

## Laundry Instructions

### **Prepping Your Cloth Nappies:**

You will need to **pre-wash** your cloth nappies 3-5 times to remove residues from the manufacturing process and to increase their absorbency. Natural Fibres such as cotton, hemp and bamboo have a natural oil and it is recommended that soakers/inserts made from natural fibres be washed separately to synthetic materials such as the shell for the first 3 washes. Use half the amount of detergent recommended for these washes. There is no need to dry between these washes. Please check the manufacturer's instructions prior to pre-washing.

### **Recommended Detergents:**

Mod Bots stocks cloth nappy specific detergents. If buying from a supermarket we recommend detergents free of fabric softeners, bleaching agents, enzymes, dyes, perfumes, essential oils and brighteners. These are usually the "eco-friendly" brands. These detergents are recommended to prolong the longevity of the fabrics and as a gentler option for babies skin.

### **After use:**

Once worn by your baby rinse the nappy to **remove any solids from the nappy if required**. A popular way to make this easier is by using a nappy sprayer that is easily attached to your toilet system. Using this in combination with a liner, either microfleece or flushable, makes the solids very easy to remove.

The Australian Nappy Association is now recommending **quickly hand rinsing all nappies** prior to placing in a nappy bucket. Then separate the insert/soaker and outer shell if applicable, and fold down any velcro tabs. There is no need to soak the nappies. Do not use nappy sanitisers or bleach as this will damage the fabrics and shorten the life of your nappies.

**Washing nappies every 2 days is recommended** - tip the nappies into the washing machine for a warm pre-wash then a normal/long cycle at no hotter than 40-60 degrees (please check manufacturer's instructions for their recommended washing temperature). Use the recommended amount of detergent for the load size.

It is recommended to add **an extra rinse cycle** to ensure detergents are washed away (and you may need a rinse cycle at the beginning of the wash if the nappies are particularly dirty.)

**To dry the nappies** simply line dry outside. Hang nappies in half over line, or horizontally, rather than just from one end. The sun is a natural sanitiser and does a fantastic job at removing stains. In winter you can use a clothes horse and position it by a heating source or a window. Inserts and boosters can be tumble-dried but it is recommended that any PUL outer shells, which are usually quick drying anyway, be air dried to prolong the life of the shell. Some brands may indicate that the outer shells can be tumble-dried on a low setting.

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If you find that your nappies are repelling, leaking or are starting to smell even after washing first check that in your wash routine the water is free of suds in the final rinse. For lasting smells, you can soak the nappies with one of the Cloth Nappy brand treatments in store and wash as normal. You may wish to use an antibacterial rinse now and then.

If your nappies are not absorbing properly you may strip wash: Put your clean, dry nappies in the machine on a hot cycle (no more than 60 degrees) with no detergent. Next wash with a squeeze of dishwashing detergent and wash until the water is running clear of suds. **Please contact Claire on 0409941066 if you need assistance with any cloth nappy questions – I'm here to help!**

