

Nature's Child Nappy Help is here....

## Turn your nappy distress into NAPPY SUCCESS!

### A few things to remember first

- 1 – Cloth Nappies last 1 – 2 hours depending on your baby being a 'light' or heavy wetter
- 2 – Not all babies bodies are the same so what works for one, will not necessarily work for another. So be creative with how this nappy will work best for you.
- 3 – Like disposables, there will be a 5% leakage on a nappy sometimes. Babies do amazing things at times that baffle us with their nappies. Have a laugh at these moments
- 4 – Some days will be smooth with booster pads being changed only. Other days will be nappy nightmare days when you seem to be changing the whole nappy with every pooey, wet nappy. That's parenting, some days are unpredictable!
- 5 – Find the times when this nappy works best for you! You are an individual with different expectations to the next parent and a very different baby to the next parent. Find your own nappy rhythm, despite all the advice in the world.
- 6 – Ask for help. If you have checked all the tips below and still have questions or problems, we are here to help. You have invested the money and we want to make sure you love our nappy and are getting the most out of it. Your friendly retailer is trained to assist you but so are we. So email us if you do not have success with your local store after following the tips below.
- 7 – It's new! As a new product, we are aware that we may need to develop our wonderful idea to make it even better. Your feedback is invaluable to make this nappy even better for next years parents. So please let us know ALL your ideas.

## Now...

Get ready for some troubleshooting ideas to make this nappy a joy to use have give yourself nappy success!

### Step 1.

Pre--Washing the nappy before using them makes them more absorbent and ready to use. Cotton can take up to 8 washes to be at its optimum absorbency.

### Step 2.

After making sure the nappy is a snug fit around the legs and tummy we find that there are 3 reoccurring things that can turn nappy distress into nappy success.

- 1) Lay the baby on the nappy and place the booster pad snug against the baby's genitals **FIRST**, *then* pull up the nappy outer and fasten nappy (Velcro to the back.) This puts the booster firmly in place and seems to allow for better absorption.
- 2) Adjusting the Velcro after the nappy is on can make a great difference. The Velcro tabs don't always have to be 'square'. Sometimes you can fasten the Velcro up or down diagonally to get the best fit for your baby's body shape. You can do this by placing the baby over your shoulder, or rolling them onto their tummy or for active babies you can do it while they are standing!
- 3) It may be time to add another booster. If you have done all of the above and still have leaking this is a sure sign for the extra booster. Anywhere between 5-11 weeks and beyond the second booster is necessary. Being creative with how you add the second booster will help you find what works best for you. Most people either place both boosters flat, or for extra absorbency and less bulk you can fold one of the boosters in front of the genitals and leave the other booster flat. And remember; always place the boosters against the body before fastening the Velcro.

### Still Leaking????

Leakage will always happen from time to time, especially in the newborn phase. This happens in all nappies even disposables. Don't lose heart, in the case of newborn baby phase, or a heavy wetter and night nappy, we can recommend a few accessories that will help.

### **1 – Dri-Liner.**

Use in every nappy or for night time or at the onset of any rash.

They draw moisture completely away from babies skin. This may just be the thing that keeps you happy with cloth nappies if you have a baby that wees a lot or is prone to nappy rash. The nappy can be soaked and the baby will always feel dry. They grow with your baby and most importantly, will keep your baby dry!

### **2 – Bioliners**

Use in every nappy or for night time or at the onset of any rash. Bioliners help make washing easy because you can flush the poo away with ease. They also keep a disposable nappy poo free. Flush your bioliners.

### **3– Woollen Overpant**

For night times, long sleeps or for heavy wetting babies.

Wool is a great fabric as an over pant as it is the most breathable waterproof cover available. It not only can absorb 30% of its weight in fluid, it is so breathable that urine evaporates while the baby is wearing it! We sell two types of wool pants. Disana and Sckoon. Ask us about them!

### **4- Bottom Balm**

For use as a barrier for heavy wetters, night time or nappy rash.

This beautiful organic bottom balm is a great way to not only heal any rash but to prevent it by creating a barrier against the urine, so it's perfect for night when they are wearing their nappy for a length of time. Little babies skin can become more sensitive around teething, trying new foods or being sick so using it as a preventative in these times will keep you both happy and rash free.

### **A note about nappy rash.**

A baby with normal skin that is changed regularly with sanitised nappies should not suffer nappy rash as a result of using cloth nappies. Avoid any fabrics that are not breathable as this can contribute to rash as well knowing that nappy rash is often a result of internal symptoms such as teething, diet, or a lack of 'natural bacteria' in the gut.

### **A note about little boys**

As little boys tend to wet more at the front we suggest the following: After folding the booster in half, place baby on nappy, pull up the first flat booster snug against his body, then place the folded booster in front keeping in line with where he would normally wee.

Pull up outer of nappy and secure.

This can take a few nappy changes to find what is comfortable for you both.

### **A note about little girls**

AS little girls tend to wet lower down in the crouch of the nappy, we suggest the following: After folding the booster in half, place the baby on the nappy, pull up the first flat booster snug against her body, then place the folded booster more in the middle of the nappy with some overlapping to the front. Pull up outer of the nappy and secure.

This may take a few nappy changes to find what is comfortable for you both.

Using cloth nappies is a process that can change from month to month, week to week or day to day. Knowing that it is a journey for you and your baby can help you when at times you feel challenged by it.

From time to time it is a good idea to revisit this troubleshooting page as each time you might see something that may previously not worked but does now.

If after you feel that you have tried everything above without success don't give up! You can contact us on 1300555632 or by email [jannine@naureschild.com.au](mailto:jannine@naureschild.com.au)