

Reusable Diaper Information Booklet



Learn diapering facts about:

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

INTRODUCTION

In this booklet we've tried to include everything you need to know about reusable 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 on the subject. Don't feel overwhelmed by how much information there is! It's not essential to know everything to be able to choose an excellent diaper for your baby. Most of the time, as long as you make sure to go with a reputable company you'll be fine. If this is to be your first reusable diaper purchase, you probably want to avoid buying used or getting anything in a department store, as you may not be getting top quality.

Some parents decide to buy one of each style they are interested in, and try them on their baby. The problem with this is that it can end up costing much more overall, and may make using them more confusing for you and others caring for your baby if your diapers don't all work the same way. 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. This really is the easiest way to get started, as then you don't really have to know too much info to get started diapering your baby.

I always get asked which diaper I use for my baby. After 4 kids, I find that when I have every conceivable type of diaper available, I 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 cover of the diaper, not to mention how much faster they are to dry. 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 new diapers again! The one type of sized diapers I do like are 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. This was much less the case with my last baby though, because we were able to get such a great fit with our one-sized All-in-Two!

Reusable diapers are similar to disposables in that there needs to be an absorbent inner, and a waterproof outer. The difference is that many reusable diapering options today come in 2 parts where the absorbent inner diaper is separated from the waterproof outer in some way. Prefolds and covers are a perfect example of this. Prefolds are a very inexpensive diaper, and many layers thick and therefore very absorbent. But it is just a flat rectangle. They used to attach this to baby with pins, and more recently with a device called a Snappi. 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 much like a disposable.

Reusable diapers need to fit the baby well and be absorbent enough. If the waterproof part does not fit properly it can leak. Absorbency is crucial because fabric can only absorb so much liquid before they will leak, no matter how well the waterproof outer fits.

This is why babies with thinner legs do better in a fitted diaper with a separate cover. A 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.

Adding absorbency to any diaper will decrease the risk 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 may be on for more than one wetting.










What you need for reusable diapers:

1. An absorbent layer to capture and hold wetness.
2. A waterproof layer to contain wetness and messes.


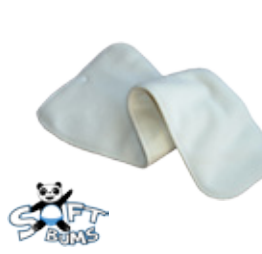





There are several diapering systems available:

1. **Use an All-in-Two system where the absorbent inner is separate from the waterproof outer. Attach the absorbent layer to the waterproof Shell.** Air out the Shells between changes, and toss into wet bag with the absorbent parts at the end of the day or when soiled. You'll need about 4–6 Shells and about 12–18 inners/day.
2. **Use an All-in-One diaper where the absorbent and waterproof parts are all one piece.** These go on like any other diaper and need to be washed with each use. You'll need about 12–18/day.
3. **Use a pocket diaper system with a waterproof cover and absorbent insert. The insert is stuffed into a pocket in the waterproof cover, making it similar to an All-in-One when the insert is installed. The insert needs to be stuffed before use and removed before washing most of the time. These need to be washed with each use,** so you'll need 12–18/day of both covers and inserts.
4. **Use a fitted diaper.** These are diapers that have no waterproof layer, so a cover must be used over it. There are many cover choices available and all can be used with fitted diapers. You'll need about 12–18/day plus 2–4 covers/day.
5. **Use prefold or flat diapers.** These are simply a flat absorbent diaper with no closure that is held on the baby with pins, snappis or simply with a cover. As with a fitted diaper, any cover can be used with these. You'll need 12–18 per day as well as 2–4 covers.






TYPES OF REUSABLE DIAPERS available today

Style		Description	Pros/Cons
COVERS	Cover or Wrap	 Waterproof material with elastic legs and back and velcro or snap closures. Comes in PUL, laminated cotton, fleece or wool.	Covers and prefolds are the standard for cloth diapering. While initial cost is much lower for this system, it often ends up costing more than other systems due to the need to keep buying sized covers and how much some covers (like knitted wool) can cost.
	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. These are affordable and easy to use, but more or less look like "plastic pants".
	All-in-One	 Most similar to a disposable. Waterproof outer and absorbent inner are single piece. Elastic at legs and back with snap or velcro closures.	These diapers are easy to use since it's all one piece, but they have some disadvantages. Because they must be washed with every use, you need a lot of them and therefore they're more expensive than other systems. They also take a long time to dry, and may be short on absorbency to keep the drying time down. It's sometimes good to have a small number available for caregivers due to ease of use.
	All-in-Two	 Similar to an All-in-One, but absorbent part is removable. This makes the outer waterproof Shell reusable several times before washing. Absorbent inners generally have an integrated wicking layer.	This is one of the most customizable ways to diaper your baby as you can use nearly anything within the waterproof Shell as the absorbent part, including prefolds or flats. Because the Shell is reusable, this is also one of the most affordable diapering systems with many fewer waterproof Shells required than All-in-Ones or pocket systems. These also take up less space making them more portable, and are easier to clean and faster to dry.
	Pocket	 Two part system consisting of waterproof cover with pocket, which is covered by a wicking layer of fabric. Absorbent insert has no integrated wicking layer, and is stuffed into pocket.	Overall use is very similar to All-in-Twos, except that the insert is stuffed into a pocket in the cover and not used in direct contact with the baby. This gives it the advantages of being easy to clean and quick to dry, but also means the cover must be washed with each use like an All-in-One. Pocket diapers can easily be overstuffed for extra absorbency, making them a mainstay of night-time diapering. Cost can be high because you need as many covers as inserts.
	One-Size	 One-size diapers are meant to fit babies from newborn size through potty training. Many different styles of diapers are available as one-size options including All-in-Ones, All-in-Twos, pocket diapers and covers.	One-size diapers are desirable because they continue to fit through several sizes, saving you from having to buy new sizes as your baby grows. If well made and cared for, they can last for years and sometimes even be passed to the next child. Not all one-size diapers fit as well on very small or very large sizes, and not all are durable enough to last through more than a couple sizes, so it's important to look for quality when buying a one-size diaper.
ACCESSORIES	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.

TYPES OF REUSABLE DIAPERS available today

Style		Description	Pros/Cons
DIAPERS	Insert	 2–4 layers of absorbent material made 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 or flat as an insert too, but you have to fold it first and some trim pockets won't easily accommodate a prefold.
	Pod	 These are sometimes called inserts, soakers or Pods. Made to fit into a reusable All-in-Two Shell, and often contain absorbent and wicking layers.	The other half to an All-in-Two diapering system. This can snap in, lay in or fold into place and are often contoured to provide maximum coverage within the reusable Shell. The layer facing baby can be a different material than the main body of the Pod, such as soft velour or cotton or bamboo or microfleece to wick moisture away from baby. The interchangeable nature of Pods make them economical and versatile. May require explanation on use to caregivers unfamiliar with the system.
	Mini Pod	 These are sometimes called doublers, mini Pods or boosters. Generally smaller than Pods and consist of multiple absorbent layers of fabric. Sometimes they integrate wicking material.	Mini Pods are intended to add absorbency to diapers when needed. Because they're a separate part, they can be added to literally any diapering system to add absorbency and often don't add significant bulk or affect the fit. These are very useful for night time or prolonged outings.
	Fitted	 One-piece diaper made entirely of absorbent material. Fitted diapers contain no waterproof layer.	Fitted diapers are the most absorbent style of diaper available, but require a waterproof cover over them. Because of the high level of absorbency, they're not usually prone to leaking and are great for night time. Fitted diapers are often more expensive overall as they can only be used once before washing and require another separate cover be purchased and used. They require a lot of space due to their bulk and often take a long time to dry.
	Contour	 Absorbent part meant to fit easily within a prefold cover. Has no elastic or closures.	Intended as a replacement for prefolds and flats, a contour diaper can be anything from an All-in-Two Pod to a fitted diaper without closures. Used the same way as prefolds with the same advantages and disadvantages, but with an improvement in ease of use and an increase in price.
	Prefold	 This is a flatfold pre-folded into a rectangle with multiple layers in middle. The classic image of a "cloth diaper".	Needs to be folded or pinned and can be confusing to use. A simple and cost effective way to get lots of very absorbent diapers. Washing can be more work than more modern systems, but they last forever because there's nothing to wear out.
	Flatfold	 This is simply ONE layer of fabric that you fold to fit onto baby. Can be cotton birdseye, terry, gauze, bamboo 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, if you can find them. You can use 2–3 flatfolds to increase absorbency, and they're versatile in how you can put them on, but this makes them harder to use.
MATERIALS	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.

TYPES OF REUSABLE DIAPERS available today

		DIAPERS						BENEFITS			
		Insert	Pod	Mini Pod	Fitted	Contour	Prefold	Flatfold	Cost*	Dry Time	One-Size (availability)
COVERS	Cover or Wrap 	●	●	●	●	●	●	●	\$	⌚	
	Pull-on Cover 	●	●	●	●	●	●	●	\$	⌚	
	All-in-One 			●					\$\$\$	⌚	●
	All-in-Two 	●	●	●	●	●	●	●	\$\$	⌚	●
	Pocket 	●	●	●	●	●	●	●	\$\$\$	⌚	●

* Please note that all diapers available in one-size will be much less expensive over the growth of the child than buying sized cloth diapers. The disadvantage to some one-size diapers is that they are not as trim or leak-proof as sized cloth diapers. SoftBums one-size diapers solve this problem with its unique Slide²Size system.

- Goes together
- ◐ May be used together
- \$\$\$ Most expensive
- \$\$ In the middle
- \$ Least expensive
- ⌚ Fastest
- ◐ In the middle
- ◑ Slowest

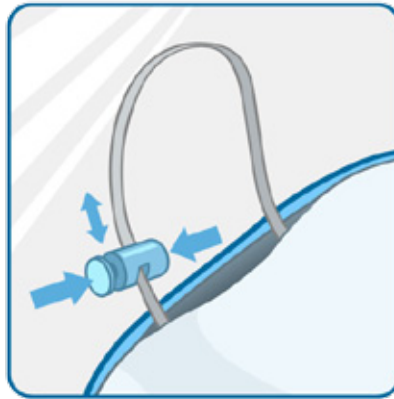


ECHO ONE-SIZE DIAPER INSTRUCTIONS

Echo Shells with Slide²Size are like no other! Unlike other one-size-fits-all diapers, the Echo uses no unsightly, complicated external snaps to size the Shell. The secret is the Slide²Size system, which adjusts the size of the diaper by letting you choose the size of leg openings, just like you'd work a drawstring bag and similar to high quality baby clothes and athletic gear. This diaper is so adjustable that it has no actual sizes at all! You can adjust the leg openings to be anywhere from 2" to 14". This means SoftBums Echo with Slide²Size really will fit a newborn, and really will fit a potty training toddler. **Only SoftBums can guarantee to fit EVERY baby EVERY time!!**



- 1 Access Slide²Size drawstrings from the front pouch.



- 2 Pinch the toggle and pull drawstring to adjust to any size.



- 3 Snap in absorbent Pod and fold under to length.



- 4 Try on baby, check legs for proper fit.



- 5 Adjust as needed. Legs should be snug, but not tight.



- 6 Keep 2 or more covers in rotation to re-use over and over up to 3-5 times per day.

SOFTBUMS PODS ARE ONE-SIZE-FITS ALL TOO! They're extra long so they can be folded under for extra layers of absorbency exactly where it's needed. This means it can always be folded to exactly the right size and there will always be a double layer where it's needed. Because the extra absorbency is from folding the Pod rather than making it thicker, it dries faster too!

THE ENVIRONMENT

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!!! Now imagine that buried in your back yard... and if you have more children, multiply that number per child!! Today's easy to use reusable diapers make helping the environment no more difficult than using disposables, and much cuter! More parents every day are discovering the advantages of reusable diapers and switching, and most of them don't switch back.

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. Is burning this stuff really 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 a landfill after 1 use. I recently lived in a town that built a whole block of lovely new apartment buildings right next to the site of an old landfill that they had to close 10 yrs before because the seepage into the neighbors' well water was making people sick! Even if you only used reusable diapers part-time and still used some disposables you'd still be saving a ton of money and natural resources.

Disposable diapers contain acrylate powders which can be toxic if inhaled or ingested. Some children and adults have very strong allergic reactions to these and other chemicals and perfumes in disposables. Dioxins, resulting from the bleaching process of wood pulp into paper are also found in disposables at alarmingly high concentrations. Dioxins are some of the most highly toxic chemicals known. For more information on what dioxin can do, look up the stories of Times Beach, Missouri and Viktor Yushchenko.

"Compared to reusable diapers, throwaway diapers use 20 times **MORE RAW MATERIALS**, 3 times **MORE ENERGY**, 2 times **AS MUCH WATER**, and generate 60 times **MORE WASTE.**"

1. In 1988, over 18 billion diapers were sold and consumed in the United States. It's been estimated that 27.4 billion disposable diapers are consumed every year in the U.S.
2. The instructions on a disposable diaper package advise that all solid waste 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.
3. Over 92% of all single-use diapers end up in a landfill.
4. 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.
5. 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.
6. 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.
7. Disposable diapers generate sixty times more solid waste and use twenty times more raw materials such as crude oil and wood pulp.
8. The manufacture and use of disposable diapers amounts to 2.3 times more water used than in the manufacture and washing of reusable diapers.
9. Over 300 pounds of wood, 50 pounds of petroleum feedstocks and 20 pounds of chlorine are used to produce enough disposable diapers for one baby for a year.
10. 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 concentrations 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 may 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???

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.

Disposable diapers contain Tributyl-tin (TBT) – a **TOXIC POLLUTANT** known to cause **HORMONAL PROBLEMS** in humans and animals.

COSTS OF A REUSABLE DIAPER

Reusable 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, that one cloth diaper will last you months, even years. 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 enough work without trying to decide what cloth diapers to choose. 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 reusable diapers, you can literally get your entire stash for your baby to last from birth to potty training, including accessories like wet bags and wipes AND laundry detergent! 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 reusable 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.)

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)

\$282.95 for **3 YEARS** of SoftBums Echo 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
Add \$15/mo for diaper genie refills			\$450.00
Add \$14/mo for disposable wipes			\$420
Sales tax			\$20
Add \$ for extra garbage			\$20
Grand Total for Disposables =			\$ 4121.00

Age of Baby in Each Size of Reusable Diapers	Reusable Diapers/Day	# of SoftBums Diapers Needed For That Period	Total Cost for Diapers
Newborn – 36 mo	6 – 24	8 Echo Shells, and 24 Pods	\$282.95 !!!
24 – 36 mo	6 – 8	Training pants/ diapers for night-time (optional)	\$40
<i>Add extras like:</i>			
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
Grand Total for SoftBums Echo Diapers =			\$500.00

how disposables }
COMPARE }
 to reusable diapers

LEAKS

Leaks actually are a common problem for first time reusable diaper users. Usually it's just because they are making simple mistakes and haven't learned how to avoid leaks yet. Reusable diapers may be a little more work to learn how to use, 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.

1. **PREWASH.** Always PREWASH your diapers and inserts before use. Depending on the material, the inserts/Pods may not reach full absorbency until they've been washed 3–10 times.
2. **DRY COVERS ON HOT.** After you prewash, make sure you dry your cover on HOT for 10 min to seal all sewing holes.
3. **INCREASE ABSORBENCY—USE DOUBLERS!** Mini Pods or doublers are absorbency boosters and they are your friend.
4. **START SLOWLY.** Take your time to learn how to do things 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.
5. **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 a reusable diaper, or Murphy is sure to lay down his law.
6. **NO FABRIC SOFTENERS or detergents with built-in softeners.** "Natural" detergents often contain oils, which are also bad for diapers. NEVER use fabric softener or dryer sheets. This leaves a coating on your diapers which will impede the absorbency and might irritate baby's delicate skin.
7. **CHANGE BABY OFTEN.** You can't leave a baby in a reusable diaper (or any diaper) too long, or you'll increase the risk of leaks and diaper rash.
8. **Are they leaking at the waist or back?** 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.
9. **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 snug 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 – just loosen 1/2" or so and it should be perfect.
10. **What is wicking?** Wicking is when a tiny bit of the cloth part of the diaper is sticking out of the waterproof Shell and touching baby's clothes or bedding. 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.

Are you worried about
LEAKS?

Give yourself
TIME TO LEARN.

As with anything new,
you have to get used
to it first!



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.**


REFINE YOUR KNOW-HOW...

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 then the washing machine. Disposable diaper liners can make the task of removing solids from the diaper a little easier too, and most can be flushed. Diaper liners are also good for helping keep stains lessened, and for older toddlers who don't wear many diapers per day.
2. **Close velcro tabs.** Velcro Shells usually have "laundry tabs" to stick the hook side to. This keeps your diapers 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. Wet bags made for storing soiled diapers are the easiest way to handle this, as the bag goes into the wash with your diapers and they both get cleaned at the same time.
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. You may need a little more for very hard water and less for soft water. The important ingredient for washing diapers is the water, NOT the detergent, so use as little detergent as possible for the best results.
5. **WASH again with NO DETERGENT in HOT water** with the water level still on HIGH. Hotter water works better, and will help prevent detergent buildup, diaper rash and ammonia smell.
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. If you don't have time or space to air dry, you can dry them all the way in the dryer on med or med-hot.
8. **Remember only use detergents with mild ingredients** We recommend Purex Free & Clear. Anything with oxygenating additives or whiteners will slowly ruin your diapers. **Borax, vinegar, softeners and bleach should NEVER be used.** Baking soda in the first wash will help to de-odorize them, but you shouldn't need it often. Every once in a while, or if your diapers are stinky after washing, you may need to strip them. **Wash 3–5 times in hot without detergent to strip diapers, the hotter the water the better job it will do.** Also you might try soaking in the washer for a few hours or overnight if your diapers are getting stinky.
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, and fewer times a day, while other babies wet a little MANY times a day. Before calculating cost and quantity, 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 every day. **MOST PARENTS DO LAUNDRY EVERY OTHER DAY OR EVERY 3RD 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.

Age	Diaper Style	Wash once per week	Wash every 3rd day	Wash every other day	Wash every day
NEWBORN to POTTY TRAINING	Pocket Diapers & Inserts	70–84 pockets in NB/S	36–48 pockets in NB/S	24–36 pockets in NB/S	18–24 pockets in NB/S
		56–84 pockets in M/L	24–36 pockets in M/L	18–24 pockets in M/L	8–12 pockets in M/L
		42–84 pockets in L/XL	18–36 pockets in L/XL	18–24 pockets in L/XL	6–12 pockets in L/XL
		70–84 inserts	30–36 inserts	24–36 inserts	18–24 inserts in NB/S
	All-in-Ones	70–84 in NB/S	36–48 in NB/S	24–36 in NB/S	18–24 in NB/S
		56–84 in M/L	24–36 in M/L	12–18 in M/L	8–12 in M/L
		42–84 diapers in L/XL	18–36 in L/XL	18–24 diapers in L/XL	6–12 diapers in L/XL
	Prefolds or Fitted Diapers & Covers	70–84 diapers and 14–28 covers in NB/S	36–48 diapers and 6–12 covers in NB/S	24–36 diapers and 6–8 covers in NB/S	18–24 diapers and 4–6 covers in NB/S
		12–14 covers and 56–84 diapers in M/L	3–9 covers and 24–36 diapers in M/L	6–8 covers and 18–24 diapers in M/L	8–12 diapers and 4–6 covers in M/L
		12–14 covers and 42–84 diapers in L/XL	8–12 covers and 18–36 diapers in L/XL	6–8 covers and 18–24 diapers in L/XL	1–2 covers in L/XL 6–12 diapers in L/XL
		SoftBums Echo Shells & Pods 	12–18 Shells 36–54 Pods	8–12 Shells 24–36 Pods	6–8 Shells 18–24 Pods



HOW MANY SOFTBUMS DO I NEED?

SoftBums Echo diapers are an All-in-Two cloth diaper system. All-in-Two's are the same thing as All-in-Ones, but the absorbent part is removable—making them quick drying, customizable and reusable. If you want to reuse the Shell, you can air them out between uses, just like a prefold and cover system, and it's easy to snap in a clean Pod and reuse the Shell.

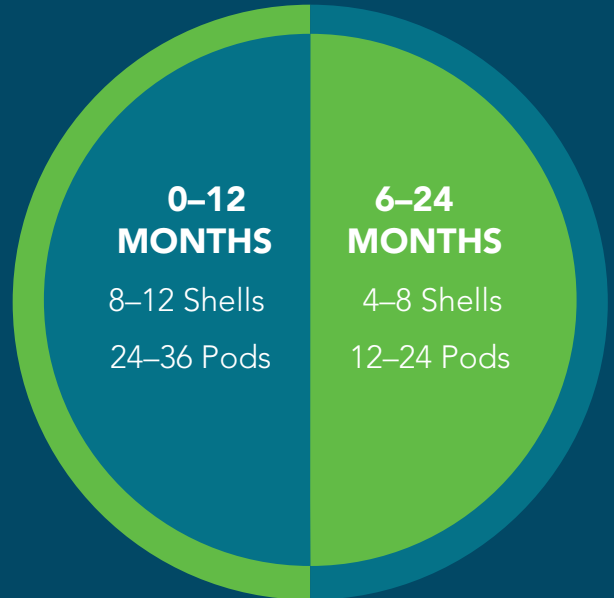
This means you only need so many Shells, and the bulk of your stash is the less expensive Pods. They take up less space in the drawer, diaper bag, and washing machine; use less resources to clean and make them; and cost a lot less than all in ones or pockets, but are just as easy to use!

It's also nice to have washable, reusable wetbags for storage and outings: 1–2 large and 2–3 small/medium bags. We also recommend 30–60 reusable cloth wipes and 4–12 Mini Pods for adding extra absorbency for naps, long outings, and overnight.



For how many you'll need, it depends on age of baby, and how often you'd like to wash.

For every other day laundry:



Add more Shells and Pods if you're going to do laundry twice a week or less, or subtract if you do laundry every day.



SOFTBUMS PRICES



Snowcone



Sage



Sprout



Nuclear Pumpkin



Chocolate



Buttercup



Bubblegum



Ocean



Coconut



Later Gator



PowderPuff



Happy Robots

\$21.95

ECHO SHELLS

- SoftBums Patent Pending Slide²Size is the ONLY variable adjustment of it's kind
- Fits all legs widths from 4" - 14" for NO red marks EVER. Made in the USA!
- Choose your own Pods for a customized diapering system!
- SoftBums Echo looks smaller than leading brands, because it's ultra trim
- No leaks, thanks to Slide²Size technology!
- SoftBums Echo protects against rash; up to 80% less rash than disposables!
- Industrial-strength velcro closures are long lasting and won't "wear out" like other velcro
- Reusable Echo Shell saves money, space, and resources

Nothing fits like a SoftBums with Slide²Size, and SoftBums Pods are made to fit perfectly inside a SoftBums Shells, but Pods are even more useful than that. The best kept secret about Pods is that they'll fit in ANY waterproof diaper Shell, even a pocket diaper, and turn it into a reusable diapering system.



\$4.95

DRYTOUCH PODS

are absorbent and economical. Use one for daytime and add a Mini Pod for older babies, nights and naps. These Pods contain 2 layers of absorbent microfiber and topped with creamy soft microfleece.



\$5.95

SUPER DRYTOUCH PODS

are the most absorbent Pods for your Echo Shell. We added an additional layer of absorbency to this Pod, so no need to add a Mini Pod. Great for nap, night-time, and heavy wetters. These Pods contain 3 layers of absorbent microfiber and topped with soft microfleece.



\$9.25

ORGANIC BAMBOO PODS

are super absorbent and all natural. These amazing Pods are made of 70% Organic Bamboo and 30% Organic Cotton and are both super absorbent and super trim. For a great fit without extra bulk without sacrificing absorbency, these are the best!! Organic Pods are super breathable and provide the most comfortable and rash free diapering experience available!

SoftBums Mini Pods add absorbency to your Echo system when you need it! Mini Pods are small and super absorbent and are made to work with one-size-fits-all Pods to add absorbency or by themselves for newborns.



\$2.95

DRYTOUCH MINI PODS

are composed of 3 layers of absorbent microfiber terry and topped with a super soft layer of microfleece to provide comfort and a dry feel for your baby! Lay them in your Echo Shell with a Pod to increase absorbency for heavy wetters or overnight use. You can put them on top or beneath the Pod. You can also use them alone with an Echo Shell for newborns for a super trim fit while still providing comfort and a dry feel along with plenty of absorbency for any newborn!



\$5.95

ORGANIC BAMBOO MINI PODS

are composed of 3 layers of absorbent organic bamboo fleece. These Mini Pods are as absorbent as DryTouch Mini Pods, but are only half as bulky for a super trim fit. Not only that, but they're made from a blend of organic bamboo and organic cotton fibers and provide unsurpassed comfort, breathability and protection from rash!



\$36.95

SOFTBUMS ECHO 3-PACK WITH DRYTOUCH PODS

This Basic Pack includes:

- 1 SoftBums Echo Shell with Slide²Size
- 3 DryTouch Pods
- 1 DryTouch Mini Pod

Also available:

SUPER DRYTOUCH Basic Pack	\$39.95
ORGANIC BAMBOO Basic Pack	\$52.95



\$282.95

SOFTBUMS ECHO GOOD-TO-GO PACK WITH DRYTOUCH PODS

This Basic Pack includes:

- 8 SoftBums Echo Shells with Slide²Size
- 24 DryTouch Pods
- 8 DryTouch Mini Pods

Also available:

SUPER DRYTOUCH Good-To-Go Pack	\$306.95
ORGANIC BAMBOO Good-To-Go Pack	\$385.95