



New Forest Nappy Library Birth to Potty 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 Kit Contents

#	All in Ones
1	Tot Bots Easy Fit Star (www.totsbots.com)
1	Little Love Bum Everyday (https://littlelovebum.com/)
1	Little Love Bum Mighty All In One
1	Bambino Mio solo Classic + 2 microfibre boosters (www.bambinomio.co.uk)
1	Motherease Wizard Uno Stay Dry (www.mother-ease.com/pages/wizard-uno-all-in-one-cloth-diapers)
	Pocket Nappies
1	Blueberry Delux One size + 2large cotton inserts (labelled)(www.blueberrydiapers.com/ - US site!)
1	Baba and Boo One Size Pocket Nappy + 2 bamboo inserts (labelled)
1	Petit Lulu Fluffy Organic Pocket Nappy -empty (https://www.petitlulu.eu/)
1	Little Lamb Sized Pocket Nappy - size 2 -empty- (https://littlelambnappies.com/)
	All in Twos
1	Wizard Duo wrap (one size) for use with -
2	Wizard Duo day insert and night insert (pale green stitching) (www.mother-ease.com/pages/wizard-duo-all-in-two-cloth-diapers)
1	Close Parent Pop In + 2 poppered in bamboo inserts (labelled)(https://closeparent.com/)
	Two-part systems
	Wraps:
1	Cheeky Baby Cloth Wrap- one size (https://www.cheekywipes.com/)
1	Motherease Airflow- large(https://mother-ease.com)
1	Tot Bots Bamboozle Wrap – size 2
1	Petit Lulu PUL Pull Up Cover- large
	Nappies:
1	Cheeky Doo Doo Nappy + 2 boosters and fleece liner (all charcoal grey)
1	Motherease one size + snap in pad (labelled) as an extra booster
1	Tot Bots Bamboozle stretch size 2 + 1 poppered labelled insert (https://www.totsbots.com/) -
1	Little Lamb Bamboo - size 2
1	Little Lamb Cotton - size 2 (https://littlelambnappies.com/)
1	Thirsties one size fitted nappy, bamboo cotton blend with an extra long labelled insert
1	Petit Lulu One size + 1 extra-long poppered insert (unlabelled)
3	Terry Squares 60cm prefolds
	Accessories
2	Fluffy reusable liners to use in any nappy
25	Fleece reusable liners to use in any nappy
20	Disposable Liners- we would recommend fleece liners for a full reusable option (not to be returned)
2	Hemp inserts to use for heavy wetters as a booster or in place of a less absorbent insert
1	Tot Bots Day to Night Booster (two parts poppered together - labelled Bamboozle pad)
4	Bamboo inserts (1 extra-long, 3 long)
3	Bambino Mio one size cotton prefolds (to be used as inserts in any nappy)
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)
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 keep the babies' skin drier. You can then add boosters to increase absorbency as needed, which come in a variety of materials such as cotton, bamboo and hemp.

Most nappies and some wraps have poppers to adjust the rise (length) which make the nappies suit babies of a range of sizes. These can be fixed to the right size when putting the nappies together after a wash, so they are ready to be used, rather than worrying about what is the correct rise each time.

How often to change a nappy:

- Under 1 month, every 2 hours in the day and 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 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.

Washing nappies

Please follow our washing instructions precisely. Failure to do so may result in damage to the nappies. For details of washing instructions, please see sheet entitled "Laundry Guidelines", but in summary:

- Load the machine no more than $\frac{3}{4}$ full. Place any wet bags in the machine with the zipper open. You do not need to decant the nappies from the bag, the machine will do the work for you.
- Run a prewash, short wash or rinse cycle at 40 or 60 degrees with a low dose
- 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 best. 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 your kit

- Please return the kit clean and dry.
- Please highlight any stains or damage or missing items so we can replace / repair.
- If you are having any leaking issues, contact your nappy guru so that they may help support you in case it's not a faulty nappy but a user error instead.

All in Ones

Name	Picture	Size	Material	Notes
Tots Bots Easy Fit Star		10-35lbs	Bamboo & Microfibre	<ul style="list-style-type: none"> ✓ Daytime only ✓ Velcro ✓ Very simple to use ✓ Microfiber is quick drying but not very absorbent ✓ Great for childcare as so easy
Little Lovebum Everyday		10-35lbs	Hemp & Bamboo	<ul style="list-style-type: none"> ✓ Daytime only ✓ Has cross over poppers for smaller babies ✓ Poppers ✓ Very absorbent ✓ Simple to use
Little Lovebum Mighty		17lb-55lb	Microfibre & Hemp	<ul style="list-style-type: none"> ✓ Can be boosted for night ✓ Good for bigger babies ✓ Absorbent ✓ Simple to use
Bambino Mio solo Classic		7-35lbs (best from 12lbs)	Microfibre	<ul style="list-style-type: none"> ✓ Daytime only ✓ Velcro ✓ Quick drying, but less absorbent ✓ Good for tall or chunky babies as a bigger fit ✓ Simple to use ✓ Includes 2 micro fibre boosters
Motherease Wizard Uno Stay Dry		8-35lb	Polyester stay dry	<ul style="list-style-type: none"> ✓ Slim nappy ✓ Easy to fit ✓ May need changing a little more often ✓ Stay dry function on babies' skin

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 start point or a gentle introduction to cloth for a reluctant dad or grandparent.

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 un-poppered if relevant so it will wash best, and the whole thing plus the fleece liner put into the bucket / bag. They cannot be tumble dried as it will damage the waterproofing.

Pocket Nappies

Name	Picture	Size	Material	Notes
Blueberry Deluxe One Size		10-35lb	Organic cotton inserts	<ul style="list-style-type: none"> ✓ Day time use ✓ Poppers ✓ More expensive nappy ✓ Comes with 2 long inserts (labelled) ✓ Very reliable and absorbent
Baba and Boo One size		10-35lb	Bamboo & Microfiber inserts	<ul style="list-style-type: none"> ✓ Day time use ✓ Poppers ✓ Comes with 2 double layer inserts (labelled) ✓ Double gusset for great containment
Petit Lulu Fluffy Organic Pocket Nappies		11-35lb	Cotton Pocket	<ul style="list-style-type: none"> ✓ Day time use ✓ Poppers ✓ Empty but can be boosted as you wish with any inserts ✓ Natural fibre against babies' skin ✓ Soft fleece binding on the inner legs
Little Lamb Pocket Nappy size 2		20-35lb		<ul style="list-style-type: none"> ✓ Day time use ✓ Poppers ✓ Empty but can be boosted as you wish with any inserts/Bambino Mio prefold ✓ Durable and inexpensive

Using Pocket nappies

These are a two-part nappy which are put together beforehand and then act like an All in One. Flat pads and boosters are the nappy part, which is inserted into a pocket in the waterproof cover.

These are quick to change, often fairly slim fitting, 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 need for a separate liner. 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. We have included some hemp inserts for heavy wetters to switch out with the bamboo ones which most of the pockets come with.

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.

All in Twos

Name	Picture	Size	Material	Details
Close Parent Pop In		10-35lb	Bamboo inserts	<ul style="list-style-type: none"> ✓ Day and Night-time (with booster) ✓ Poppers (can come with Velcro) ✓ Insert poppers in very easily ✓ Slower drying, but insert can be tumble dried ✓ Includes 2 inserts, top can be folded so over absorbent
Wizard Duo Wrap with day and night inserts	 	10-35lb	PUL Wrap Inserts made of specially developed polyester	<ul style="list-style-type: none"> ✓ Slim nappy ✓ Popper fastening ✓ Great for containment as inserts have elastic all the way around the pad ✓ Very absorbent and stay dry material protects from nappy rash. The stay dry fabric is made just for Motherease and helps keep baby cool ✓ Night time inserts available – these are stitched in LIGHT GREEN ✓ Comes with a day insert and a night insert which popper in ✓ Can also be boosted

Using All in Twos

This is somewhere between a pocket and an All in One. The inner absorbent pads pop on to the outer wrap, and, once popped, forms a one-piece nappy. The pads can then be detached for washing, the wraps can be reused for another change. As they come in two parts, any damage doesn't render the whole nappy useless, and the inner pads can often be tumble dried if needed. They tend to be fairly slim fitting, but can be slower to change due to reattaching the new insert. Some users prefer to change the whole nappy for ease though.

At a nappy change, simply remove the nappy, un-popper the pads, add new pads to the wrap and a new liner, and fasten (poppers or Velcro depending on the nappy). The pads can then be put into the bucket / bag with the fleece liner, and the wraps changed less often. Or you can change the whole nappy similarly to an all in one for ease.

This method can work out slightly cheaper buying spare inserts, rather than whole nappies.

Two Part Systems:

Name	Picture	Size	Material	Description
Cheeky Doo Doo Nappy		20-35 lb	Bamboo & Cotton	<ul style="list-style-type: none"> ✓ Day or night time use ✓ Great containment and absorbency ✓ Poppers ✓ Comes with 2 boosters and fleece liner ✓ Inserts are separate so can be increased as desired ✓ Comes in different sizes
Motherease one size and snap in pad as an extra booster		10-35 lbs	Cotton	<ul style="list-style-type: none"> ✓ Day use only ✓ Only cotton touching babies' skin ✓ A very slim nappy as it stands for day time ✓ Can use pop in boosters to make a more absorbent ✓ Quick to dry for a shaped nappy

Name	Picture	Size	Material	Description
Tots Bots Bamboozle Stretch - Size 2		9-35 lbs	Bamboo insert with Microfibre core	<ul style="list-style-type: none"> ✓ Day or night time use ✓ Velcro fastening ✓ Great containment and absorbency ✓ Slow to dry ✓ Poppers on the front to adjust size ✓ 1 popper booster
Little Lamb size 2		20-35lbs	Bamboo or cotton	<ul style="list-style-type: none"> ✓ Day or night time use ✓ Velcro fastening ✓ Great containment ✓ Has a sewn in double layer booster ✓ Slow to dry
Thirsties Onesize Fitted Nappy		8-35lbs	Bamboo & cotton	<ul style="list-style-type: none"> ✓ Great for night time ✓ Fastens with poppers ✓ Superb absorbent with 11 layers of bamboo and cotton ✓ Inner fleece layer to keep skin dry ✓ Very slow drying ✓ Best for smaller, slimmer babies.
Petit Lulu Fluffy Organic Day Nappy One size		11-35lb	Cotton and bamboo	<ul style="list-style-type: none"> ✓ Very absorbent ✓ Can add boosters for night time ✓ Generous length so good for taller children ✓ Can adjust waist for smaller babies ✓ Booster can be un-poppered to make it slimmer for younger babies
WhiteBots Terry square		Any size	Cotton	<ul style="list-style-type: none"> ✓ Fasten with Nappy Nippa ✓ Motherease wraps are the best over these ✓ Cheap ✓ Versatile ✓ Very absorbent ✓ There are various ways to fold, depending on your baby, which may need some practice ✓ A bit fiddlier to the novice and can be bulky



Using Two-Part Systems

These have a separate nappy and 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 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 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.

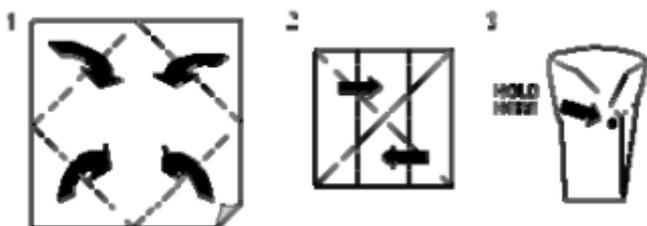
How to Fold Terry Squares

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 new-born 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. 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 right, holding where indicated in diagram 3. These fans will go round the baby's waist a long pad still unfanned to go through babies' 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.
Nappi 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. These can be used in any combination with nappies, so long as they are contained within the nappy.
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 Birth to Potty 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