

- Special Report -



7 Key Strategies to Guarantee Cloth Diaper Success

by Autumn Beck

<http://www.ultimateguidetoclothdiapers.com>

Thank you for subscribing to the #1 site on the web for the most relevant and current cloth diapering information. Whether you're having problems now or trying to prevent them I can help!

No one likes to make mistakes, especially when it costs you time and money. I certainly wish someone had made it as simple for me as I will for you. My cloth-diapering journey began in October 2005. Since that time I have used every cloth diaper system and tried dozens of different diaper brands. When I found what worked for one child I quickly learned that the next child would have different needs. In some areas I have come full circle (like my washing routine) and in other areas I have done a 180 (like my diapering tastes).

There are very few absolute wrong choices when cloth diapering and I have listed some of them here. If you are doing something that works for you don't let online opinions sway you. You may change to what the crowd is doing and end up with major issues.

Without further ado, here are the 7 key strategies to guarantee your cloth diaper success.

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1) DON'T invest in a stash of a diaper before thoroughly trying it out!

When you first start researching cloth diapers it is easy to find one that looks perfect on paper and jump into a big investment. This can be an expensive mistake, one my husband was not happy with when I did it!

Although a diaper manufacturer provides a detailed sizing chart it is not a guarantee that it will be a good fit for your little one. Each child has a unique body size and shape and the diaper needs to be tried on your child first to ensure a proper, snug fit. I have read many desperate stories of moms trying to quickly sell off a full stash of diapers because the diapers they thought were perfect sagged in all the wrong places or left red marks everywhere!

Here is an example of what I am suggesting: While searching for the perfect diaper for your 4 month old, 17lb baby you discover the one size "Happy Heiny". Thinking that this would be a great investment, after all it is "one size fits all", you lay down hundreds of dollars on 10 of them. They quickly arrive at your doorstep and you eagerly strap one on your child. Much to your dismay your baby's thighs are way too small and her rise is way too short to fit this diaper. You just spent hundreds of dollars on set of diapers that won't even fit! Yes, you could go to the trouble of returning them but I like simple. Simple to me means trying different diapers out (used of course, see #5) and making an investment when I find one that *is* a perfect fit for my little one.

2) Simplify the wash routine! This is probably one of the hottest debates in the diaper world. There are those that plop, dunk, spray, soak, rinse, wash, rinse, watch, rinse, dry, sniff... and then there are those that simply wash, rinse and dry. I really don't think either is wrong or necessarily better but like I said earlier I like simple. Pee diapers are simple; just throw them in the pail until wash. Poop may require a 2nd step. If it is solid empty it in the toilet then toss it in the pail. When you wash, dump the entire pail contents into the washer. If you remember or notice a bit of poo remaining run a pre-rinse. When you are ready to wash run cold water and pour in your normal amount of normal detergent (unless of course you use a detergent containing fabric softener or bleach then you may want to pick up a bottle of plain Tide).

Because we have soft water I always check the rinse cycle to see if I have a ton of bubbles, an unfortunate problem when you have soft water. If I see bubbles I run a second rinse. I then throw all the diapers into the dryer for

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about 70 minutes. The only time I add anything to my routine is when I suspect a problem like stink, wicking, or rashes (this is when the 7th strategy is utilized).

3) Try prefolds. Prefolds are diverse and inexpensive. I currently do not use prefolds but they were the first cloth diaper I purchased. I am so glad I was told to do this. Since the beginning of my cloth diaper journey those same prefolds have been used in many ways: trifolded in a prowrap, stuffed in a pocket, snapped on, soaked up breast milk, wiped snotty noses, cleaned floors, they've been dyed and embellished, and still they look great and have tons of life left. During times where I was converting my stash from fitteds to AIOs the prefolds were there during transition. When I need a pocket to last through the night I wrap a prefold around a doubler. When I was starting out and needed a lot for a little, prefolds enabled me to become a cloth-diapering mama!

4) Buy wool for night. You should buy wool for nighttime, even if you don't use it any other time. For most of my third baby's life I've used fitteds and wool. But recently I switched to AIOs. I love everything about them but I don't trust them 100% at night. I use Thirsties pocket AIOs double stuffed with either Babyology longies or Sbish pants. If I forget the wool I have wet sheets. Nothing is worse than rolling over into pee. Even if you don't want to invest much money you can make recycled wool longies (or shorties or soaker).

Before Paisley (my third) was born I found a pattern online for making longies out of the arms of wool sweaters bought from a thrift store. I thought that was the coolest thing! I am NOT a seamstress and have only recently learned to sew a straight line, but I was able to successfully make a couple pairs of bulletproof nighttime longies.

5) Buy used, check sellers/sources. Buying used is an excellent opportunity to try hard to get, expensive, or new diapers, and most importantly build a great stash for a fraction of the new price. You can purchase used cloth diapers from a number of online parenting communities or from craigslist. Ebay has banned the sale of used cloth diapers but you can sometimes get new ones for a good price. My biggest caution is KNOW WHO YOU ARE BUYING FROM. Check feedback, read information

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provided by the seller in previous forum posts, compare posts, talk to others who have bought from the seller, always get pictures, pay for a delivery confirmation number, use paypal. All of these suggestions can protect you but they don't guarantee you won't be scammed. After all a scammer is a liar.

If you are using craigslist choose a convenient, public meeting place for you to make the transaction. Obviously once you see the diapers if they were dishonest in their description then pass on the deal. The main concern with craigslist is safety. Don't go to someone's home or allow them into yours. I would not want to go through the mail either. I know nothing about the seller and would not feel comfortable paying and then waiting.

6) Change your baby often. Unfortunately, in this day of convenience we have been brainwashed into thinking that a diaper should last all day or at least until it is sagging down to the baby's knees. If you used disposables at any point and then made the switch to cloth you may have a hard time adjusting to the absorbency difference. The chemical compound in disposable diapers responsible for absorption can hold up to 300 times its weight in tap water. That is far more than cotton, hemp, or microfiber used in cloth diapers. It is suggested that a cloth diaper be change every two hours. Oddly enough, I read this to be true of disposables. I will admit though when I used disposables I went a lot longer than 2 hours between changes.

If you expect a cloth diaper to last 3, 4, or more hours then you will be let down. Then you get so frustrated that you may give up on cloth diapers. Anytime I have had "wicking" it is because I have left the diaper on for too long. When I make an effort to change my little one consistently (before the point of a wet lap or when I am forced to because she pooped) I am much happier with my cloth diapers.

7) Don't be afraid of bleach. There are times when a little bleach is necessary. When you buy used it isn't a bad idea to bleach the diapers. There have been extreme cases where a seller passed on a bad virus to an unsuspecting buyer. This ended horrible with the buyer's child becoming very sick. This is an extremely rare event (I have only heard of it once in my years of cloth diapering) but for me the thought is enough.

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Bleach is also helpful when your diapers have major buildup. I mentioned earlier that I have soft water. Because of this, detergent gets trapped in the diaper fibers causing the diaper to stink, decrease absorbency and create rashes on the baby.

When using bleach start the wash and add about ¼ cup to the cycle 5 minutes after agitation has started. I do it this way simply because I don't want to take the chance of bleach sitting directly on the diapers. I suggest doing an extra rinse cycle with very hot water after you use bleach.

These 7 Key Strategies are just the tip of the iceberg when it comes to cloth diapering your baby. You will find more stories, secrets, tricks and how-to videos to help simplify your cloth diapering experience in my book *The Ultimate Guide to Cloth Diapers*. I will also bring the fun to cloth diapering, after all making good choices for your baby *should* be fun!

The Ultimate Guide to Cloth Diapers is a complete guide that explores topics like:

How to Choose and Where to Buy the Right Cloth Diapers to Begin

How to Really Save Money With Cloth Diapers

A Thorough, No-Questions-Left-Unanswered Chapter for Every
Diapering System

How To Properly Measure Your Child

Bulletproof Nighttime Diapering Tips

Everything You Ever Thought You Wanted to Know About Washing

And So Much More!

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