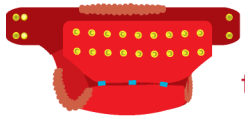


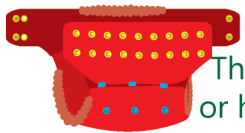
Modern Cloth Diapers are made of PUL (Polyurethane Laminate)

TPU is a form of PUL

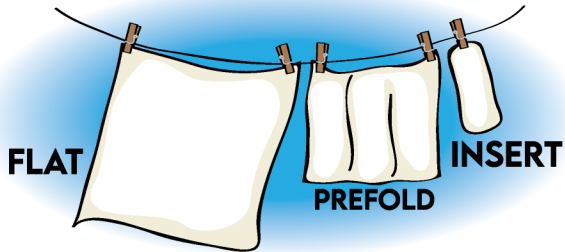
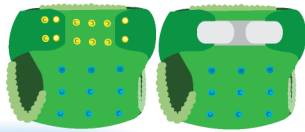
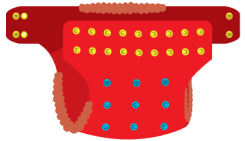
which is water-resistant, yet breathable.



Most use snaps to adjust the rise (length from front to back) to make the diapers



OS (one-size), fitting most babies between 8-35lbs. They use the same resin snaps or hook & loop as an enclosure.



FLAT

PREFOLD

INSERT

FLATS are a single layer large piece of fabric that are folded into a diaper.

PREFOLDS are multiple layers, typically sewn into 3 sections with a thicker center.

INSERTS are a multi-layered rectangle of fabric, they sometimes have snaps on them.

HOW MANY DIAPERS DO YOU NEED?

A comfortable minimum stash would be:

8 Covers + 24 flats, prefolds, and/or inserts

8 Ai2 Covers + 24 Snap-in Inserts

24 Pocket Shells with inserts/flats/prefolds.

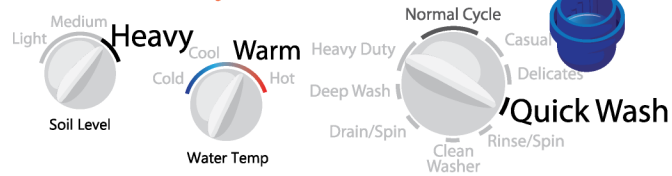
24 All-in-Ones

Or any mix of these, as long as you have **AT LEAST 2 DOZEN DIAPERS.**

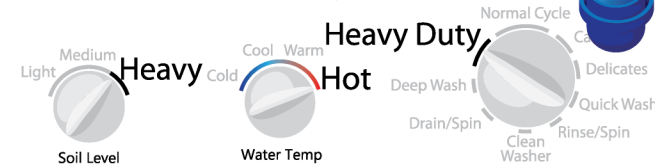
GUIDE TO MACHINE WASH CLOTH DIAPERS

Prewash to remove the bulk of the "nast"

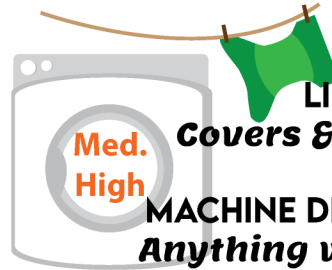
*detergent optional



Wash with load-recommended amount of detergent.



Use a good quality detergent! Experiment to find YOUR Routine!



LINE DRY:

Covers & Pocket Shells

MACHINE DRY MEDIUM HIGH:
Anything with absorbency

- ❌ **Bleach** is not necessary for each wash.
- ❌ **Fabric Softener** can cause diapers to repel rather than absorb.
- ❌ **Microfiber** material directly against the skin can cause rashes.

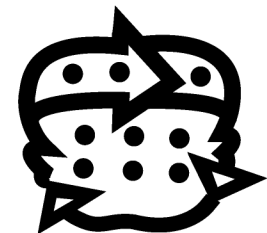
WHEN IN DOUBT...

In the cloth diapering world, you will be met with conflicting advice. The best source to trust are the manufacturers of the diapers you use. They know their diapers better than anyone and will gladly answer any questions you have about your cloth diapers!

101 Modern Cloth Diapers



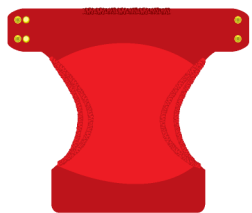
Learn more at NORMALIZECLOTH.com



THERE ARE 4 MAIN TYPES OF CLOTH DIAPERS:

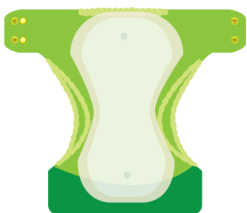
\$ Covers

Goes over a prefold, flat, or insert, has no absorbency on it's own. It's reused several times between washes.



\$\$ AIO All In 2

Same thing as a cover except it has snaps inside with corresponding snap-in inserts. Can also be used as a regular cover. Change the insert, re-use the cover if not soiled.



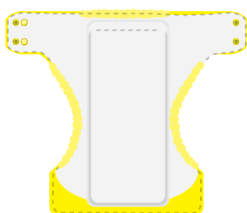
\$\$ Pocket

A diaper with a liner built in and a pocket hole to stuff with an insert, flat, or prefold. They are stuffed, used, unstuffed, washed, repeat.



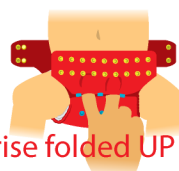
\$\$\$ AIO All in One

Just as it sounds: It's all-in-one. Put on, take off, wash, repeat. Some have components that come off for better laundering.



HOW TO PUT ON A CLOTH DIAPER

Back aligned to belly button

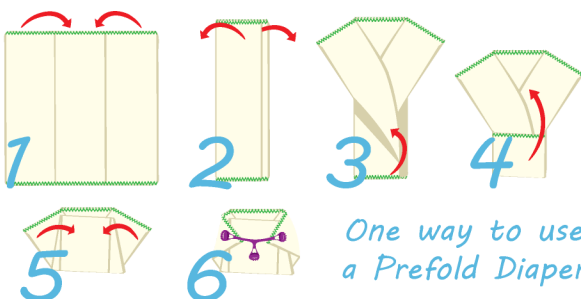


Excess rise folded UP

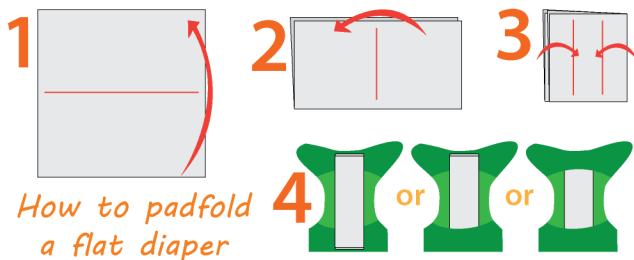


Tight but still able to fit 2 fingers in the waist.

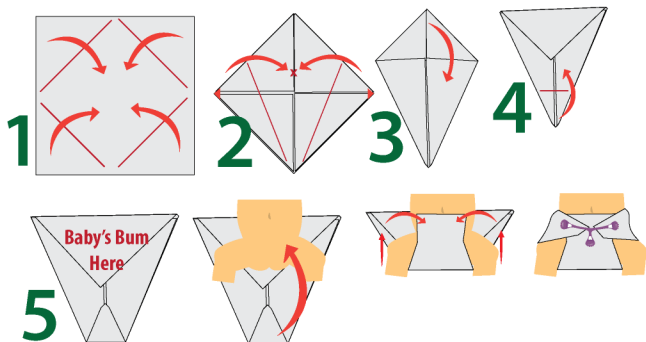
Snappi is a pin-replacement that uses small plastic teeth to "grab" and hold the fabric of a diaper.



One way to use a Prefold Diaper



How to padfold a flat diaper



How to Mini Kite Fold a Flat Diaper

Find more folds online!

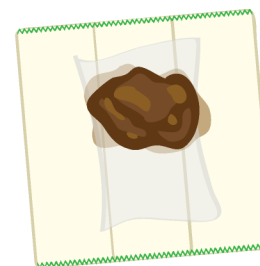
But... Poop?! 😞

Don't Worry! 😊

Babies that are EBF (exclusively breast fed) have **water-soluble poop!** This means your washer can take care of messy diapers 100% without effort from you!



Otherwise, toilet sprayers or flushable liners can make changing messy diapers a cinch!



Once your baby starts a more solid-based diet, their stools may firm up into "ploppable poop".

Plop, flush, gone!

