2) style and needs a soaker snapped in the back for absorbency. You can also use this as a cover over your prefolds or other diapers.

**5.** When you have the correct size setting, baby on diaper and pull front of insert, and cover up between legs.



**6.** Fold insert up first then fasten cover on baby.



**7.** It takes a bit of fixing To get the legs to just the right size.



**8.** Tuck insert into cover, and check legs for correct size. If there are gaps, tighten toggles.



The first time you diaper your baby in cloth be sure to do the following and prepare for possible leaks you first time. If the diaper does leak you won't be too surprised, just review the "leaks" section and try again! Leaks are common for a new diaper.

1. Use a pre-washed diaper (prewash all new diapers at least 3 times in HOT with detergent).
2. Use the diaper during the daytime (not at night or for a nap).
3. Make sure there are no gaps. You'll want to pull the diaper tighter than a disposable (it won't rip the tabs off, hehe), and put the diaper on snugly.
4. Make sure all cotton is tucked in.
5. Change diaper as soon as it is wet, or about every 1 ½ -2 hrs.

# If you'd like to make one simple contribution to do your part and **HELP THE ENVIRONMENT** then **switch to cloth diapers.**

“Compared to cloth diapers, throwaway diapers use 20 times more raw materials, 3 times more energy, 2 times as much water, and generate 60 times more waste.”

"Environmental Network's first initiative, finds that all of the available research on the environmental impact of throwaway diapers had been funded directly by makers of throwaways. A London independent environmental agency, the Landbank Consultancy, is asked to review and evaluate the data. The Landbank Report concludes that;

In a typical baby's 2 yr diapering period they will each make about 9000 dirty diapers, more if they are in diapers longer, which many babies are. That is equivalent to **TWO TONS OF SOLID NON-BIODEGRADABLE WASTE!!!** That's about the size of my Airstream. Now imagine that buried in your back yard! And if you have more children, multiply that number per child!! Today's easy to use cloth diapers make helping the environment **FUN** and **EASY!** Many of Today's trendy parents are taking the **CLOTH DIAPER PLUNGE.**

Our current landfills are closing at the rate of one a day in this nation. The over burdened landfills are a threat to our water and land pollution standards for health. The seepage from the landfills is toxic to our well water and farmland. What will happen in the next 20-30 yrs when these landfills are all full? Although we incinerate much of our waste, the polymer in disposable diapers is fire retardant. And ultimately, the incinerated ash and unburnt rubbish is dumped into our landfills. Besides, is burning garbage any better?

Even the manufacture of disposable diapers is destroying the environment. They use 3.4 billion gallons of **OIL** and over 250,000 trees a **YEAR** just to make disposables which will ultimately end up in our back yard! I live in a town that is currently building a whole block of lovely new apartment buildings right next to the site of an old landfill that they had to close 10 yrs ago because the seepage into the neighbors' well-water was making people sick! Even if you only used cloth diapers part-time and still used some disposables you'd still be saving a ton of money and natural resources. Disposables diapers contain acrylate powders which can be deadly if inhaled or ingested. Some children and adults have very strong allergic reactions to these and other chemicals and perfumes in disposables. Dioxins, made from the bleaching process of wood pulp into paper are also found in disposables at alarmingly high rates. These dioxins are some of the most highly toxic chemicals known.

- In 1988, over 18 billion diapers were sold and consumed in the United States that year. It's been estimated that 27.4 billion disposable diapers are consumed every year in the U.S.
- The instructions on a disposable diaper package advise that all fecal matter should be deposited in the toilet before discarding, yet less than one half of one percent of all waste from single-use diapers goes into the sewage system.
- Over 92% of all single-use diapers end up in a landfill.
- In 1988 alone, nearly \$300 million was spent just to discard disposable diapers, whereas cotton prefold diapers are reused 50 to 200 times or more before being turned into rags.
- No one knows how long it takes for a disposable diaper to decompose, but it is estimated to be about 250-500 years, long after your children, grandchildren and great, great, great grandchildren will be gone.
- Disposable diapers are the third largest single consumer item in landfills, and represent about 4% of solid waste. In a house with a child in diapers, disposables make up 50% of household waste.
- Disposable diapers generate sixty times more solid waste and use twenty times more raw materials, like crude oil and wood pulp.
- The manufacture and use of disposable diapers amounts to 2.3 times more water wasted than cloth.
- Over 300 pounds of wood, 50 pounds of petroleum feedstocks and 20 pounds of chlorine are used to produce disposable diapers for one baby **EACH YEAR.**
- In 1991, an attempt towards recycling disposable diapers was made in the city of Seattle, involving 800 families, 30 day care centers, a hospital and a Seattle-based recycler for a period of one year. The conclusion made by Procter & Gamble was that recycling disposable diapers was not an economically feasible task on any scale.

## COMFORT and HEALTH of your BABY

*Disposable diapers contain traces of Dioxin, an extremely toxic by-product of the paper bleaching process. It is a carcinogenic chemical, listed by the EPA as the most toxic of all cancer linked chemicals. It is banned in most countries, but not the US.*

In May 2000, the Archives of Disease in Childhood published research showing that scrotal temperature is increased in boys wearing disposable diapers, and that prolonged use of disposable diapers will blunt or completely abolish the physiological testicular cooling mechanism important for normal spermatogenesis.

The most common reason for diaper rash is excessive moisture against the skin. Newborns should be changed every hour and older babies every 2-3 hours, no matter what kind of diaper they are wearing.

Disposable diapers contain sodium polyacrylate, a type of super absorbent polymer (SAP), which becomes a gel-like substance when wet. A similar substance had been used in Super-absorbency Tampons until the early 80's when it was revealed that the material increased the risk of toxic shock syndrome.

They removed it from tampons, but left it in baby diapers???

Disposable diapers contain Tributyl-tin (TBT) - a toxic pollutant known to cause hormonal problems in humans and animals.

*70% of babies develop a rash today. This is a drastic difference to 1960 before disposables were introduced and only 7% of babies had a rash. Coincidence? Nope, babies in cloth rarely if ever get a rash, and usually it's detergent related.*

## **COSTS OF A CLOTH DIAPER**

**Think about this:**  
**\$450 = 3 MONTHS of disposables**  
**OR:**  
**\$450 = 3 YEARS of cloth diapers**  
 (for the first 3 months, newborn babies go through about \$450 worth of median priced disposables )

“\$23 for one diaper?!  
 Aren’t cloth diapers more expensive than disposables?  
 They seem like a huge investment”

Cloth diapers are far cheaper, but you do have to make an initial investment. For the same price that a pack of disposables cost for a few days, they last thousands over disposables in the long run. In fact many parents reuse the same diapers on their second child saving them thousands over disposables in the long run.

Some lucky parents can save enough money to buy a nice stash of diapers before their baby is born. This is probably the wisest way to go because caring for a new baby is hard enough without trying to worry about what cloth diapers to choose. Also newborns go through an average of 12-24 diapers a day (with 20/day being closer to the real amount). It seems like a ridiculous amount, but those numbers are what countless mothers tell me, and are right in line with what I saw with all four of my own kids. That adds up to a lot of diapers every week and month.

It’s not that hard to throw a load of diapers in the washer every other day, and it saves a ton of money over disposables. It costs approximately \$450 to use disposable diapers on a baby for the first 3 months alone. If you used that money to buy cloth diapers, you could practically get your entire stash for your baby to last from birth to potty training with that amount. Not to mention saving yourself from having to make last minute trips to the store for more diapers.

Here are some numbers to help you figure out how much cloth diapers can save the family budget.

**Costs: Seventh Gen \$.40 ea, Goodnights \$.80 ea, Huggies \$.34 ea, Pampers \$.34 ea, Wal-Mart brand \$.21 ea** (Costs vary due to size and brand. Larger babies may use fewer diapers/day, but each diaper costs more, about \$.50 a piece.)

### **Disposable Diapers vs. Softbums Cloth Diapers**

Age of Baby in each size of Disposables	Disposable Diapers/day	# of Disposable diapers needed for that period	Total Cost for Disposables
Newborn-3 mo	12-24	1080	\$399.20
3-9 mo	10	1800	\$612.00
9 mo-1 year	10	900	\$306.00
12-18 mo	8	1440	\$489.60
18-24 mo	8	1440	\$489.60
24-36 mo	6-8	2520	\$932.40
		Total	
Add \$15/mo for diaper genie refills			\$450.00
Add \$14/mo for disposable wipes			\$420
Sales tax			\$20
Add \$ for extra garbage			\$20
<b>Grand Total for Disposables =</b>			<b>\$ 4121.00</b>
<div style="border: 1px solid black; padding: 5px; display: inline-block; margin: 10px;"> <b>COMPARE</b> </div>			
<div style="background-color: #90c060; color: white; padding: 10px; border-radius: 10px; display: inline-block; margin: 10px;"> <b>SOFTBUMS CLOTH DIAPERS</b> </div>			
Age of Baby in each size of Cloth Diapers	Cloth Diapers/day	# of Softbums diapers needed for that period	Cloth Diaper Total Cost
Newborn-36 months	6-24	6 one-size fits all Shells, and 24 Soakers	<b>\$384 !!!</b>
24-36 mo	6-8	Training pants/diapers for night-time (optional)	\$40
Add Extras like: Wetbags			\$20
Cloth wipes			\$30
Detergent			\$12
Energy costs for Washing	3 times/week for 30 months	Electric water heater: approx. \$0.34/load Gas water heater: approx. \$0.10/load	Total washing costs=\$36.00-\$122.40 depending on your water heater
<b>Grand Total for SOFTBUMS Cloth diapers =</b>			<b>\$522.00</b>

**\$384.00**  
 for 3 yrs  
 of  
**Softbums Cloth Diapers!**

# Leaks

Are you worried about leaks?

Give yourself time to learn. As with anything new, you have to get used to it first!

Leaks actually are a common problem for first time cloth diaper users. That's because they are doing things wrong and haven't learned how to avoid leaks yet. Cloth diapers may be a bit harder than taking the diaper and putting it on your baby, but they are worth it. Just like anything new there is a learning curve, once you get over that you should be leak free. Here is a list of common causes for leaks and how to solve them.

- **PREWASH.** Always PREWASH your diapers and soakers before use. Depending on the material, they may not reach full absorbency until they've been washed 3-7 times.
- **DRY SHELLS ON HOT.** After you prewash, also make sure you dry your shell on HOT for at least 10 min to seal all sewing holes.
- **START SLOWLY.** Take your time to learn how to do cloth diapering correctly. Read about it first before you try it. The first time you use your diapers make sure you've gone over your TO-DO sheet.
- **USE DURING DAY FOR FIRST TIME.** Try the diaper on your baby during the day; do not try to put them down for a nap for the first time in cloth.
- **NO FABRIC SOFTENERS.** NEVER use fabric softener, or dryer sheets. This puts a coating on your diapers which will impede the absorbency and might irritate baby's delicate skin.
- **Are they leaking at the waist?** Boys especially need to have their diapers nice and snug at the waist, especially tiny babies, as they have a tendency to pee straight up and out of gapping diapers.
- **Does it leak from the legs?** There should be no more than a finger width of gap at the legs. If you can see more than that, adjust the diaper tighter again. The diaper should be snugly on the baby, but not too tight. It should probably go a little tighter than you think at first, but if it leaves bright red marks, it's too tight.
- **What is Wicking?** Wicking is when a tiny bit of the cloth part of the diaper is sticking out of the waterproof cover and touching baby's clothes. When the diaper gets saturated, it can travel along this tiny part sticking out (even as small as a loose string) and wet baby's clothes. This is easily remedied by doing a quick check after you get the diaper on and tucking any loose parts in. Don't accidentally tuck your child's shirt into their diaper when dressing.
- **CHANGE BABY OFTEN.** You can't leave a baby in a cloth diaper (or any diaper) too long, or you'll increase the risk of leaks and diaper rash.



## Washing Diapers

(Yes, it's really this easy)

1. Wash in COLD with the Water Level on High, Using  $\frac{1}{4}$  the recommended amount of detergent.
2. Wash a second time on HOT, with no detergent.
3. Dry.

## Details about Washing Diapers!!

(if you want some more reading material here ya go)

1. Shake all solids from your dipes into the toilet. Anything sticky left on after shaking, or all breastfed poo does not need to be taken off. You can just throw it into the bag and them washing machine. This is harder while you're out and about, so you might try using a washable or disposable **diaper liner** in the diaper for these times. Diaper liners are also good for helping keep stains lessened, and for older toddlers who don't wear too many diapers per day.
2. Close velcro tabs to fold back tab, to keep from sticking to one another in the wash.
3. Keep all dirty dipes in a DRY washable waterproof bag, plastic bag, or diaper pail. There is no need to fill a bucket with water or rinse all your dipes in the toilet (eww!). Just put them from the bag to the washing machine, and let it do all your work for you. If you need to rinse, you can do so with a sprayer attached to your toilet, or in the bathroom sink.
4. Wash about 24-36 diapers at a time (any more than 36, and they won't get so clean) Wash in COLD with the Water Level on High, USE ONLY  $\frac{1}{4}$  -  $\frac{1}{2}$  THE RECOMMENDED AMOUNT OF DETERGENT. So if they recommend 1 cup, use  $\frac{1}{2}$  c. for really soiled dipes, or  $\frac{1}{4}$  c. for your usual load.
5. WASH again with NO DETERGENT in HOT water with the water level still on HIGH.
6. Some find that just one washing in HOT with water level High, and  $\frac{1}{4}$  amt of Detergent can be sufficient for most loads. Especially if you're washing every other day regularly, they'll get clean with one washing.
7. Dry by hanging in the sun if you want your dipes to get bleached white (10-15 min is all it takes, for magically white dipes!) Dry in the dryer for 10 min after sunning if you want to fluff them up.  
Or, Dry in the dryer on warm setting, until dry, or mostly dry, and then hang on your dry rack upstairs.
8. Remember only use detergents with mild ingredients, anything with oxygenating stuff, or whiteners will slowly ruin your dipes. Borax, Softeners and BLEACH should NEVER be used. Baking soda in the first wash will help to deodorize them, but you shouldn't need it too often. Vinegar in the last rinse cycle can help soften diapers. Every once in a while, or if your diapers are stinky after washing, you'll need to strip them. Wash 3-5 times in Hot with No Detergent to strip diapers. Also you might try soaking in the washer for a few hours or overnight if your diapers are getting stinky. If you only have a few diapers with urine, or your diaper covers with a little poo, you can wash them with your other clothes, no need to wait to do a separate diaper load. Another trick is to use a detergent called SportsWash. It has no perfumes or brighteners, just pure detergent. To use this wash your dipes in HOT with no detergent to get all the excess soap scum out. Use  $\frac{1}{2}$  ounce of SportsWash, then wash once or twice without detergent again. Yes you are using lots of water, but it really does help that smell go away, and just remember that diaper services wash their dipes about 5 times!
9. Babies are part of our family and their excretions, although scary sometimes, are completely safe to our own family. Urine is actually sterile, and feces contain no Pathogens unless we are extremely ill. There is no need to wash out the washer after washing dipes, your washer does a great job of that itself! Nature takes care of us in mysterious ways!!
10. Stains are totally natural and will fade with time, try not to worry about them. If you really like unstained diapers, you can try the sun, or diaper liners.

# How Many Diapers do I need?

That will depend on how often you want to do the diaper laundry, and how often your baby wets.

Some babies wet a LOT at once, less times/day, and some babies wet a little MANY times/day. Before calculating cost and numbers you need to buy, be aware that most parents do not buy all sizes at once, but as their baby grows. You also need to realize that very few people want to be chained to the washer, and do not do laundry everyday. **Most Parents do laundry every other day or every 3<sup>rd</sup> day.** You'll need enough to cover your baby's bum every day that you don't want to do laundry, plus add a few extra in for emergencies, diaper bag etc.

## Newborn - 3 mo

Diaper Style	Wash 1x/week	Wash every 3 <sup>rd</sup> day	Wash every other day	Wash 7x/week
Pocket Diapers and Inserts	70-84 Pockets in each size, 70-84 inserts	36-48 Pockets in each size, 30-36 inserts	18-24 Pockets in each size, 18-24 inserts	12-24 pockets in each size, 12-18 inserts in each size
All-in-Ones	70-84 in each size	36-48 in each size	18-24 in each size	12-24 in each size
Prefolds or Fitted diapers and Covers	70-84 diapers in each size, 14-28 covers in each size	36-48 diapers in each size, 6-12 covers in each size	18-24 diapers in ea size, 4-6 covers in ea size	12-24 diapers in each size, 2-4 covers in each size
Softbums Shells and Soakers	12-14 Shells, 70-84 soakers	8-12 Shells, 36-48 soakers	6 shells, 18-24 soakers	4 Shells, 12-24 soakers

## 3 months-12 months

Diaper Style	Wash 1x/week	Wash 2.3x/week	Wash 3.5x/week	Wash 7x/week
Pocket Diapers and Inserts	56-84 Pockets in each size, 56-84 inserts	24-36 Pockets in each size, 24-36 inserts	12-18 Pockets in each size, 12-18 inserts	8-12 Pockets in each size, 8-12 inserts
All-in-Ones	56-84 in each size	24-36 in each size	12-18 in each size	8-12 in each size
Prefolds or Fitted diapers and Covers	7-21 covers in each size, 56-84 diapers in ea size	3-9 covers in each size, 24-36 diapers in ea size	4-6 covers in ea size, 12-18 diapers in ea size	8-12 diapers in each size, 2-4 covers in each size
Softbums Shells and Soakers	12-14 Shells, 56-84 soakers	8-12 Shells, 24-36 soakers	6 shells, 12-18 soakers	4 Shells, 8-12 soakers

## 12 months-Potty Training

Diaper Style	Wash 1x/week	Wash 2.3x/week	Wash 3.5x/week	Wash 7x/week
Pocket Diapers and Inserts	42-84 Pockets in each size, 42-84 inserts	18-36 Pockets in each size, 30-36 inserts	12-24 Pockets in each size, 18-24 inserts	6-12 pockets in each size, 6-12 inserts in each size
All-in-Ones	42-84 diapers in each size	18-36 in each size	12-24 diapers in each size	6-12 diapers in each size
Prefolds or Fitted diapers and Covers	7-14 covers in each size, 42-84 diapers in each size	3-6 covers in each size, 18-36 diapers in each size	3-6 covers in ea size, 12-18diapers in ea size	1-2 covers in each size, 6-12 diapers in each
Softbums Shells and Soakers	12-14 Shells, 42-84 soakers	8-12 Shells, 18-36 soakers	6 shells, 12-24 soakers	4 Shells, 6-12 soakers









# SOFTBUMS PRICE LIST

[WWW.SOFTBUMS.COM](http://WWW.SOFTBUMS.COM)

[SVANBOGART@GMAIL.COM](mailto:SVANBOGART@GMAIL.COM)

612-216-4213

SARAH VANBOGART

Product	Description	Picture	Price
Softbums Training Pants Colors BLUE or PINK	Solid Blue or Pink waterproof PUL outer Side Snap design Snap-in Soaker design		\$8.00
<b>PERFECT FIT COVER</b> Softbums All-in-Two  • FRONT VELCRO	Solid waterproof PUL outer, soft white microfleece inner. Ocean Blue, Nuclear Pumpkin, Lime Green		One-size Cover: \$23.99
ORGANIC HEMP Snap-in Insert, one-size	Snap-in super absorbent Soaker design made to fit perfectly into Softbums Original, Training pants, or Perfect Fit Covers. Top layer of organic hemp with 2 additional layers of hemp.		\$10.00
ORGANIC HEMP Snap-in Insert with MICRO-FLEECE top layer, one-size	Snap-in super absorbent Soaker design made to fit perfectly into Softbums Original, Training pants, or Perfect Fit Covers Wicking top layer keeps moisture away from Baby's skin, with 3 additional layers of hemp.		\$10.00
Softbums Snap-in Insert ORGANIC HEMP with ORGANIC VELOUR top layer, one-size	Snap-in super absorbent Soaker design made to fit perfectly into Softbums Original, Training pants, or Perfect Fit Covers. Top layer of super soft Bamboo velour with 3 additional layers of organic hemp.		\$11.00
<b>DOUBLERS</b> ORGANIC HEMP Softbums 3 layers	Add to any Softbums diaper for extra absorbency. Great for nighttime!		\$3.95