

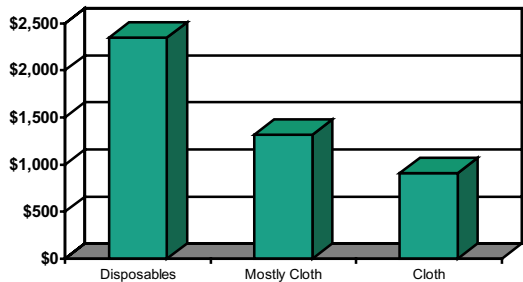
## Cloth Diapers – Are you kidding?

Not at all! In fact, we like diapering our little girl in all-in-one cloth diapers so much, that we decided to share this relatively recent development in diapering with other parents and have become a retailer for all-in-one cloth diapers. Initially, we used only disposables. This costly exercise quickly led us to using fitted cloth diapers. While washing diapers only added about two loads per week, we found that having to bother with the diaper covers was troublesome and time consuming. Our search for a better diapering solution paid off when we found a manufacturer of all-in-one diapers right here in Calgary. These diapers have a **built-in outer layer of breathable waterproof fabric** - and two rows of velcro-style loop for adjustability so they can "grow" with the baby. We still can't believe our little girl has been wearing the same diapers for over a year!

Ultimately the decision to diaper your baby in disposables or cloth is up to you, but we believe that every parent should have an opportunity to make an informed decision.

### Consider the Savings...

The average baby will need about 6,500 diapers for the first 2 years of life. At \$0.30 per disposable diaper, that adds up to \$1,950. Add to that at least another \$400 for disposable wipes and a fancy diaper disposal system. Purchasing 4 dozen all-in-one cloth diapers (2 dozen small/medium plus 2 dozen large/x-large), reusable cloth baby wipes, and an airtight diaper pail will cost about \$680. Washing and drying the



diapers at home will cost about \$232 (\$0.95 per load x 244 loads over 2 years if washing 1 load every 3 days).

Even if you occasionally use disposables when going out with your baby (1.5 diapers @ 30 cents x 365 days x 2 years plus disposable wipes), the overall cost savings are well over \$1,000. You can multiply the savings by using the cloth diapers for two babies.

A diaper service will cost almost as much as using disposables. Using a diaper service may seem more convenient at first glance, but beware that purchasing diaper covers and washing them is your own responsibility.

### Consider your Baby's Health...

Disposable Diapers contain traces of the carcinogenic toxin, **Dioxin**. Dioxin is the most toxic of all cancer-linked chemicals. This substance is the chemical by-product of the paper-bleaching process, using chlorine gas, in the manufacturing of disposable diapers.

**Sodium polyacrylate**, a type of super absorbent polymer (SAP) is the chemical that is added in powder form to the inner pad of disposable diapers, which turns liquid into gel. SAP was banned from tampons due to links to toxic shock syndrome. This chemical can cause skin irritations and severe allergic reactions including vomiting, staph infections and fever.

In 1955 - 100% of American babies wore cloth and 7 % experienced diaper rash. In 1991 - 90 % of American babies wore disposables and 78 % experienced diaper rash.

A 2000 study in the Paediatric Department at the University of Kiel, Germany, found that scrotal temperature was consistently and significantly higher during the use of modern disposable diapers compared with cotton diapers, and that prolonged use of disposable plastic lined diapers may be linked to male infertility and testicular cancer.

### Consider the Environment...

In the U.S. an estimated 27.4 billion disposable diapers are consumed each year. Over 300 lbs. of wood are used to produce disposable diapers for ONE baby EACH year. Disposable diapers are estimated to take 250-500 years to decompose. One baby goes through about 6,500 diapers, producing about 2 tons of non-biodegradable waste if that baby was wearing disposable diapers.

More water is required to manufacture Disposables than to wash cloth diapers at home. The effluent from various manufacturing processes of disposable diapers can release dioxins, furans, and other chemical by-products into the environment.

#### Bibliography:

[www.realdiaperassociation.org](http://www.realdiaperassociation.org)

Elizabeth Wall, "Cloth vs. Disposables: The Debate Continues..." ([www.gabbys.net/zencart/clothdiapers\\_disposable.php](http://www.gabbys.net/zencart/clothdiapers_disposable.php))

C-J. Partsch, M. Aukamp, WG Sippell, "Scrotal temperature is increased in disposable plastic lined nappies", Department of Paediatrics, University of Kiel, Germany, May 15 2000.

# Diapers Throughout History

An article by Elizabeth Wall - Stay-At-Home-Mum & Doula  
(reprinted in part with permission from [www.gabbys.net/zencart/clothdiapers\\_disposable.php](http://www.gabbys.net/zencart/clothdiapers_disposable.php))

Mothers have used many different methods to diaper their babies. In North America, First Nations mothers used milkweed and other plants to pack around their babies before strapping them into a papoose board. Inuit mothers collected soft moss during the short summer months to line the skins used to carry their babies. In Europe during the 16th century diapers (nappies) were squares of cloth that were folded and then tied around the waist with string.

Aristocratic children and royalty were treated to a clean diaper once a day whereas everyone else could expect to be changed once every 3-4 days! Yuck! Pioneer women made all their own diapers. Due to the often harsh living conditions they were seldom able to wash them and wet diapers were typically just left beside the fire to dry and then reused.

World War II saw the rise of the Diaper Service as women were forced into the work place and no longer had time for the arduous task of washing dozens of diapers. In the 1960's plastic covered paper diapers exploded onto the scene, often literally. One wetting and they typically disintegrated. Over the past 40 years there have been enormous improvements made to disposable diapers. Different materials, elastic legs and waists, re-usable tabs and better absorbency have combined to make them the number one choice of many parents today. There are even environmentally friendly bio-degradable one use diapers now on the market.

During recent years in Canada we have seen a resurgence in the use of cloth diapers. Many hospitals are starting out their newborns in cotton diapers because of their softness and the ability of diaper services to surpass the hospital standard of cleanliness. Cloth diapers now come in many shapes and sizes from the flat square you fold yourself to contoured diapers with snap or Velcro fasteners. Some diapers are even all-in-one meaning no covers are necessary. These are in effect almost as convenient as disposables and easy to use, even for dad. In Calgary at the present time there are 3 main options: cloth washed at home, the diaper service and disposables.

## Bibliography:

Lehrburger, Mullen & James "Diapers: Environmental Impact and Life Cycle Analysis" '91  
Toronto Board of Health "The Diaper Decision" October 1991  
Journal of Pediatrics- 1959, Vol 54 pp. 793-800 "Relationship of Peri-Anal Dermatitis to Fecal pH" by Drs. Tamio, Steiner, Benjamin  
Clinical Pediatrics- May 1991, Vol.30 "Newborn chemical Exposure from over-the-counter skin-care products" by Drs. Cetta, Lambert & Ross

## How To Wash Cloth Diapers

If you use the dry diaper pail method, pre-soak the diapers in cold water in the washing machine for about 30 minutes, using ½ the recommended amount of detergent per load and add some baking soda to neutralize odours. Next, drain the water using the rinse cycle. Now add the detergent and wash the diapers in hot water on normal cycle. We recommend a second rinse after washing with 1/8 cup of vinegar to neutralize the ph balance.  
New diapers become more absorbent after they are washed and dried a few times.

## DO's and DON'Ts Washing Tips:

### DO

1. Follow manufacture's washing and care guide.
2. Diapers will need to be washed and dried a few times prior to use to reach their maximum absorption ability. Non-treated fabric may require a few more washings.
3. To help prevent staining, rinse the soiled diapers in COLD water. Hot water will set stains. Use products like Arm & Hammer Washing Soda, Borax or Econo Clean in your diaper pail (for safety reasons only use a pail with a locking lid) to prevent staining and odours. Flushable diaper liners can help prevent staining and makes for easier clean ups.
4. Use an extra rinse cycle. Set your washing machine to an extra rinse cycle. If your machine does not have an extra rinse setting, you can manually move the dial to the rinse cycle. Add 1/8 cup of white vinegar to the first rinse. If your washing machine does not have a rinse dispenser you can use one of the fabric dispenser balls.
5. Turn all-in-ones, pull-on pants and all training pants inside out prior to laundering.
6. Use dryer balls in the dryer to reduce drying time and to help make the diapers soft & fluffy without chemicals.

### DON'T

1. Do not use fabric softener (liquid or dryer sheets) because it leaves a waxy coating on the fabric, which will reduce the absorbency and may cause rashes.
2. DO NOT USE CHLORINE BLEACH -- Chlorine bleach is hard on fabric, will prematurely break down the fabric and it will irritate your baby's skin causing rashes.
3. Do not use laundry detergents that contain perfume, dyes, chlorine-bleaching agents, or any stain guard ingredients. Any additives in detergents can cause rashes and will can make the diapers less absorbent.
4. Do not use a bucket without a locking lid if you use it to soak your diapers. Children can drown in as little as a ½ an inch of water.
5. Do not use high heat or over dry all-in-ones in the dryer.

### ***How to make your own Diaper Wipes***

- 2 cups water**
- 1 tsp. olive oil**
- 1-2 drops baby shampoo or wash**
- 1-2 drops tea tree oil**

**Measure all ingredients into a large clean margarine container. Stir. Add one dozen reusable cloth baby wipes.**

**The tea tree oil has bacteria fighting and anti-fungal properties, keeping the wipes fresh for a few days.**