

tinnytush<sup>®</sup>  
cloth diapers & supplies



*A cloth diapering resource  
for parents interested in alternatives.*

**TinyTush.com**

# Cloth Diapering:

## The Ultimate in Caring for Your Baby's Tiny Tush

**Cloth diapering is the natural way to diaper your baby.**



It was the only option until the 1960s, when disposable diapers were introduced and started gaining in popularity. Today, there are literally thousands of diapering products from which to choose.

More families are returning to cloth diapering for financial, health, and environmental benefits. But with so many options and limited information, it can be difficult to determine where to start.

**This booklet is designed to give you information to help you successfully use cloth diapers.**

## Why cloth diapering?

There are a number of reasons for choosing to use cloth diapers. For most families, it is a decision based on finances, health, or the environment—or a combination of all three.

### financial

According to The Dollar Stretcher ([www.stretcher.com](http://www.stretcher.com)), families can save \$1,000–\$2,000 over a three-year period when using cloth diapers instead of disposable diapers. These are big, big savings of which many parents are not aware.

### health

There are health benefits related to the use of cloth diapers.

Disposable diapers contain dioxin and sodium polyacrylate, two harmful substances:

- Dioxin is a carcinogenic chemical listed by the Environmental Protection Agency as one of the most toxic of all cancer-linked chemicals.
- Sodium polyacrylate is a super absorbent polymer that was banned from tampons in 1985 due to links to toxic shock syndrome.<sup>1</sup>

Plus, it is documented that as the use of disposable diapers increased, the incidence of diaper rash also increased:

- **In 1955, 100% of babies born in America wore cotton diapers and only 7% of them experienced diaper rash.**
- **In 1998, with 90% of American babies in disposable diapers, diaper rash occurrence skyrocketed to 78%.<sup>1</sup>**

The health benefits of using cloth diapers are clear.



### environment

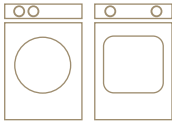
According to the National Association of Diaper Services, more than 18 billion disposable diapers are thrown away each year. **Studies estimate it takes anywhere from 250 to 500 years for a single disposable diaper to decompose<sup>1</sup>.**

The benefits to the environment are clear: a cloth diaper can be re-used from 50 to 200 times before being recycled and used as a rag for various chores.

<sup>1</sup> Real Diaper Association, San Francisco, CA ([www.realdiaperassociation.org](http://www.realdiaperassociation.org))

## More convenient than you think

Back in the 1960s when disposable diapers were first introduced, cloth diapers had their drawbacks. Thus, many people chose the disposable diaper route. **However, today there are many advancements and easy-to-use cloth diapering products to make cloth diapering more convenient than you may realize.**



More laundering tips at  
**[tinytush.com](http://tinytush.com)**

Cloth diapers fit your baby well and are easy to put on your baby (safety pins are long an item of the past). New products such as diaper sprayers have made cleaning cloth diapers easy. Simply wash the diapers for a normal or extended cycle and use the pre-wash setting, and dry on normal heat.

## Choices in cloth diapering

One of the wonderful things about the world of cloth diapering is that there is no one “right” way to go about doing it. As you may be starting to understand, there are many options, and there are many different products that are designed to fit with your type of lifestyle and in your household. And always remember that cloth diapering needs are different in every family. The system that your friend chooses may or

may not work for you—but rest assured, there will be a solution that is just right for you and your baby!

We realize you may have additional questions, and we welcome the opportunity to speak with you individually and answer them. Feel free to give us a call or drop us an email, or even contact us via social media channels. We’d love to hear from you!

## To get you started, here are some convenient cloth diapering options to consider



**All-In-One Diapers** Just as the name implies, All-In-One diapers are a diaper and cover “all-in-one.” They are the most convenient cloth diapers available. They are as easy to use as disposable diapers - but much more economical since they are re-usable!

**Pocket Diapers** Pocket diapers are a two piece stay dry diapering system usually made with a soft micro fleece lining that will wick moisture away from your child’s skin and a waterproof outer shell. The pocket design works like an all in one with a removable absorbent core which allows for easier laundering and faster drying time.



**Fitted Diapers** Fitted diapers are super absorbent with elastic at the waist and legs, and an adjustable snap or VELCRO® closure. They will fit your baby snugly and provide a customized leak-proof fit. (A diaper cover is needed when using fitted diapers.)



**Prefolds or Chinese Prefolds** If you are looking for the most economical way to diaper your baby, consider prefolds. High quality prefolds sold in natural baby boutiques are made to withstand hundreds of washings. You simply fold and secure prefolds with a diaper fastener or secure with a quality diaper cover.



**Diaper Covers or Wraps** Diaper covers are used as the outer layer over cloth diapers. They are often made of a waterproof fabric to prevent wetness from seeping onto clothing. Diaper covers are also available in wool and polar fleece for parents who want maximum breathability in diapering.

## Additional helpful supplies that make cloth diapering easy



**Diaper Sprayer** A sprayer that attaches to the side of your toilet to remove solids from the diaper into the toilet. This great tool makes clean-up a snap!



**Doublers** Just as the name implies, doublers double the absorbency of cloth diapers. Perfect for naps and night time diapering, doublers increase absorbency without adding bulk.



**Liners/Inserts** Liners are available in cloth and a biodegradable version, and act as a barrier between the cloth diaper and stool.

Cloth liners increase absorbency and make clean-up quick and easy. Flushable and biodegradable liners don't increase absorbency, but make clean-up a breeze as you simply toss the liner and stool into the toilet.

## Next steps: get started!

To get started with cloth diapering, you will need some basic supplies. You can go to our website or call us to place an order. We offer convenient and economical packages that include everything you will need to make cloth diapering easy. Our customers love the option of purchasing all-inclusive packages—this makes ordering simple and takes the guesswork out of figuring out what you need. One of these packages is sure to work for you.

These all-inclusive packages offer all of the diapers, covers, liners, and wipes you will need for your baby from “birth to potty.” And, as we know ease of use and convenience is very important to parents, we have included items such as a diaper pail liner (a great product which turns any kitchen trash can into a diaper pail) and a diaper sprayer (which really makes diaper clean up easier and “yuck-free!”).



### Fitted Diaper Packages:

- 36 Tiny Tush Trim one-size fitted diapers
- 15 Waterproof covers (5 small, 5 medium, and 5 large) OR 10 one-size covers
- 12 Tiny Tush Doublers
- 3 Packages of Disposable Diaper Liners
- 1 Diaper sprayer
- 2 Dozen washable baby wipes
- 1 Small waterproof diaper tote bag
- 1 Diaper pail liner with disk pouch (to use with any kitchen pail)
- 10 Deodorizing disks



### Pocket Diaper Package:

- 36 Tiny Tush Elite one-size pocket diapers
- 3 Packages of disposable diaper liners
- 1 Diaper sprayer
- 2 Dozen washable baby wipes
- 1 Small waterproof diaper tote bag
- 1 Diaper pail liner with disk pouch (to use with any kitchen pail)
- 10 Deodorizing disks

**And again, if you have any questions just give us a call or send an email!**

## Frequently Asked Questions

### *Is there a way to make cloth diapering as convenient as using disposables?*

Yes! With the development of new cloth diapering products, using cloth is as convenient as disposables and better for your baby, pocketbook and environment. Diaper sprayers (to remove solids), cute diaper covers (that seal up just like disposables), and waterproof diaper tote bags all make cloth diapering totally convenient. And even with these accessories added in, you will still spend (a lot!) less money using cloth versus disposables.

### *Isn't washing cloth diapers hard work and time-consuming?*

No. Diaper sprayers, diaper liners, washers, and dryers make washing cloth diapers much easier than in the past. Just like everything in life, once you get a routine established, caring for cloth diapers is easy.

### *My child goes to a child care facility, can I still use cloth diapers?*

Absolutely! Most child care facilities are willing to use cloth diapers. The key is communication—be sure to ask them what you can do to make it easy for everyone. Few child care providers will resist using All-In-One cloth diapers because they are as easy to use as disposables.

### *Is there a cloth substitute for disposable wipes?*

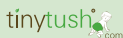
Yes. Tiny Tush offers washable wipes. It's best to use plain warm water without any additives, but there are recipes available to make your own wipes using distilled water, mild baby shampoo, and olive oil.

### *Is it difficult to prepare for days away from home?*

No. Just like with disposables, as long as you pack your needed diaper supplies into a diaper bag, you will be fine. (It's helpful to have your diapers folded and ready to use.)

### *How do I get answers for other questions not listed here?*

We are here to help! Contact us whichever way you prefer:



Our website, **TinyTush.com** has lots of information about cloth diapering.



Our Facebook page, **Facebook.com/TinyTushProducts**, has great information. You can post any questions you have and we will get right back to you.



Tweet us your question on Twitter at **twitter.com/TinyTush**.

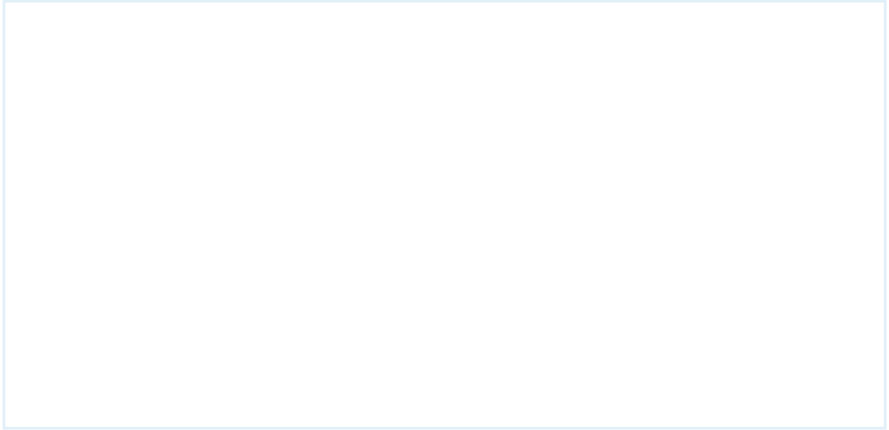


Send us an email at **charlene@tinytush.com**.



Give us a call at (608) 768-8874 or (866) 990-8874.

COURTESY OF



*Tiny Tush makes cloth diapering **easy** by combining technology, design, and good old-fashioned comfort!*



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