

Tips for CLOTH Diapering at night

The Real Diaper Association conducted the *100% Reusable Cloth Diaper Campaign* to help parents choose reusable cloth diapers every time, all the time. We asked experienced cloth diapering parents to share their advice on succeeding with reusable cloth diapers at night. Here is what the experts said...

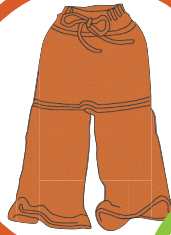
ADD GOOD MOISTURE RESISTANCE.

While many parents are successful with PUL at night (particularly with well-stuffed pocket diapers), others switch to wool for increased all-night breathability.

Natural wool is soft and easier to use than you might think. With some lanolizing and gentle (infrequent) hand washing, good wool will last years of daily use.

Also consider fleece—many parents recommend fleece pants or pajamas for an extra line of defense.

“Really, diapering at night is the same as the day time - you just have to add more fluff. Don’t be afraid.” -Katie



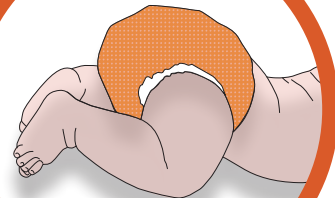
*“Keep at it. There is a solution out there for everyone.”
-Danielle*

START WITH GOOD ABSORBENCY.

Your overnight diapers will need to hold a lot of moisture, so be sure you have enough absorbent material to handle it all!

Add inserts or doublers—or even just an extra pre-fold—to your existing solution or to your favorite daytime diapers to outfit them for overnight.

If you need extra absorbency, consider choosing hemp or bamboo fabrics.



AND WITH A FEW TWEAKS...

Pay close attention to a good fit, particularly around the legs.

For side-sleeping babies, make sure to also have some extra absorbency around the hips.

Some parents add silk or fleece liners next to baby’s bottom to keep them feeling dry through the night.

*“...it is always a good idea to get connected in your local Real Diaper Circle—it’s awesome to have support and lots of great advice.”
-Jamie*

...you get THE PERFECT NIGHTTIME CLOTH Diaper SOLUTION for your Baby!



Diaper association

www.realDiaperassociation.org