



cloth diapering

USER GUIDE



CERTIFIED ORGANIC COTTON
DIAPER KIT

Easy to use • Easy to wash • Easy on your budget

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Congratulations!

You have made a very intelligent purchase!

Here at Bummis we have over 20 years of experience in helping parents use and wash cloth diapers, and we are about to share with you the secrets to a successful cloth diapering experience. In this box are our very absorbent organic cotton diapers and some great fitting diaper covers. This guide will show you how to get started with a simple, no fuss washing routine and show you step by step how to fold those gorgeous diapers and use them with your diaper covers.

Take some time to get accustomed to your new diapering system, and don't be afraid to play around with the folding and fastening, etc. If you are making the switch to cloth diapers from disposable diapers, you may experience a period of adjustment at first. Some families find that when making this switch, mixing your cloth diapering system with disposables in the beginning (for outings or overnight) can make this transition easier. Go ahead – don't fret about it! Take the time you need to wrap your head around this change. Most parents find that using and washing cloth diapers is way easier than they thought it would be, and quickly become avid full time users.

No matter how you incorporate cloth into your diapering system, you will still be saving lots of money, reducing your family's garbage and keeping your baby comfy and happy in soft breathable cotton.

By the way, you may find that you will need to purchase baby clothes that can accommodate larger bums! Most baby clothes are designed to go over ultra absorbent disposable diapers. Your organic cotton diapers will be bulkier on your baby simply because they are all natural cotton only – no super absorbent chemical gels.

If you have purchased the Infant size box (8-15 lbs), you will find in your kit:

- › 24 organic cotton prefold diapers
- › 4 Super Whisper Wraps (diaper covers)
- › 2 Super Brites (diaper covers)
- › 3 rolls Bio-Soft Liners (300 sheets)
- › 5 reusable stay dry liners
- › A Fabulous Wet Bag

If you have purchased the Baby size box (15-30 lbs), you will find in your kit:

- › 18 organic cotton prefold diapers
- › 2 Super Whisper Wraps (diaper covers)
- › 2 Super Brites (diaper covers)
- › 1 roll Bio-Soft Liners (100 sheets)
- › 5 reusable stay dry liners
- › A Fabulous Wet Bag

1. BEFORE YOU START – PRE-WASHING

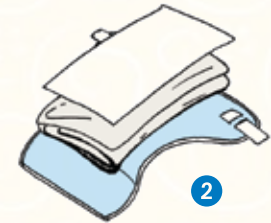
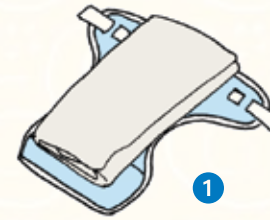
Your organic cotton diapers are made from unbleached fabric. Their fibres are still coated with the natural oils and waxes that chemical bleaching processes remove. In order to remove the oils and waxes which inhibit absorbance, you will need to wash your diapers in hot water and detergent **at least three times** before using them.

They must be dried between each wash as well.

Please use a residue free detergent to wash your diapers. **See section 6 for information on choosing a detergent.**

After completing the pre-washes, test the absorbency of your diapers by pouring a small amount of warm water onto one. The water should be absorbed immediately into the cotton. **If the water beads at all, please refer to our troubleshooting guide in section 7.**

2. USING DIAPERS



- › Fold the diaper and place it into a diaper cover. **See folding instructions in section 3.**

- › Add a Bio-Soft Liner or a reusable stay dry liner or both! Try using a stay dry liner overnight or if your baby is getting a rash – it will wick the moisture away from baby's skin, as well as make clean-ups easier.



- › Place your baby on the diaper, and adjust the hook and loop closures for a snug fit around legs and tummy.

TIPS

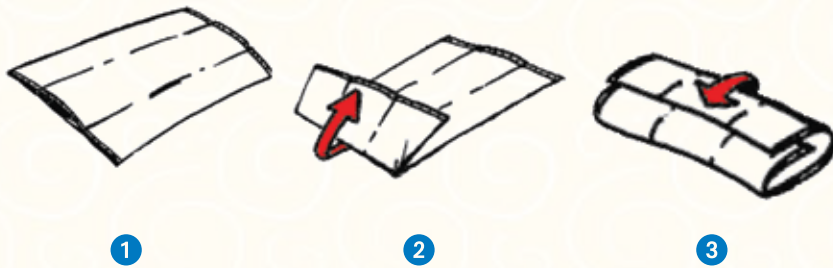
- › If you are using a diaper cream, please protect your diaper with a liner. We recommend not using ointments with petroleum, fish oils or zinc.
- › Make sure that the diaper and liner are completely contained inside the diaper cover. Any bit of diaper left outside of the waterproof cover can cause leaking.
- › Use the fan fold for runny newborn poop. And don't be afraid to try out the bikini twist! It may take a few tries to master it – but it also works really well for runny poop.
- › Do not tuck your diaper into the front flap on the inside of the diaper cover, as this flap is meant to prevent leaking through the sewing line.
- › Be sure the diaper cover is fastened snugly enough so that it fits well and does not sag. Saggy diapers may leak!

Which Diaper Cover?

The Super Whisper Wrap fits most babies very well, and has a waterproof lamination sandwiched between 2 layers of soft knit polyester for comfort. The Super Brite has a gusseted leg elastic system and is especially great for long, skinny hard-to-fit babies. It has a single layer of soft polyester knit with a wipe clean lamination. See our website for more details! www.bummis.com

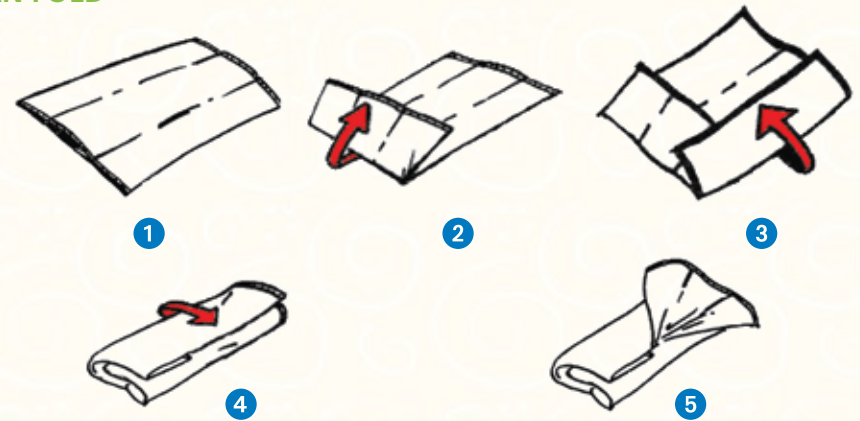
3. FOLDING

BASIC FOLD

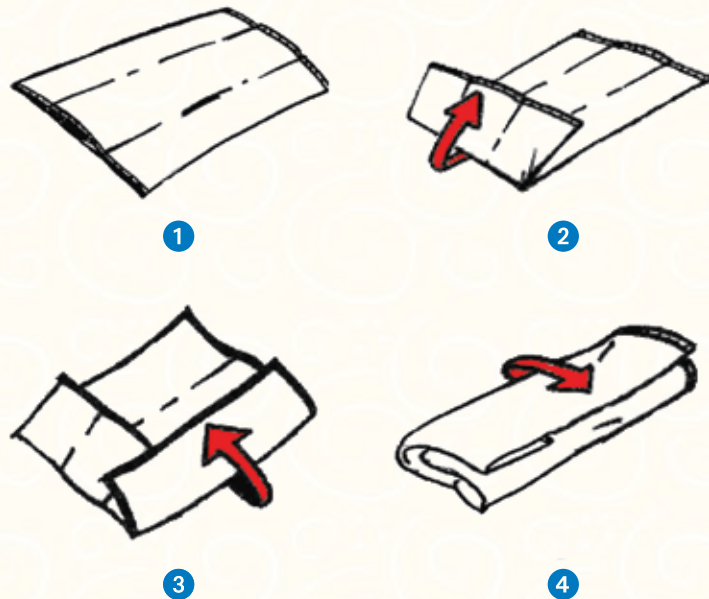


Try the following two folds with newborn babies and beyond! They will contain runny poop.

FAN FOLD



FOR MAXIMUM ABSORBENCY IN THE FRONT



BIKINI TWIST

Lay diaper flat on diaper cover, and place baby on top. Grab the bottom right corner with your left hand, and the bottom left corner with your right hand (so that your arms are crossed). Uncrossing your arms will twist the diaper in the middle. Bring the front half of the diaper up to the baby's tummy and fasten the diaper cover. Any excess diaper can be folded down in order to fit within the cover.



4. DIAPER STORAGE

Here is our simple, no soaking storage method:

- › Remove diaper and diaper cover from baby. Flush away Bio-Soft Liner or shake off excess poop into the toilet. Note that breastfed baby poop is water soluble. It may not slide off your diaper so easily into the toilet, but your washing machine will be able to handle it just fine. No need to rinse.
- › Unfold your diapers to ensure thorough cleaning.
- › Secure the hook and loop closures by fastening them to the washing tabs (on the inside back of the diaper cover).
- › Toss your dirty diapers and diaper covers straight into your Fabulous wet bag, or use your Fabulous wet bag to line a diaper pail. Dirty diaper covers can go in the bag or pail too (never soak them!). Wash every 2-3 days.

Soaking?

Most folks find it easier not to soak. It's easier to transport a bag of dry diapers to the washing machine than a pail full of water and diapers. Why would you soak? Some cite easier stain removal and less frequent laundering.

If you do decide to soak: Dissolve a very small quantity of oxygen bleach in half a pail of water. It's okay to soak for a few days. On washing day, dump your pail contents into the washing machine, spin out liquid and wash as usual along with your diaper covers.

Remember never to soak your diaper covers! Make sure your pail fastens well for safety's sake.

5. WASHING DIAPERS

On washing day, bring your Fabulous wet bag to the washing machine, dump out the contents into the machine, turn the bag inside out, and toss it in as well. Then, proceed with the following steps:

- › Run a cold pre-wash (or a short cycle with no detergent).
- › Do a regular wash in hot water with a zero residue detergent. Stick to the lower end of the recommended amount of detergent if you have a front loader or HE machine.
- › If you are using anything other than a zero residue detergent, use maximum half of what the detergent package tells you to use. Use one quarter of the recommended amount if you have a front loader or HE machine.
- › Rinse diapers in lots of water to avoid build-up of detergent, bacteria or urine.
- › Dry in the dryer or outside on a clothesline. Sunlight is a natural brightener and disinfectant!

TIPS

- › Reduce drying time by doing an extra spin cycle and/or throwing a dry towel or dryer balls into the dryer with your diapers.
- › **Once washed, your diapers should not smell like urine or detergent!** If they smell of detergent, wash them again in plenty of hot water and **less detergent**. If they smell like ammonia once your baby wets them, make sure that you are using **enough hot water** and **enough detergent**.
- › Stains don't mean your diapers are dirty! A cold pre-wash helps keep stains from setting - but if you do have unwanted stains, try drying wet diapers in direct sunlight. Please don't use chlorine bleach. A small amount of oxygen bleach in your wash is okay if it has no additives and is well rinsed.
- › You may need to adapt your washing routine to your washing machine, water supply etc. Always check the care instructions on product labels, and follow manufacturers' washing guidelines if they vary from these.

6. WASHING PRODUCTS

Choose a detergent that does not contain any of the following additives, as they can create residue problems. Detergent residue will lead to leaking, absorbency issues and stinky covers.

- › Fabric softeners
- › Natural oils
- › Perfumes
- › Dyes
- › UV brighteners
- › Stain guard ingredients
- › Enzymes (they will not affect performance, but may cause rashes on some babies' skin)

BUMMIS recommends the following washing products:

- › Sensi-Clean and Sport-Wash (www.atsko.com)
- › Charlie's Soap (www.charliesoap.com)
- › Country Save (www.countrysave.com)*
- › Allen's Naturally (www.allensnaturally.com)
- › Mountain Green Baby Free & Clear (www.mountaingreen.biz)
- › Seventh Generation Delicate Care (www.seventhgeneration.com)*
- › Nature Clean Powder or Liquid (www.naturecleanliving.com)*
- › Claudia's Choices (www.claudiaschoices.ca)*
- › Wonder Wash (www.wonderwash.net)*

A bleach alternative can be used on an occasional basis for stain removal. It should contain no ingredients beyond sodium carbonate or sodium percarbonate.

BUMMIS recommends the following bleach alternatives:

- › Oxy-Boost Oxygen Bleach (www.oxyboost.com)
- › Nature Clean Oxygen Bleach (www.naturecleanliving.com)*
- › BioVert Oxygen Bleach (www.prolav.com)*

NOTE: If you live outside North America, or if you want the most up-to-date information we have on detergents, please visit www.bummis.com.

*easy to find in Canada

7. TROUBLESHOOTING

Leaking problems?

- › Did you pre-wash your diapers?
- › Did you test your pre-washed diapers for absorbance? Warm water poured on a properly pre-washed diaper is absorbed immediately. If it pools, you have an absorbency issue – call us so that we can review your washing method with you. The most common cause of this is not using enough hot water to wash your diapers. In some cases, you may need to “trick” an HE machine into using more water by making your load heavier. You can do this by adding one or two wet towels to your load to convince the machine to add more water.
- › Do you have the proper size of diaper and cover for your baby?
- › Does the cover fit snugly around baby’s legs and belly? Is it fastened closely enough to create a proper fit? Please do not fasten your diaper cover so tightly that it will cut off circulation! But do fasten it snugly enough for a proper and secure fit.
- › Make sure your diaper is not tucked into the flap on the inside of your diaper cover. Remember – this flap is to protect from leaking through the sewing line!
- › Is the diaper completely tucked into the diaper cover around legs, back and belly? Any bit of fabric peeking out can cause wicking of moisture onto clothes.
- › Is there leaking straight through the diaper cover? Then you have a detergent residue problem. This is caused by:

- 1) not using enough hot water to wash and rinse your diaper covers or
- 2) using too much detergent or
- 3) using a detergent with additives such as the ones listed in Section 6.

See the instructions opposite for eliminating detergent residue.

- › Are you using diaper creams? If you use any type of diaper cream, you will have to use a liner as a barrier between the diaper and the cream. Diaper creams will reduce diaper absorbency! Never use creams or ointments with petroleum or fish oils.
- › Are you changing your baby’s diaper often enough? Newborns need to be changed about every 2 hours! A huge advantage of using cloth diapers is that you know when your baby’s diaper is wet, so you change their diaper more often. This is healthier for your baby.
- › Is your baby going through a growth spurt or sleeping more soundly at night? Are you reaching the limit of the diaper’s size range? If so, you may need to add a diaper doubler or liner for increased absorbency. Check www.bummi.com for an appropriate product, or ask your retailer what to use.



Smelly Diapers or Diapers Covers?

- › Do your diapers smell clean when washed, but utterly horrible after the first pee? This could mean that urine crystals are trapped within the fibres of your diapers. This is always related to washing and rinsing without enough hot water. Urine residue can also lead to diaper rashes. You may need to adjust the water level in your machine or “trick” your HE machine to increase the water level by adding one or two wet towels. Please ensure you are not overloading your machine!
- › Are your diaper covers stinky or discoloured? Then it is probable that you have a detergent residue problem! See instructions below.

Detergent residue

If the residue is not too extensive, you can usually get rid of it by doing several hot water washes with no detergent, then throwing the diapers and diaper covers into the dryer. If this doesn’t do the trick, then call our customer service department at **1-888-828-6647**. We would be happy to help you out!

Once you have solved your detergent residue problem, you will have to adjust your washing routine to ensure that it does not happen again. Call us for help!

OUR GUARANTEE

We guarantee that our products will be free of defects in workmanship after reasonable use as part of an adequate rotation of diapering products, for a period of 6 months after the date of purchase. We require a proper proof of purchase from one of our retailers in order to qualify for this warranty.

Please note that our warranty does not apply to products that are not functioning properly because of a build-up of detergent residue. However we are happy to work with you to figure out a way to adjust your washing routine in order to resolve a residue problem! Just give us a call at the toll free number below.

Our warranty covers non-performance due to manufacturing defects only. If you are experiencing problems related to the performance of your Bummis products, please call us toll free right away. We would be MORE than happy to help you resolve the problem!

In fact, if you have any questions at all about washing and caring for your Bummis products, or using your diapering system, please do not hesitate to contact us!

Customer service is our passion and we stand behind our products 100%!

1-888-828-6647 • www.bummis.com • info@bummis.com

WHO ARE WE?

First and foremost we are mothers, and we know from personal experience how easy it is to use cloth diapers when you have the right products. We encourage the use of cloth diapers because of the many benefits for you and your baby – waste reduction, cost and comfort.

Fair labour and business practices as well as active support of our community and the wider world through service and donation are our core values. Most of our products are made in our own little factory in Montreal, and the rest are made by our long time and reputable manufacturing partners in the UK and Pakistan.

Check out our website for more information about our company and products!

www.bummis.com



FSC



Printed on Rolland Enviro100 Print, which contains 100% post-consumer fibre, is Environmental Choice, Processed Chlorine Free as well as FSC Recycled certified and manufactured in Canada by Cascades using biogas energy.