



GETTING STARTED WITH REUSABLE NAPPIES



THE
NAPPY
GURUS

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Keeping it simple

We understand that cloth nappies can seem confusing at first. But it doesn't need to be this way. At The Nappy Gurus it is our job to break it down in a simple way and get you on the way to cloth nappy success.

Ultimately, it is all about selecting a nappy system that suits you, and your lifestyle.

Want something quick drying?

Choose a Pocket nappy, or an All-in-Two nappy. These nappies have absorbent parts that detach from the outer cover, making drying quick & easy. Microfibre absorbency will dry the fastest and will stay soft even without a tumble drier.

Some Examples:

- Alva Baby
- Buttons Flats
- Thirsties Duo

Want something easy peasy?

Choose an All-in-One nappy. These nappies most closely resemble a disposable nappy, particularly if they have hook & loop (velcro) fastenings at the waist. There are no loose 'bits' to fit together or misplace, and childcare providers will find these the most easy to use.

Some Examples:

- La Petite Ourse All in One
- Bambino Miosolo
- Tots Bots Easyfit

Want something absorbent enough for night-time?

Choose a Fitted nappy. This just means a nappy where the whole thing is absorbent, and this nappy requires a separate waterproof cover. The two-parts provide excellent containment and maximum absorbency, so can be worn for longer periods such as over-night.

Some Examples:

- Ellas House Bumhugger
 - Little Lamb Bamboo Nappy
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How about a starter pack?

We offer a range of starter packs, trial kits & test drive programmes to ensure you get nappies that are going to work best for you. These include a variety of different styles and brands, so you can discover the ones that you love the most. Our "Try Cloth for £10" programme is a great choice, and we offer a "30 Day Test Drive" on our most highly rated brands.

What you will need



Nappies

You will need somewhere between 15-25 nappies, depending on the age of your baby. You can always add more nappies to your stash as you go if you are running out between washes, so perhaps start with 15 and go from there.

Home Storage

Most people prefer a hanging wet bag over a nappy bucket these days. But either do the job! You just need something large enough to store your wet nappies until wash day.

Out & About Storage

A waterproof nappy bag can be carried with you to store your wet nappies until you get home.

Disposable Liners

These are optional, but can be useful, especially when you reach weaning age. They simply lay inside your nappies to catch solids, and can then be popped in the bin.

Boosters

These are little absorbent pads that can be used inside your nappies to give them a 'boost' of absorbency when you need it. These are useful to have around and those made of bamboo or hemp fibre will provide the best absorbency.

At The Nappy Gurus we provide a number of nappy kit options to get you all set up and ready to go. Easy!





Begin your cloth nappy journey

How you cloth nappy is up to you. You can use nappies of all the same type and brand if you wish, or you can have a stash made up of lots of different types. You can use cloth nappies full-time, or part-time - remember even if you change just one cloth nappy a day, that is one less disposable nappy in the landfill.

Our best advice is to pick up a starter pack from The Nappy Gurus and get started on your cloth nappy journey today. You won't look back and we are here to support you along the way if you have any questions or queries.

CLOTH NAPPY ABSORBENCY

CAPACITY

(least to most absorbent)

MICROFIBRE

COTTON

BAMBOO

HEMP

SPEED

(slowest to fastest to absorb)

HEMP

BAMBOO

COTTON

MICROFIBRE

TIPS:



PAIR HIGH CAPACITY INSERTS WITH FAST ABSORBERS FOR AN EFFECTIVE COMBO



PLACE HIGH CAPACITY INSERTS UNDERNEATH FAST ABSORBING ONES



DO NOT PLACE MICROFIBRE DIRECTLY NEXT TO THE SKIN, ENSURE THERE IS A STAY DRY LAYER ON TOP





How to care for

- 1) Dispose of liner (if one is used)
- 2) Store in your bucket or hanging pail until wash day. No need to soak
- 3) Run a cold rinse cycle
- 4) Wash warm (40° or 60°) with non-bio detergent and no fabric softeners
- 5) Run an extra rinse if you feel it needs it
- 6) Line dry or tumble dry low

*Do always pay attention to each manufacturers care guidelines



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