

why real diapers?

Everyone deserves to wear real clothing made of soft, comfortable materials. Don't we all have our favorite fabrics and fibers?

Most adults would never consider wearing clothing made of paper and plastic. Don't our babies deserve the same consideration?

**When it comes
to diapering
your baby,
choose
real diapers!**

getreal

To join, go to:

www.realdiaperassociation.org

For more information, check out our website at: www.realdiaperassociation.org

**REAL Diaper
ASSOCIATION**
PO Box 156887
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Why are
cloth diapers
the best
choice?



**real Diaper
association**

how many do i need?

Newborn. For new babies, you will need about 3 dozen diapers and 6 covers, and you will need to wash them three times a week.

Older babies. For babies over 2 months of age, you will need about 2 dozen diapers and 4 covers, and you should wash them every two or three days.

A world of options

Cloth diapers have changed! A wide variety of cloth diapers are now available, from simple cotton flat or prefold, to shaped all-in-one. Forget those nasty plastic pants that crack, chafe, and even leak. Most covers now are soft and breathable, with Velcro or snap fasteners. You don't even have to use diaper pins, unless you want to, of course.

Flat. In the beginning was the flat diaper, a rectangle of any absorbent fabric folded and fastened around a baby's bottom. **Pros:** very affordable; cleans and dries quickly. **Cons:** requires folding and fastening with separate fasteners; takes practice to fold well; needs a cover.

Prefold. Rectangles of absorbent fabric, usually cotton, divided into thirds. The center third has more layers of fabric than the "wings" for greater absorbency. **Pros:** very cost efficient and affordable; simpler to fold than flats; cleans and dries more quickly than fitted and all-in-one. **Cons:** requires folding and fastening with separate fasteners; needs a cover.

Fitted. An hourglass shape, with elastic around the legs and wings that fasten around the baby's waist. **Pros:** no folding required; fasteners attached. **Cons:** relatively long washing and drying time; more expensive than flat and prefold; needs a cover.

All-in-one. Similar to a fitted but with a waterproof cover built in. **Pros:** fast and convenient; doesn't need cover. **Cons:** relatively long washing/drying time; more expensive than flat, prefold or fitted.

Covers. There are many types of covers for diapers. Fabric coated with Polyurethane Laminate are a popular option as they are affordable and stop all leaks. Wool and fleece are also wonderful options. Wool absorbs urine while feeling dry to the touch and is naturally antibacterial. Fleece is water proof and holds leaks in. Both wool and fleece are breathable.

Diaper Services. For people who want to avoid washing their own diapers, delivery services are a great option. To find a local service, contact the National Association of Diaper Services: www.diapernet.com.

Cloth diapers come in so many different varieties, and they are so easy to use, that there really is no excuse to use anything else.

Laundry abc's

Exclusively breast-fed babies' diapers go straight into the pail.

Once a baby eats solids, dispose of the poop in the toilet before putting the diaper in the pail.

Make sure the lid on the pail is secure to keep odor in.

Empty the pail into the washer.

Add 1/4 the recommended amount of detergent and run one cold cycle.

Add 1/2 the recommended amount of detergent and run one hot cycle.

Dry on hot or hang to dry.

That's it!