

# THINGS YOU NEED TO KNOW

about NEXT9 cloth diapers

next9.org

## FAQs on Cloth Diapers

### How many do I need to diaper my baby full time?

#### NEWBORNS

The amount of diapers depends on how often you want to wash. You'll need about 10 – 12 diaper changes per 24 hr period.

#### OLDER BABIES

(about 5 months plus or when their BM slows down) 6 – 8 diaper changes per 24 hrs period is usually a good amount – 15 to 20 diapers will usually do.

#### TODDLERS

5 or 6 diapers per day

**Won't my baby get diaper rash?** Actually, it's been proven time and again that cloth-diapered babies have a significantly less incidence of diaper rash. The gel-like chemicals (Sodium Polyacrylate) in disposable diapers absorb the wetness so the parent can't really tell when the child is wet and soiled. So the child wears the soiled diapers for a longer period of time. Plus, some babies are allergic to Sodium Polyacrylate in the disposables. All these factors are the reasons why babies are more likely to get diaper rash in disposables rather than the cloth diapers.

**How often should I change my baby's diaper if I am using cloth diapers?** In general, a cloth-diapered baby is changed more often than a baby in disposables. That does NOT mean a cloth-diapered baby "goes" more often, it simply means people tend to respond more quickly/frequently to a wet cloth diaper than to a wet disposable. As a general rule, you should change your baby when they are wet, or about every 2 hours. All this does not apply when your child has a poopy diaper — those need to be changed IMMEDIATELY!

**Are cloth diapers as absorbent as disposables?** Disposable diapers can absorb more urine than cloth diapers. This is because they contain chemicals inside the layers of paper, which turn urine into a gel. They get heavier when full, rather than overflow and leak. This leaves parents unaware that their child is sitting in a urine-filled, chemical laden diaper far longer than is healthy or hygienic. Cloth diapers can absorb the normal amount of urine that a baby can produce at one, possibly two times. Absorbency can be added for use during extended wear or for heavy wetters. It is healthiest for your baby to change them once they are wet or soiled. This makes any extra absorbency features of disposables an unhealthy disadvantage.

**What exactly is fleece anyway?** Fleece is basically a synthetic, 100% polyester fabric with an altered 'structure.' This altered 'structure' facilitates moisture transfer through the fabric – some will say 'absorb' through the fabric. Polyester fabric, in and of itself, does not absorb moisture at all. Instead, fleece wicks moisture away from the skin to its outer surface where it can do one of two things: (1) Spread out and evaporate if exposed to air. (2) Absorb into another fabric — usually a cotton 'soaker' of some sort.

**What are fleece's wonderful qualities?** Attributes of fleece that are often promoted are that fleece is highly breathable, lightweight, hardy and can withstand industrial washing/drying, virtually stain-proof, easy to care for and clean, great for color retention, fast drying fabric, chlorine-resistant, and VERY SOFT and COMFY!

**Is there a difference in fleece products?** Absolutely! Not all fleece is the same. Next9 Cloth Diapers make use of polar fleece, which is a high quality performance fabric. Fleece functions much like wool, in that it is breathable and it wicks, but it does not have the added bulk, weightiness, is easier to care for and clean and is much more soft and comfy for baby.



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**Why fleece instead of just cotton?** Even though cotton is porous, it will still absorb and 'hold' water. Cotton NEVER wicks when wet. It absorbs moisture and has absolutely NO wicking properties. So, this means that once cotton becomes wet or saturated it will STAY WET and keeps baby's skin wet and clammy as well. During the colder months, it will make baby cold. In the warm months, it will make baby hot. This hinders the evaporation process of moisture transfer. Evaporation of moisture is important to keep baby's temperature at an appropriate level – keeping them cool. The Micro Fibers in Fleece allow for the cooling process by 'wicking' the baby's urine away from his/her skin.

**According to the Journal of Pediatrics, 54% of one-month old babies using disposable diapers had rashes. Plus cloth diapers don't contain toxic chemicals like:**

- SODIUM POLYACRYLATE. This is the chemical, added in powder form to the inner pad of a disposable, that makes it super-absorbent.
- DIOXIN. This is the chemical by-product of the paper-bleaching process, using chlorine gas, in the manufacturing of diapers.
- TRIBUTYL TIN. An environmental pollutant, considered highly toxic, that spreads through the skin and has a hormone-like effect in the smallest concentrations.

**It's better for the environment.** Disposable diapers promote aggressive consumption of both renewable and non-renewable resources and overburden landfills. Do you know that it takes 550 years for disposable diapers to decompose?

### Diaper Care:

- Wash your Next9 Cloth Diaper after each use.
- Take out the insert from the pocket of your Next9 Cloth Diaper and wash separately.
- Adjust the snaps to the size of your baby and use the flaps to make sure that the fit is snug.
- Do not use fabric softener (or soap that will leave a film on your Next9 Cloth Diaper. If you do, it will be difficult for the pee to get through the layer of fleece to the absorbent core in the middle).
- Do not bleach or expose to high heat for prolonged periods of time.
- When soiled, solid poop will "plop" right off of the diaper into the toilet. If there is "sticky poop" on the fleece, whatever does not shake off into the toilet will dissolve in the wash. If you just can't put it in the washer, you can get a "mini-shower" and spray the poop off the diaper before putting it in your washer. Some people also use a diaper liner to make it a lot easier to get the poop out.
- It is good to sun your diapers too as the sun can effectively remove stains without harsh chemicals. It also removes the stink in diapers.

