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[Home \(http://www.peapods.com/\)](http://www.peapods.com/) Cloth Diaper Washing Instructions

CLOTH DIAPER WASHING INSTRUCTIONS

After years of experience, we've developed these instructions for how to wash cloth diapers. We also recommend [The Real Diaper Association's \(http://www.peapods.com/media/wysiwyg/RDA_Cloth_Diaper_Washing.pdf\)](http://www.peapods.com/media/wysiwyg/RDA_Cloth_Diaper_Washing.pdf) guide, which is a handy downloadable pdf. For even more information, visit RDA's [Laundry Science \(http://www.realdiaperassociation.org/wash/laundry-science.php\)](http://www.realdiaperassociation.org/wash/laundry-science.php) page.

Here are a few simple guidelines for washing your cloth diapers. It's not difficult, but there are a few things to keep in mind.

First, a few don'ts:

1. Never use Chlorine Bleach on cotton diapers. It will eat them up and turn them into lint.
2. Don't use detergents like Ivory or Dreft. Even though they have pictures of babies on them, these detergents won't get your diapers very clean but will make them (and your baby) smell perfumey. Avoid fabric softeners and dryer sheets for the same reason.
3. Don't wash diaper covers (esp. wool) with the diapers. Most covers should be washed with your baby's other clothes in warm water. Be sure to follow the manufacturer's instructions. For wool covers, try using [Eucalan detergent \(http://www.peapods.com/eucalan-woolwash-16-9-oz.html/\)](http://www.peapods.com/eucalan-woolwash-16-9-oz.html/).

[\(http://www.peapods.com/rockin-green-classic-rock-remix-detergent.html/\)](http://www.peapods.com/rockin-green-classic-rock-remix-detergent.html/) And, a few important notes:

- Remember that you'll probably go through about a dozen diapers per day, so you'll want to start off with at least 2 or 3 dozen diapers. You don't want to spend all your time washing diapers.
- Be sure to wash new cotton or hemp diapers twice before using. Cotton diapers need this to quilt up and build absorbency.
- Synthetic fibers like the fleece, microfiber, and the PUL from which most covers are made require a [zero-residue detergent \(http://www.peapods.com/baby-goods/cloth-diapers/detergent.html/\)](http://www.peapods.com/baby-goods/cloth-diapers/detergent.html/) that won't collect in the fabric, causing stinky detergent build-up. Be sure to use a zero-residue detergent on these fabrics.
- Many cloth diapers offer limited warranties. Be sure to check with the manufacturer and follow their washing advice.



<http://www.peapods.com/aqua-us-diaper-sprayer-by-rinseworks.html> After changing your baby, shake out any loose solid material into the toilet right away. This is increasingly important after your baby starts eating solid foods. As your baby has more solid poops, you may want to try using flushable diaper liners. A [diaper sprayer \(http://www.peapods.com/aqua-us-diaper-sprayer-by-rinseworks.html\)](http://www.peapods.com/aqua-us-diaper-sprayer-by-rinseworks.html) that attaches to your toilet is a quick and easy way to pre-rinse dirty diapers.

Washing cloth diapers will add about three loads a week to your laundry repertoire. First, run a full wash cycle with warm water and a small amount of detergent. This removes the bulk of the stains and odor from the diapers. Spin dry and then wash with hot water and a small amount of detergent. Be sure to use a zero-residue detergent without added scents. Excess detergent can result in skin rashes. Diapers can be line-dried or tumble-dried according to label instructions, but many diaper covers specify line drying only.

If you're concerned about stains on your diapers, we recommend [Bac-Out \(http://www.peapods.com/bac-out-16-oz-each-bk3100000005.html/\)](http://www.peapods.com/bac-out-16-oz-each-bk3100000005.html/) for cotton diapers. Hanging diapers in the sun for a few hours is also a great way to remove stains.



<http://www.peapods.com/baby-goods/cloth-diapers.html/>

[Newborn Cloth Diaper Rental Program \(http://www.peapods.com/peapods-newborn-cloth-diaper-rental-package.html\)](http://www.peapods.com/peapods-newborn-cloth-diaper-rental-package.html)

Cloth diaper Right from the Start!

Confused? Check out our [Cloth Diaper Comparison Chart \(http://www.peapods.com/cloth-diaper-chart/\)](http://www.peapods.com/cloth-diaper-chart/), read our [Cloth Diaper Washing Instructions \(http://www.peapods.com/diaper-washing/\)](http://www.peapods.com/diaper-washing/), or stop in for our [Free Cloth Diaper Class \(http://www.peapods.com/classes/free-cloth-diaper-class-2nd-4th-thursdays.html/\)](http://www.peapods.com/classes/free-cloth-diaper-class-2nd-4th-thursdays.html/)!

We buy and sell Gently Used Diapers (<http://www.peapods.com/buyback/>).



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[Imagine Diapers](http://www.peapods.com/baby-goods/cloth-diapers/cloth-diapers-by-brand/imagine.html)
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[Snappi Diaper Fasteners](http://www.peapods.com/baby-goods/cloth-diapers/cloth-diapers-by-brand/snappi.html)
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