



Cloth Diapers *user guide*

www.myllymuksut.com

Your guide to Cloth Diapering – the Easy Way

Cloth diapers are a great choice for your family whether you are interested in saving money, the environment, your child's skin – or all of the above.

This guide contains common-sense guidelines and ideas for cloth diapering – and we promise to tell it to you straight & honest.

This guide contains a lot of intentional product placement and promotion.



Your everyday companion,

Myllymuksut

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CLOTH DIAPER MYTH:

They're such a hassle and there's too much information

That's true, there is an exhausting amount of information out there about cloth diapering. The internet is flooded with recommendations – and they are often contradictory. This guide contains just the most important things to know, and we help you make cloth diapering a part of your everyday family routine.

You can make cloth diapering difficult, but it doesn't have to be that way. If you are unsure, start with the basics: a few easy pocket diapers, and then later on, try something else if needed.

There are many different kinds of diapers and materials, and the perfect option for every baby is out there. We are happy to help you with finding yours!

Make it easy for Dad to understand: make it a simple 1-2-3 of the different layers and the order they go in. That's how to get everyone on board with cloth diapering, when he doesn't have to think too much about how to get it right. Materials etc are easy enough to learn, when everything is made clear from the start. -Antto



CLOTH DIAPER FACT:

I want to protect my child from harmful chemicals

Well that's obvious! Our Muksut diapers have the Allergy Label Certificate from the Finnish Asthma and Allergy Foundation, that's proof of strict product quality control and it's safety to delicate skin.



Myllymuksut diapers are made from our custom fabrics, designed and made specifically for diaper use. Our fabrics are also available for sale, for your DIY-projects. The Key Flag Mark in our product line is proof of quality Finnish workmanship – our fabrics are made in Finland when possible, and the rest elsewhere in Europe. Not Made in China, so it's quality you can trust.

A cloth diaper lets your baby's skin breathe – the dryliner layer closest to skin wicks away moisture quickly.

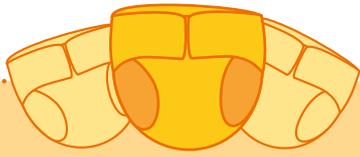


IN COOPERATION WITH
THE FINNISH ALLERGY AND
ASTHMA FEDERATION



www.myllymuksut.com/pages.php?page=arvot

Diaper Facts



Each child uses about

5000

disposable diapers

during the diapering phase

Disposable diapers cost about three times more than cloth diapers



Disposable diapers cost

1500 euros



1.5 tons

of trashed diapers go to the landfill

for each baby

Plastic takes hundreds of years to decompose.



A child uses about

30

cloth diapers

during the diapering phase

A single cloth diaper may seem pricey but you end up saving money.



Cloth diapers cost

500 euros

(and have resale value)



Reuse

cloth diapers by selling or gifting them to the next user.

Cloth diapers use 66% less natural resources than disposable diapers' ecological footprint.

Disposable Diapers

contain numerous chemicals such as fragrances, chlorine and polymerachrylates.



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ASTHMA FEDERATION

Muksut diapers are suitable for sensitive skin.

Diaper Rash

became more common in the 60's after disposable diapers became popular.

Sources: <http://www.jly.fi/vaiippaopas2005.pdf>, <http://www.livestrong.com/article/111348-chemicals-disposable-diapers/>, [Clothdiapers.org](http://www.clothdiapers.org), http://www.realdiaperassociation.org/real-diaper-news/quarterly_article_mullen_diaper-rash-comparing-diaper-choices.htm

CLOTH DIAPER MYTH:

I don't want to be labeled as a fanatic-eco-activist-weirdo-hippie!

Neither do we! Every family should make their own decision about diapers. Some decide to use cloth diapers only when they're home, while others use a few cloth diapers every now and then, alongside with disposable diapers – and quite many will eventually switch to cloth diapers only. The more cloth diapers you use, the more money and natural resources you save.

If you decide to use both cloth diapers and disposable diapers, make sure to have a stack of cloth diapers handy, next to the disposables. It makes it an easier choice.

Suvi





CLOTH DIAPER MYTH:

Cloth diapers always leak

Same as with disposable diapers, sometimes, but not often, there are leaks with cloth diapers too. A good fit is important: you should always choose the right size that fits – forget about having room for the baby to grow into.

CLOTH DIAPER MYTH:

So much hassle to wash them – and they stink!

A dirty diaper does have a tendency to smell, no matter if it's a cloth diaper or a disposable one. Cloth diapering does increase your laundry slightly, but it's not too bad. Toss those dirty diapers straight into the washing machine for the next wash. The diapers can be washed with other laundry, or separately every day or every other day.

First, flush all solid waste from the diaper to the toilet, then separate the covers, inserts, and liners, and separate the dirty parts for washing. If there's a separate cover layer, it can be hanged up to air dry for the next use. Diapers awaiting washing can be stored in a diaper bag made of waterproof PUL-fabric, or in a waste basket or pail with a lid. Some families use an open wicker basket to store soiled diapers, with a sprinkling of tea tree oil to mask any unpleasant odours.



Diapers are easy to get to the machine straight from the storage bin, bag or basket. They are usually washed in regular 40° to 60° degrees Celsius water. Woolen items need to be washed with a wool detergent and a gentle wool cycle (or by hand) in cold water, max 40°C temperature.



www.myllymuksut.com/storage-laundry-bags-c-8_32.html

A diaper bag comes in handy when you have to carry both clean and soiled diapers, for example from day care to home.



GENERAL INSTRUCTIONS FOR WASHING CLOTH DIAPERS AND CHOOSING A DETERGENT:

- Do not use fabric softener. Fabric softener reduces the absorbing abilities of the diaper. If you want to make the diapers softer, add some vinegar to the laundry cycle.
- Use less washing powder or liquid than recommended on the detergent package.
- Don't overfill your washing machine. Using plenty of water rinses off detergent residue. The Finnish Allergy and Asthma Foundation has found that detergent residue is the most common cause of skin problems.
- To avoid skin reactions use an unscented detergent.
- Zeolite, an ingredient in many detergents, is basically clay, that will clog the the diaper's surface, reducing the absorbancy. It is also harmful to your washing machine in the long run.
- Whenever possible, choose a detergent with less than 5% soap. Soap blocks the dryliner fabric and reduces the ability to wick away moisture.

(Lähde: <http://pohjoissavo.allergia.fi/?x103997=130257>)



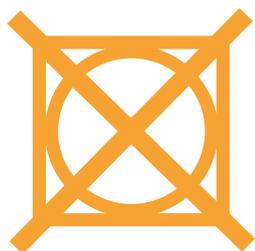
link

List of detergents (in Finnish, Google translated*):

**translate.google.com/
translate?hl=en&sl=fi&tl=en&u=http%3A%2F%2Fwww.
kestovaippayhdistys.
fi%2Fkestovaippainfo%2Ftietokannat%2Fpesuaineet%2F**

*Some, but not all of these brands are available globally. You can do a web search to find a discussion forum with suggestions from your country.

Tip! Hang cloth diapers outside to dry on a clothesline. Sunshine bleaches away stains, and hanging them in the breeze gives the diapers a lovely fresh scent.



Cloth diapers should be hung inside out. Tumble drying is not recommended at all. Mechanical drying wears out the fibers, and in a worst case scenario, the heat can damage the fabrics.

Tip! Fasten closed all of the Velcro before washing. This will keep the Velcro functioning better, and prevents it from sticking to other materials during the wash.

CLOTH DIAPER FACT:

Would a single diaper fit both a newborn and a toddler?

Basically yes, but rarely in real life. A newborn needs to be changed more often, so the diaper doesn't need as much absorbency. A diaper for a toddler needs to handle a larger quantity of wetness at a time, and that makes it important for the diaper to be highly absorbent.

The same inserts can be reused throughout the entire diapering period, but the covers should be fitted to the size of a child. As we know from clothing; anything too big or too small just doesn't feel right nor function as it should. A child surely feels more comfortable in clothes and diapers of the right size.

CLOTH DIAPER MYTH:

Cloth diapers are always bulky and huge

It can happen. Some are. But with the right materials and sizing, it doesn't have to look chunky. The thinnest cloth diapers look no different from disposables. A correctly sized diaper fits, and is comfortable to wear.



CLOTH DIAPER MYTH:

A cloth diaper is not environmentally friendly

Manufacturing cloth diapers takes energy, and washing consumes water – that is true. However, if you compare them to the effects of manufacturing disposable diapers – the benefits are undisputed. Not a single disposable diaper ever made has decomposed yet, and they lay in our landfills producing methane pretty much forever.

Myllymuksut cloth diapers are made in Finland, as are most of the fabrics we use. That means shorter transportation costs with fossil fuels. We manufacture large batches at a time for efficiency.

Using cloth diapers is an easy way to reduce the carbon footprint of your family in a major way.

You can reduce your impact even more by washing smart; wash cloth diapers with your regular washing, paying attention to your detergent use, and how little you really need. Modern cloth diapers don't need a tumble dryer, they dry in a few hours when hung on a washing line.

And after the need for diapers is over in your family, you can donate the cloth diapers for the next baby!

Cloth diapers are a choice for the future.



CLOTH DIAPER MYTH:

Cloth diapers are expensive

A single cloth diaper might seem expensive, but you have to remember that that single diaper will be used tens, or even hundreds of times. After the diaper no longer fits, you can save it for your next baby, or sell it on the internet. The resale value of used cloth diapers are surprisingly good.

For further savings, you can find a wide range of supplies and fabrics for sewing diapers from the Myllymuksut store. Inserts, for example are an easy and quick DIY project. It's easy to sew cloth diapers for your child. You can get started with our easy to follow DIY sewing kits!



DIY kit

www.myllymuksut.com/yourself-sewing-diapers-p-334.html

Fabrics

www.myllymuksut.com/fabrics-c-17.html

Sewing supplies

www.myllymuksut.com/sewing-notions-c-18.html

CLOTH DIAPER FACT:

How can I possibly know which is the best option to choose?

A cloth diaper has two essential parts – the absorbent layer and a cover. It is important that the diaper fits well, so you should select the correct size.

There is a variety of designs and materials to choose from, but it's good to remember, that most of them will work for most children. So there's no need to stress out too much about your choices. You'll find the very best option in design, model and materials by trial and error, so try a few different options and see how they work for you. Every child is different, so find what works for yours!

The different kinds of cloth diapers are next.



**The parts,
models and
combinations**

*of cloth
diapers*

CLOTH DIAPER *models*



**ALL-IN-ONE
(AIO)**



POCKET DIAPER



PANT DIAPER



BASE LAYER DIAPER



PUL AND WOOL COVER



TRAINING PANTS



PREFOLD

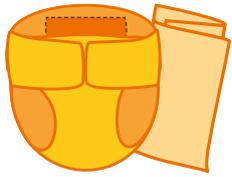


STAY-DRY LINER

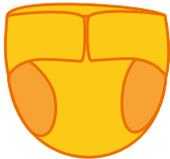
cloth diaper selection guide



Baby



Pocket diaper
and a prefold



All-in-One (AIO)



Base layer diaper
and a cover



Prefold and
a cover



Toddler



Pocket diaper
and a prefold



All-in-One (AIO)



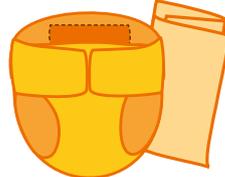
Base layer diaper
and a cover



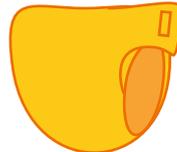
Pocket diaper



Potty training



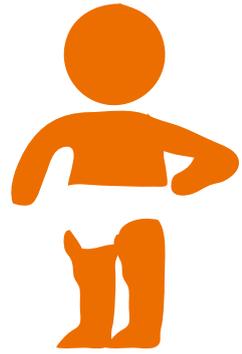
Pocket diaper
and a prefold



Pocket diaper



Training pants



Just in case



Training pants



Cloth diapers for baby

A small baby needs changing more often and the diaper needs less absorbency. Quantities shown are averages when using cloth diapers only. Quantity needed might vary, depending on the frequency of changing and washing.



5 x
COVERS



25 x
GAUZE OR PREFOLDS

OR



5 x
COVERS



25 x
BASE LAYER DIAPERS

OR

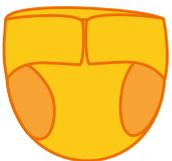


25 x
POCKET DIAPERS



25 x
PREFOLDS

OR



25 x
ALL-IN-ONE-DIAPERS



5-10 x prefolds
to be used if needed



Cloth diapers for toddlers

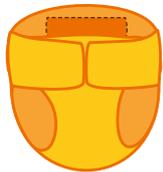
A toddler needs changing less often than a little baby, as the frequency of peeing reduces and their poop solidifies with the introduction of solid foods. Quantities shown are averages when using cloth diapers only. Quantity needed might vary, depending on the frequency of changing and washing.



18 x

ALL-IN-ONE DIAPERS

OR



18 x

POCKET DIAPERS



18 x

PREFOLDS

OR



4 x

COVERS



18 x

BASE LAYER
DIAPERS

OR



18 x

PANT DIAPERS

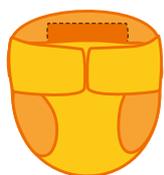


5-10 x prefolds
to be used if needed



Cloth diapers for potty training

During potty training, there's less need for diapers. Oftentimes you would still use diapers at night, and when out and about. Quantities shown are averages when using cloth diapers only. Quantity needed might vary, depending on the frequency of changing and washing.



12 x

POCKET DIAPERS



12 x

PREFOLDS

OR



12 x

PANT DIAPERS

OR



12 x

TRAINING PANTS

Training pants also work for bedwetting. About eight is a good amount to have on hand.



TYPES OF CLOTH DIAPERS

All-in-one (AIO)

- A very easy to use diaper containing all the necessary parts; a cover, the insert, and a dry liner
- Extra layer can be added if needed
- Beautiful prints
- A pull out flap speeds up drying time
- The whole thing gets washed after each use
- An all-in-one is an easy to use option, thus a good option for daycare

 link

www.myllymuksut.com/all-in-one-c-8_13.html

[Muksut® All-In-One](#)



TYPES OF CLOTH DIAPERS

Pocket diaper and prefold



- An easy diaper that can be pre-assembled before use
- A pocket diaper contains a cover and a stay-dry liner, and the inserts are added into the pocket of the diaper as needed
- Beautiful prints
- Fast drying time
- The whole thing gets washed after each use



Pocket diapers:

www.myllymuksut.com/pocket-diapers-c-8_14.html

Prefolds:

www.myllymuksut.com/inserts-prefolds-c-8_28.html





TYPES OF CLOTH DIAPERS

Base layer diaper and cover

- Use any kind of absorbent material; cheesecloth, prefolds or a fitted base layer diaper inside
- Extra inserts can be added if needed
- Usually only the absorbent materials inside need washing after use, the cover can be used again if not soiled
- Cover is made of wool or PUL-fabric



www.myllymuksut.com/base-layer-diapers-c-8_24.html

www.myllymuksut.com/inserts-prefolds-c-8_28.html

www.myllymuksut.com/diaper-covers-c-8_15.html

www.myllymuksut.com/wool-covers-c-8_29.html

TYPES OF CLOTH DIAPERS

Pant diaper



- A narrower diaper for a walking child
- Contains a cover and an absorbent material layer, but less than an AIO
- Extra inserts can be added if needed
- Beautiful prints
- The whole thing gets washed after each use



www.myllymuksut.com/pant-diapers-c-8_26.html

www.myllymuksut.com/inserts-prefolds-c-8_28.html





TYPES OF CLOTH DIAPERS

Training pants

- Pants for potty training, a step between real underwear and diapers
- The inner cotton lining feels wet when soiled, which helps the child recognize the need to go potty
- Beautiful patterns
- The whole thing gets washed after each use

 link

www.myllymuksut.com/training-pants-c-8_25.html



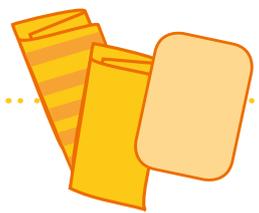
CLOTH DIAPER

selection guide

ALL PARTS IN ONE



COMBINATIONS



CLOTH DIAPER

selection guide

OTHER COMBINATIONS:



You can add extra inserts to all diapers when needed. A stay-dry liner can be used next to the skin, and is especially good for sensitive skin. A stay-dry liner is already included in the AIO, pocket diapers, and pant diapers. Almost every diaper type offered is available with the choice of either snaps or Velcro (Aplix) fastening. Pant diapers and training pants have only snaps. Beautiful prints and colors are included in every model available!

materials
inserts

MATERIALS:

INSERTS

The main task of the absorbent layer inserts is to hold as much moisture as possible, and to lock it in, fast and efficient. The absorbent layer can be a fast drying foldable square, or a rectangle with multiple layers, or permanently attached layers or flaps in the diaper.

All of the materials achieve their peak performance after a few washes. It is recommended to wash a new diaper before first use.



The more you use it, the better it works! - **Laura**

MATERIALS:

COTTON

Cotton is an affordable and practical option. You can even recycle your old towels as prefolds! A traditional lightweight cheesecloth muslin dries very quickly. Cotton is a great material choice for a small baby, but you might need more absorbency for a toddler. The absorbent qualities of cotton can be boosted by combining it with e.g. hemp and bamboo, like in our prefolds.

Cotton transfers and absorbs moisture quickly, and works best as a top layer in a combo.



Terry:

www.myllymuksut.com/terry-fabrics-c-17_63.html



Jay Phagan

MATERIALS:

BAMBOO

Bamboo is an extremely soft material and it keeps its softness, wash after wash. Bamboo is a good choice to be used next to skin for its antibacterial qualities. Bamboo fabric usually has a mix of cotton or hemp and polyester added for durability and structure.

Bamboo absorbs and wicks moisture away quickly and it works well as a top layer in a combo.



www.myllymuksut.com/bamboo-fabrics-c-17_58.html

www.myllymuksut.com/base-layer-diaper-bamboo-p-190.html

www.myllymuksut.com/bamboo-prefold-stripesncolours-p-197.html



MATERIALS:

HEMP

Hemp is a highly absorbent material, and that's why it suits toddlers perfectly. Hemp keeps its shape, giving the diaper firmness, which allows a good fit.

Hemp can absorb a lot of moisture slowly, so it works best as a bottom layer in a combination, with cotton or bamboo on top.



www.myllymuksut.com/hemp-fabrics-c-17_59.html

www.myllymuksut.com/prefold-hemp-p-199.html



MATERIALS:

COVER LAYER

A cover is used to lock in the moisture inside the diaper.

The cover can be a separate piece, or a fixed layer attached to the diaper, like in the AIO and pocket diaper.

Separate covers won't need washing after every use, a quick air-dry is enough.



MATERIALS:

PUL

Polyurethane laminated polyester aka PUL is tested to be a safe, durable, and moisture-proof material. Ours comes in dozens of beautiful prints to choose from. The PUL diapers have either snaps or Velcro (Aplix) fastening, as well as an elastic band for a better fit. Some models have extra leak protection. A PUL diaper works best when it is sized right.



www.myllymuksut.com/waterproof-fabrics-c-17_62.html

www.myllymuksut.com/diaper-covers-c-8_15.html

www.myllymuksut.com/pocket-diapers-c-8_14.html



MATERIALS:

MERINO WOOL

Wool is a traditional material for cloth diapers. Knitted wool pants, and fitted covers sewn from wool fabric, are both breathable options for diaper covers. Wool absorbs moisture and keeps it in – to a certain point. Wool is a self-cleaning material, so it only needs gentle washing every now and then. A quick air-dry is usually enough.



www.myllymuksut.com/wool-fabrics-c-17_60.html

www.myllymuksut.com/knitting-c-19.html

www.myllymuksut.com/wool-covers-c-8_29.html



MATERIALS:

STAY-DRY LINER

The task of a stay-dry liner is to transfer moisture away from skin as quickly as possible. A stay-dry liner is recommended for children with sensitive skin. A stay-dry liner also makes it easier to dispose the solids from the diaper.

A stay-dry liner usually comes already attached in pocket diapers. There are several different materials you can use as liners.



KUIVALIINAMATERIAALIT:



Bamboo

Bamboo has been our most popular inner lining material throughout the years, and is available in all Muksut cloth diapers. Bamboo is extremely soft and it transfers moisture away quickly from the skin.



www.myllymuksut.com/bamboo-fabrics-c-17_58.html

www.myllymuksut.com/cloth-diapers-c-8.html



Dryliner

Dryliner knit is a fabric designed for diaper use. It wicks moisture away quickly and efficiently. It's double sided, so it's important to use it right side up for optimal performance.



www.myllymuksut.com/dryliner-p-93.html

www.myllymuksut.com/dryliner-p-200.html



Coolmax

Coolmax is a mesh fabric commonly used in athletic wear. It wicks moisture efficiently, keeping the skin very dry.

 *link*

www.myllymuksut.com/coolmax-p-94.html



Microfleece

Microfleece (also known as babyfleece), feels dry to the touch even when wet. It keeps skin dry very efficiently. Fleece won't unravel or fray from the edges, so it's an easy material to work with for DIY stay-dry liners.

 *link*

www.myllymuksut.com/babyfleece-p-81.html

Click to fall for

all the handy everyday products
in the Myllymuksut online store

FOR WOMEN AND MOMS:

Nursing pads, breastfeeding shirts and Maijat cloth pads

www.myllymuksut.com/periods-c-16.html

www.myllymuksut.com/maternity-clothing-c-11.html

FOR BABY:

Washing cloths, diaper bags and changing mats

www.myllymuksut.com/maijat-washing-p-271.html

www.myllymuksut.com/storage-laundry-bags-c-8_32.html

www.myllymuksut.com/diaper-changing-p-210.html

 www.myllymuksut.com



Cloth diapering in a nutshell

- A cloth diaper is just as easy as a disposable one
- Cloth diapers are an environmentally friendly choice. Every time you use a cloth diaper, you are reducing the carbon footprint of your family.
- You can use both cloth diapers and disposable diapers together. You don't have to "choose sides" or be all or nothing.
- Cloth diapers are suitable for sensitive skin. They won't contain any harmful dyes, formaldehydes or other irritating chemicals.
- Cloth diapering works well for the entire diapering phase – from newborn to potty trained
- The best option for your family is yours to be found – give it a try, it's easy
- Don't be afraid of cloth diapering, we're always here to help!



DARE TO GIVE CLOTH DIAPERING A TRY!

**IF YOU HAVE QUESTIONS
OR YOU NEED MORE ADVICE:**

Contact us and let us know how we can be of assistance. We surely can help you figure it out!

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