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News You Can Use:

Cloth Diapering Primer

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www.EnkoreKids.com

Choosing a Diapering System:

What kind of diapers to use is not just a choice among Huggies, Pampers, and Luvs. The new generation of Cloth Diapers adds a whole new dimension to your diapering decision. There are four main reasons today's parents are choosing cloth over disposables:

1. Increased Savings.
2. Better Health.
3. Reduced Environmental Impact.
4. They are just so darn cute!

Increased Savings:

As any new parent can tell you a baby uses A LOT of diapers especially in the first few months. The average cost to keep a child adequately changed in disposable diapers is about \$1000 a year. Diapering for 3 years with prefolds and covers costs about \$330. Additional children can be diapered for just the cost of the detergent! Other types of cloth diapers, such as "All in Ones" or the "Pocket Diapers" will cost more money than prefolds and covers, but they still save money over disposables and add convenience over the prefolds.

Better Health:

Many children suffer from diaper rashes and allergic reactions to the gels used in disposable diapers that make them absorbent. The plastic covers don't breathe, creating an environment where bacteria can thrive, and the leg casings can chafe and cause irritation. Cloth diapers are made from many different materials, and in many different shapes and styles, so it is easy to find ones that won't irritate babies' skin.

Reduced Environmental Impact:

Reusing cloth diapers that can be made from materials that are naturally or organically grown such as cotton, hemp, or bamboo keeps millions of pounds of paper waste and chemicals out of the landfills and waterways. While you'll use water, detergent and energy to wash them, this has less impact than the manufacturing and disposal pollutants of disposable diapers.

Fashion Statement:

There are so many styles, prints, and colors, the cloth diaper is as much a part of baby's wardrobe as the rest of the outfit.

Making Sense of Cloth Diapers:

There are many cloth diapers on the market today. While there are many brands of diapers out there they all are one of the following types:

1. Flat or Prefold Diapers.
2. All-in-Two Diapers
3. Fitted Diapers
4. Pocket Diapers
5. All-In-One Diapers.

Chinese Prefold Diapers...



Happy Heinies Pocket Diaper...



Bumkins All-In-One Diaper...



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Flat or Prefold Diapers: This type is simply a rectangle of cotton or hemp material that can be folded to fit most any baby. Prefold diapers are thicker in the middle while flat diapers are one layer of material throughout. These are the cheapest diapers to use and they wash and dry easily even by hand. They come in different sizes from preemie to toddler and are used with a water-proof diaper cover. Some people use pins or snappies (a small plastic gripper) to hold the diaper on the baby, while some people find a snug cover to be enough. You can also keep a supply of prefold or flat diapers to use as doublers or stuffers for other styles of diapers to customize the absorbency levels.

The following diapers come in a range of sizes from preemie to toddler, or you can purchase what are called one-size diapers that have different snap settings and a roll down waistband to fit babies from 8-35 lbs. All of these diapers also have a choice of snaps or velcro type fasteners.

All-In-Two Diapers: AI2's are easier to use than prefolds and flats in that there is no wrapping or folding required, yet more economical than the diaper styles that follow. The AI2 systems we carry have inserts (sized or "one size depending on the brand) that fit into the cover.

Fitted Diapers: These are like prefold diapers in that you need a cover to make a waterproof system but they are cut to fit a baby's shape better without the bunching that can occur with rectangular diapers. These can be made from different fabrics, are easy to wash & dry, and offer all-over absorbency.

Pocket Diapers: They have a waterproof outer layer with usually a fleece inner layer and an opening to create a "pocket" between the layers. This allows the parent to add absorbent inserts to customize the absorbency level depending on the age and size of the child. The outer pocket and inserts come apart for easy washing and quick drying. Many people like these for naptime or overnight use and they can be convenient for daycare or a short trip.

All-In-One Diapers: Known as "AIO", these diapers are the closest to disposables in terms of convenience and ease of use for most people. These diapers have a waterproof outer cover and an inner layer of absorbent materials. Ready to go with no stuffing or folding, some people find them not quite as absorbent as they would like, but you can lay a prefold diaper or insert into the all- in-one to add absorbency. Many people like these for daycare, the sitter, or traveling as there is no prep work — you put it on and go. They do take a little longer to wash and dry since they are thicker, though some styles have liners that can separate to speed up the process.

Most people find that a combination of several of the above types of diapers works well. Prefolds and covers or AI2's for around the house, pocket diapers for naps and nighttime, and all-in-ones for daycare or trips. Enkore Kids carries a wide assortment and offers discounts on larger purchases. This will allow you to design the cloth diapering system that works well for you without a huge upfront investment.

Cleaning Up the Mess:

Washing diapers is something that many people seem to fear until they learn just how simple it can be.

After dumping any solids that you can into the toilet, place the diaper in a ventilated pail or bag until wash day. Keeping diapers in a closed container creates odors and can breed bacteria and yeast.

When ready to wash, put diapers into the machine and run a small cold rinse or prewash cycle with no soap. After the rinse cycle, gather the rest of baby's laundry, add your detergent and run a normal wash & rinse cycle. Most diapers can be washed in warm or hot water and also machine dried. Some covers need to be line dried so check the labels. If you notice staining, line drying them in the sun will naturally bleach out stains.

There is no need to buy fancy detergents. The more basic, the better. Avoid: Enzymes, Softeners, Fragrances, Bleach, Optical Brighteners, and Soap. All of those can leave a residue that can harm baby's skin and make the diapers less absorbent. We carry several brands of detergent that will serve your needs. If using non-diaper specific detergent, use 1/4 to 1/2 the recommended amount to prevent buildup.

HE Washers - adding a couple wet towels to the load helps to get enough water in the load to get everything clean.

To save money, reduce allergic reactions, produce less environmental waste, and show your fashion sense as well your economic sense, we hope you'll give cloth diapering a try. We also offer a "No Dud Diaper Deal" 30-Day Satisfaction Guarantee on all new cloth diapers. See www.EnkoreKids.com/guarantee for details. Plus, many cloth diapering systems have a great resale value! Ask us about our Buy-Back program!