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## Washing Routine for Cloth Diapers

From a dirty cloth diaper to a clean one – how do we get there correctly?

### What do we do with the dirty diapers until we wash them?

Ideal storage of dirty cloth diapers until washing time will preserve the life of the diaper, minimize odor problems and help achieve better laundry results. The keywords are ventilation and dryness.

### Okay, I took a dirty diaper off my baby's bottom. Now what?

- 1. Pee only** - There's no need to rinse the diaper right away. (If you prefer - this can be done but be sure to wring out the diaper well afterwards).
- 2. Poo from a 100% exclusively breastfed baby only** - This poo is water soluble and therefore treated the same as pee - you can put it in the wash just as it is. Again, if you prefer to rinse your diaper, don't forget to wring it out well.
- 3. Poo from a baby on formula / partial breastfeeding / food taste tests / solids** - The poo should be removed with the help of a sprayer into the toilet or with the showerhead into the bathtub before washing.

\*You can place the cloth diapers with poo as they are into a laundry basket and treat them all together in the evening.

At this point, it's best to take the inserts out of the pockets, separate the pads from the covers and close any Velcro so that it is simple to later just put all the diapers straight into the washing machine.

## Where do I put the dirty diaper until the wash?

The drier and more ventilated the place, the longer you can "push off" the dirty diaper wash.

- **Hang or lay the diapers across a laundry rack in the house or on the porch or place them in a perforated laundry basket or perforated tub** - all of these allow for airflow and dryness. If the diapers dry completely - you can even wash them up to once a week. Wipe the laundry basket or rack with a disinfectant wipe between loads to keep it free of bacteria, dirt and odor.
- **Laundry bags and wet bags** - wash every 72 hours to prevent mold from developing.

## Where do I put the laundry basket?

In the driest room with the best airflow.

## So what do we say about "wet storage"? No!

Soaking the diapers in water causes an accelerated erosion of the fabric and its elasticity and creates a rich environment for bacteria. Cloth diapers are not meant to be soaked often, especially not in all kinds of "solutions" (including vinegar, baking soda, etc.) We never recommend wet storage.

## How often do we wash dirty diapers?

We wash the diapers according to how frequently we need them. If you have a good laundry routine and are careful to store dirty diapers in a well ventilated and dry place - there's no problem with washing them once every five days.

Just note that there is a difference between storage of wet diapers, piled up on top of each other in a plastic perforated basket, and storage where they are hung to dry and then put into a basket once they are already dry.

## And now – washing the cloth diapers

The principle is simple: cloth diapers are very dirty laundry and should be treated exactly as such.

1. **Start with a short cycle (Quick, Express, etc.), 30°C (preferred) or cold water, maximum spin speed.** If the load is only dirty cloth diapers, we will use 60 ml of laundry detergent. As soon as the cycle is over, open the door of the washing machine and "detach" any pads

that are stuck to the sides of the drum to allow them to be thoroughly cleaned in the main wash.

**2. Finish with a long cycle (the main wash) - a full cotton cycle at 40°C, maximum spin speed.** For the long cycle, the drum should be between 2/3 and 3/4 full. This is in general the ideal capacity of the machine.

Use the proper amount of laundry detergent according to the tables at the end of this file. Add water softener (Calgon or Borax) according to the degree of your water hardness (until you order a strip to test your water hardness – add 60 ml of Calgon in the main wash).

**\*What other laundry can be added to the main wash to fill ¾ of the drum?**

Light colored items that will not bleed, are made of durable fabrics and can be washed in the cotton cycle. Be careful **not** to add large towels, sheets or linens - these tend to trap small items just like cloth diapers - and interfere with them getting clean.

**\*Wash cloth diapers *without* fabric softener and *without* softener sheets in the dryer.**

**\*Spin Speed (rpm):**

An rpm below 700 is problematic. The spin speed is an important part of cleaning the diapers because it allows all the pee, dirty water and laundry detergent to be wrung out. Therefore, if this is the case for you - **add a spin only cycle** between the short and long cycles. This will make up for the low rpm.

What else can you do?

Wash the main wash on 60°C, use Tide or Ariel (laundry detergents which require the least amount of powder for their cleaning effectiveness), and diaper using flannel, טטרות, prefolds, or other absorbent fabrics made from natural fibers.

**\*Laundry routine for diaper covers:**

Covers usually do not get as dirty as pads or pocket diapers so they can be "taken easy on". If the cover is not particularly dirty, you can add it only to the main wash or include it in a colored load of the household laundry without fabric softener or Calgon.

**\*How to measure the correct amount of powder:**

For measuring the amount of laundry detergent powder and Calgon, use any cup that **measures in ml** (a measuring cup, old baby bottle, etc.) so you can use the right amount of detergent and water softener. If you have a digital kitchen scale at home - you can make a measuring cup yourself.

**\*Drying cloth diapers in the dryer is allowed. Absorbent pads and inserts - on normal/high heat. Pockets on medium/low heat.**

**Amounts of Laundry Detergent**

How much laundry detergent should I use if **half or less** of my load is dirty cloth diapers?

The following are the amounts of detergent **for the main wash**. Please use a measuring cup that measures in ml.

**60 ml**  
in the short  
cycle

Tinoklin	Ecover Powder	Sano Maksima Musk/Javel/Bio	Colon 101	Shupersal	Sunday Superpharm (not baby)	Persil Green	Tide Alpine	Ariel	
<b>110</b> ml	<b>100</b> ml		<b>90</b> ml		<b>85</b> ml	<b>75</b> ml		<b>70</b> ml	
<b>130</b> ml	<b>120</b> ml		<b>110</b> ml		<b>100</b> ml	<b>90</b> ml		<b>85</b> ml	
<b>150</b> ml	<b>140</b> ml		<b>130</b> ml		<b>120</b> ml	<b>110</b> ml		<b>100</b> ml	
<b>170</b> ml	<b>160</b> ml		<b>150</b> ml		<b>140</b> ml	<b>125</b> ml		<b>115</b> ml	
<b>190</b> ml	<b>180</b> ml		<b>170</b> ml		<b>160</b> ml	<b>140</b> ml		<b>130</b> ml	

**Amounts of Laundry Detergent**

How much laundry detergent should I use if **all or most** of my load is dirty cloth diapers?

The following are the amounts of detergent **for the main wash**. Please use a measuring cup that measures in ml.

**60 ml**  
in the short  
cycle

Tinoklin	Ecover Powder	Sano Maksima Musk/Javel/Bio	Colon 101	Shupersal	Sunday Superpharm (not baby)	Persil Green	Tide Alpine	Ariel	
140 ml	135 ml	130 ml	125 ml		100 ml		90 ml		
180 ml	170 ml	160 ml	150 ml		120 ml		110 ml		
200 ml	190 ml	180 ml	175 ml		140 ml		130 ml		
230 ml	220 ml	210 ml	200 ml		160 ml		150 ml		
250 ml	250 ml	240 ml	225 ml		180 ml		170 ml		



## Washing Instructions for Cloth Diapers:

1

### Pre-Wash – Short Cycle

Only dirty cloth diapers in this load

**Wash Cycle**

30°C and max spin speed

**Which laundry detergent and how much?**

(Please measure in ml)

**Additional Notes**

**“Detach” any pads that stuck to the sides of the washing machine before continuing on to the main wash.**

2

### Main Wash – Long Cycle

Fill the washing machine 2/3 – 3/4 full with light colored items which will not bleed color, are durable fabrics, and can be washed in the cotton cycle. Make sure NOT to add large towels, sheets or linens.

**Wash Cycle**

40°C and max spin speed

**Which laundry detergent and how much?**

(Please measure in ml)

**Need to add Calgon? How much (in ml)?**

(Calgon is added in addition to the laundry detergent)

**Additional Notes:**

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**\*We wash cloth diapers WITHOUT fabric softener or dryer sheets.**