

New Forest Nappy Library New-born Kit

This kit contains a wide variety of nappies for you to try and see what suits you and your lifestyle. They have different drying times, assembly and washing requirements. Some people prefer poppers, some Velcro, it's very much personal choice and can take some trial and error. Poppers can look a bit daunting when you start, but older babies can sometimes open Velcro nappies which might be worth bearing in mind!

Summary of New-born Kit Contents

#	All in Ones
2	TotsBots TeenyFit Star (https://www.totsbots.com/category/teenyfit-tiny-baby-nappies)
2	Little Lovebum Newbie with 1 poppered insert (Newbie – Little Lovebum)
2	Close Parent Pop-in Newborn with 1 poppered insert(Newborn Reusable Nappies – Close Parent)
	Pocket Nappies
2	Baba and Boo Newborn with 2 inserts (Newborn Reusable Nappies – Baba+Boo (babaandboo.com))
	Two-part systems (including prefolds/Muslin Flats/Terry Squares)
	Nappies:
2	Ellas House Newbie nappy with 1 hemp insert (NEWBORN - Ellashouse.com)
2	Little Lamb newborn + 1 bamboo insert & fluffy reusable liner(Newborn Nappies – LittleLamb Nappies)
2	Tot Bots Bamboozle + poppered in bamboo insert (https://www.totsbots.com/)
2	Muslin Flats by Muslinz (100% Cotton Muslin Range – Muslinz)
4	Terry squares 60cm (https://www.thenappylady.co.uk/flat-pad-and-prefold-nappies/quality-cotton-terry-squares.html)
3	
	Wraps/Cover:
	Motherease Airflow extra small (Air Flow™ Cover – Mother-ease Cloth Diapers)
2	Motherease Airflow small (Air Flow™ Cover – Mother-ease Cloth Diapers)
2	
	Accessories
2	Nappi Nippas (to use with terry squares) (https://nappinippas.co.uk/)
2	Medium Wet Bags for when out and about(stores 4-5 nappies),
2	Large Wet bags for home (holds 10+ nappies)
20	Disposable Liners- (not to be returned – to be binned not flushed) NB we would recommend fleece liners for a full reusable option
25	Reusable Fleece liners to use in any nappy
10	Cheeky Wipes reusable wipes- a small selection (https://www.cheekywipes.com/)

The basics

All nappies have a waterproof outer layer, often called a wrap, which is what stops clothes getting wet. They then have the nappy, which absorbs the wee and contains the poo. This can be shaped, flat, folded, one size or sized. Then a liner is usually added which catches the poo. They can be disposable paper liners, but we have included fleece liners as these are better for the environment and also keeps the babies' skin drier. You can then add boosters/inserts to increase absorbency as needed, which come in a variety of materials such as cotton, bamboo and hemp.

How often to change a nappy:

- Under 1 month, every 2 hours in the day and at every night feed.
- Under 6 months, every 2.5-3 hours and as needed at night.
- 6-12 months, every 3 hours in the day and at night only if needed.
- 1 year +, every 3-4 hours – probably 4-5 changes in 24 hours.

The number of nappies you need therefore depends on how old your baby is, how often you can wash and how quickly you can dry. Less absorbent nappies will need changing more often, but will often dry more quickly. The frequency of changing is the same as is recommended with disposable nappies, particularly to avoid nappy rash, but the high absorbency of many disposable nappies means some parents will leave babies in a nappy for longer. Always change as soon as possible after a poo to protect the skin.

How to change a nappy

It's much simpler than you think. When you take off the nappy, flush any poo (although under 6 months/weaning, the poo is water soluble) down the loo and put the nappy, liner and reusable wipes in your bucket or wet bag. If it has a separate wrap, this won't need changing with every nappy, and may be reused for a second time, unless there is poo on the wrap. Make sure any Velcro fastenings are shut to stop all the nappies sticking together in the machine, either on themselves or do the nappy up and turn it inside out. They do not need soaking; it is much better to keep them in a bucket/wet bag dry until you have a load worth.

Washing nappies

Make sure you follow our washing instructions precisely. In summary:

- Load the machine no more than $\frac{3}{4}$ full
- Run a prewash- short wash on 40 or 60 degrees with a low dose of powder detergent.
- Wash on your longest 40- or 60-degree wash (depending on nappies) – not an eco-wash, ideally a cotton wash. Use $\frac{1}{2}$ to $\frac{3}{4}$ of the recommended detergent, bio powders are recommended. Do not use vinegar, fabric softener, Napisan, bleach or stain removers as these will damage the nappies.
- Dry – ideally outside on a line, or inside on a rack. Any nappies with PUL or wraps must not be tumble dried or placed directly on a radiator.
- Assemble – most nappies have some aspect of assembly - adding boosters, liners or doing up poppers, which isn't time consuming and can be done in front of the TV! It's easier to make up a batch, rather than do them individually when you have a squirming child in front of you.

Returning

- Please return the kit clean and dry.
- Please highlight any stains or damage or missing items so we can replace / repair. This may be charged out of your deposit.
- If you are having any leaking issues, please contact your nappy guru so that they may help support you in case it's not a faulty nappy, but a fit adjustment is required instead.

All in Ones

Name	Picture	Size	Material	Notes
Totsbots TeenyFit Star		5-12lbs	Bamboo and Microfibre	<ul style="list-style-type: none"> ✓ Daytime only ✓ Velcro ✓ Very simple to use ✓ Microfibre is quick drying but not very absorbent ✓ Great for childcare as so easy
Little LoveBum Newbie		6-15lbs	Bamboo	<ul style="list-style-type: none"> ✓ Daytime only ✓ Has cross over poppers for smaller babies ✓ Poppers ✓ Very absorbent ✓ Simple to use ✓ Comes with one poppered insert ✓ Comes with one poppered insert
Close Parent Pop- in		5-12lbs	Bamboo & Microfibre	<ul style="list-style-type: none"> ✓ Daytime only ✓ Velcro ✓ Contoured front to fit around umbilical cord ✓ Slim fitting ✓ Double leg gusset (reduces poo leakage) ✓ Simple to use

Using All in Ones

As the name suggests, these nappies come in one part, and are the most similar to a disposable nappy, so can be a great starting point or a gentle introduction to cloth for anyone who is a little hesitant.

The nappy and wrap parts are built together into just one item which is fully attached and can't be separated. This makes them quick to change, and are often slim fitting, but containment and absorbency can be lower, they can be slow drying as can't be tumble dried and if one aspect of the nappy wears out the whole thing has to be replaced.

To put on, you just need to add a liner to the nappy, and fasten either the poppers or Velcro and you are good to go. Take care to make sure any liners or inner bits are tucked inside the waterproof outer, as otherwise you will get leaks – just run a finger around the knicker line and the top to double check.

The dirty nappy needs to be taken apart and the poppers undone if relevant, so it will wash best, and the whole thing plus the (reusable) liner put into the bucket / bag. They cannot be tumble dried as it will damage the waterproof outer.

Pocket nappies

Name	Picture	Size	Material	Notes
Baba and Boo Newborn		5-18lbs	Bamboo and microfibre	<ul style="list-style-type: none"> ✓ Daytime only ✓ Velcro ✓ Very simple to use ✓ Incorporates stay dry fleece inner ✓ Easy to use ✓ Comes with 2 inserts

Using Pocket nappies

Pocket nappies are a two-part nappy – the outer waterproof layer, and then add absorbent inserts or boosters into the “pocket”. You can put them together quite easily before use, and they act like an All-in-One nappy.

These are quick to change, can be slim fitting depending on how many inserts/boosters are used, and simple to add additional boosters to increase absorbency. However, they have lower poo containment than a two-part system, need time putting together after a wash and both parts needs washing every change. Pocket nappies tend to have a fleece liner inbuilt, keeping babies’ skin dry without the need for a separate liner, however some people still add an additional liner to help with poo disposal. Pocket nappies are ideally suited to day time use only, but additional boosters can be added for using overnight.

After washing, it is best to fold and stuff the pockets with your selected inserts and boosters so they are ready to go. This will depend on your baby’s size, age, how often you change and how heavily they wet. Then at a nappy change you can just grab the nappy and fasten much the same as an All in One. Take care to check that the inside of the pocket is all inside, as it will cause leaks if any is sticking out.

When changing a dirty nappy, remove the inserts before putting both the pocket and inserts into the bucket / bag. Some inserts can be tumble dried if needed, but the pockets can't be as it will damage the waterproofing.

Two part systems (inc prefolds / muslin flats & Terry squares)

Name	Picture	Size	Material	Notes
Ellas House newbie nappy		5.5lbs-11lbs	Hemp/organic cotton and organic cotton	<ul style="list-style-type: none"> ✓ Velcro ✓ Foldable front allows smaller size of nappy ✓ Slim fitting ✓ High absorbency when using hemp ✓ Newborn hemp booster included
Little Lamb newborn		Up to 12lbs	Bamboo	<ul style="list-style-type: none"> ✓ Day and night use ✓ Very absorbent ✓ Shaped ✓ Velcro fastening ✓ Includes bamboo insert and fluffy reusable liner
TotsBots Bamboozle		6-18lbs	Bamboo terry	<ul style="list-style-type: none"> ✓ Day and night use ✓ Very absorbent ✓ Velcro fastening ✓ Fairly slim fitting ✓ Adjustable poppers to adjust the length of the nappy ✓ Comes with 1 popped inn bamboo insert
Motherease AirFlow wrap/cover		XS Newborn 6-12lb Small 8-12lb	PUL wrap	<ul style="list-style-type: none"> ✓ Leakproof and highly breathable ✓ Side positioned poppers ✓ Larger/baggier than most wraps mean reduced wicking of the nappy sticking out anywhere ✓ Excellent over bulkier terry nappies
Muslinz		Any	100% Cotton	<ul style="list-style-type: none"> ✓ Average absorbency for newborn ✓ Hold their shape well ✓ Cheap ✓ Lots of colours/patterns and pack sizes ✓ Fast drying ✓ Slim fitting
Terry squares by White bots		Any	Cotton	<ul style="list-style-type: none"> ✓ Super-fast drying ✓ Day and night use ✓ Very absorbent ✓ Fiddly to learn folds, but simple to use once this is learnt

How to use two part/shaped

These are a nappy and a separate wrap. The nappy can be shaped or a traditional flat nappy like a terry square. These are good value for money as if one part wears out you can replace just that part, usually best for poo containment and highest absorbency. However, they tend to be bulkier, slow drying and fiddlier to put on as you have to put 2 parts on. The nappy can usually be tumble dried though, which can be helpful if you have limited drying space.

To use you need to first put a fleece liner inside the nappy, lay the baby on and fasten the nappy. This can be with poppers (just select the poppers which make the nappy the best fit on your baby), Velcro or using a Nappy Nippa, which is the modern equivalent of a nappy pin. To use these, you hold the nappy closed, hook on the left side, then the right side, then the bottom. You may need to adjust to make sure it is held securely. Then the wrap needs to be put over – lie the baby in the nappy on the wrap and then fasten over. Again, these can use either poppers or Velcro to fasten. Take care to ensure that none of the nappy is showing outside the wrap at any point, otherwise the wet will just wick out. A finger run around the knicker line can help to make sure all is tucked in, and don't forget to check the back too. Various wraps can be used with different nappies, but some will fit better than others, often the same brand will be best.

When changing, the wrap and nappy can be separated. The wrap can be used more than once, just the nappy needs to be changed at each change. Tip any poo into the loo, then undo any poppers or inserts/boosters, fold any Velcro over and put the liner, nappy and booster into the bucket / bag. Some people choose to swap between two wraps and let them air between changes. The wraps can't be tumble dried as this will damage the waterproofing.

Using Prefolds/Muslin flats/Terry Squares

These are cheap, basic nappies and ideal for newborns as they are usually very fast drying. They can also be used as a pad folded, or as inserts inside pocket nappies. Later on, they can also be used as additional boosters. Depending on if the baby is male or female, may change how you fold the nappy as boys tend to need more absorbency near the front of the nappy. It can be tricky learning the different folds, however once tried a few times, most people tend to be able to do this fairly quickly. The muslin flats are very slim fitting, whereas terry squares can be a little bulkier. Both can be tumble dried without causing too much damage. To secure in place, you can use a nappi nippa, no need for safety pins! The airflow wrap goes over the top of the nappy, and is quite roomy which makes it very breathable, avoids any wicking of the nappy underneath onto clothes, and the poppers on the sides mean that there is no chaffing on tummies.

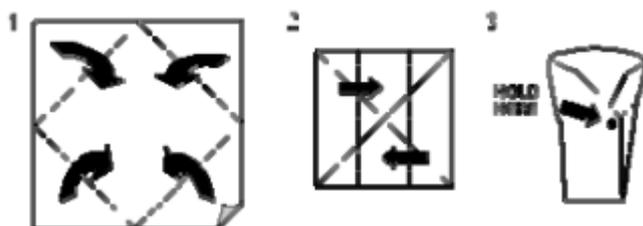
How to fold Terry Squares

There are many different ways to fold terry squares. The most popular fold amongst NFNL volunteers was the Jo-fold. But you can search online and find other ways if this doesn't suit you. They do take practise and trial and error but are popular as they dry quickly and are pretty absorbent.

The Jo Fold

This one enables you to put even the thickest 60cm terry on a newborn child, without adding too much bulk (because it spreads it so evenly). So it's an ideal fold when you only want to buy one size of flat terry, it can also be used for muslins.

1. With terry square laid out flat fold all four points to the centre to create a smaller square.
2. Fold each side over one third creating a flat pad.
3. Fan out the top of the nappy to the left and the right, holding where indicated in diagram 3. These fans will go round the baby's waist a long pad still unfanned to go through baby's legs. You can use a liner at this point if you wish.
4. Fasten using a nappi nippa (modern equivalent of a nappy pin). First hook the left side, then the right side and finally in the middle.
5. Finish off with a wrap.



Accessories

Wet bags	The large hanging wet bags can be used to store nappies between washes. Nappies should be left no longer than 3 days before washing as the fabric can deteriorate. The bag can be hung up if floor space is a premium, and either can be kept in the bath / shower when not in use. The medium wet bag can be used in your changing bag for either clean or dirty nappies, instead of disposable nappy bags.
Liners	These should go inside all nappies to protect the nappies from poo and keep babies' skin dry. We have included 20 disposable liners to get you going and a selection of fleece liners which can be used in all nappies.
Nappy Nippas	Used to fasten some fitted nappies, rather than nappy pins. To attach, just hook the left side into the nappy at the right place, then the right, then the bottom. You may need to adjust to get a strong attachment.
Boosters	We have included some boosters which may be useful to try at night time or for heavy wetters. Hemp in particular is really absorbent so may help if you are having issues with leaking.
Wipes	Washable wipes completely replace disposable wipes and are used to clean your babies' bottoms. They can be used with water, a solution of soap and water or water and essential oil - (1 drop in approx. 200ml water). Many more recipes can be found online. These can be stored at home in a plastic container or if you are hiring the Cheeky Wipes set in their boxes. Once used these are put in with the rest of the nappy wash. After washing wipes don't need to be dried before use, they can be put straight into the clean container.



And Finally:

We hope you have enjoyed using the New-born kit from the New Forest Nappy Library. Hopefully you've been inspired as to how easy it is to fit cloth nappies into your life and will go onto use them in your family; now you know which type works for you and your baby.

If you want to purchase nappies you can use the following New Forest Nappy Library specific discount codes for the following suppliers:

- Cheeky Wipes – 10% off purchase – nInf134
- Baba and Boo –10% off purchase – BAB134LIB
- Tot Bots – 10% - Library10

You can also often find very good quality second hand or hardly used cloth nappies for sale on Ebay, Gumtree, Facebay etc.

Thanks for trying the kits and do spread the word to your friends!

With best wishes from your New Forest Nappy Library Team

Email: newforestnappylibrary@gmail.com