

WHAT

THE

FLUFF???

EVERYTHING YOU NEED TO KNOW
ABOUT THE FLUFF LIFE.

Brought to you by [The Jawesome Life](#).

WHY FLUFF?



▶ **Sustainability.** Did you know one disposable diaper takes upwards of 500 years to decompose? The first disposable diaper to grace a landfill has still barely started decomposing. Any little thing we can do to preserve and revive our earth so that our little ones can have planet to live on matters. Cloth diapering is one way to make a great environmental impact.

▶ **SAVE \$\$\$** Save thousands of dollars! How much you save depends on what kinds of disposables you'd buy versus what kinds of cloth diapers you buy, and as long as you don't go crazy building an insane stash! (This is your warning now. Fluff love is more like a fluff addiction.)

▶ **MORE REASONS TO FLUFF [HERE](#).**

FLATS & PREFOLDS

FITTED DIAPERS

POCKET DIAPERS

ALL-IN-TWOS (AI2S)

ALL-IN-ONES (AIOS)

CLOTH DIAPER SYSTEMS

FLATS & PREFOLDS

THE OG FLUFF

What are they? Flats and prefolds are basically square pieces of material that you can wrap around baby or fold into a rectangle and lay inside the diaper. They are used with a waterproof cover. Covers are wiped down and reused unless soiled.

Whats the difference? Flats are one large single layer of fabric, while prefolds are smaller layered squares that you can tri-fold. Prefolds usually come in a 4x8x4 configuration (4 layers on the edge panels and 8 in the middle).

Why flats & prefolds? They're the most cost-effective and versatile diapering system. Flats are also the easiest to clean and fastest to dry.

Con? Takes an extra step or two than other systems.

Watch my video on how I use flats and prefolds.



FITTED DIAPERS

THE FLUFFY CLOUD

What are they? They're absorbent layers sewn in the shape of diaper and snapped or pinned on baby. They are also used with a waterproof cover.

Why fitted diapers? Good for heavy-wetters and overnight. Easy to use.

Con? More expensive. And take longer to dry.

Watch my video on how I use fitteds.



POCKET DIAPERS

FLUFF IT HOW YOU LIKE IT

What are they? Pocket diapers look like a cover, and have a waterproof outer layer, but in addition have (usually) a stay-dry layer sewn inside that forms a pocket in which your absorbency is stuffed. Usually comes with inserts, no cover required.

Why pockets? They're a good hybrid of versatility and convenience. You can stuff it with whatever absorbency you like (I stuff with my flats or prefolds) and they're a one and done situation, much like a disposable. Easy poo clean up since you only have one layer to spray poo off of, and all the absorbency is held in place inside the pocket making it easier to get on a squirmy baby. Also easy for other caregivers to use, such as daddies, grandparents, or day care.

Cons? Some people don't like stuffing.

Watch how I use my pocket diapers.



ALL-IN-TWOS (AI2S)

WHO REALLY KNOWS WHAT AN AI2 IS?

What are they? There are a few variations out there, but the gist is that there is a waterproof cover that comes with 2 snap-in inserts, one large and one small, which can be layered on top of one another.

Why AI2s? Easy to use. Helps with squirmy baby when you have your absorbency snapped in. Note: sometimes it's better to unsnap inserts for a better fit.

Cons? Inserts alone have never been enough absorbency for us, though some people are able to use inserts alone.

Watch how to use AI2s.



ALL-IN-ONES (AIOS).

JUST LIKE A DISPOSABLE

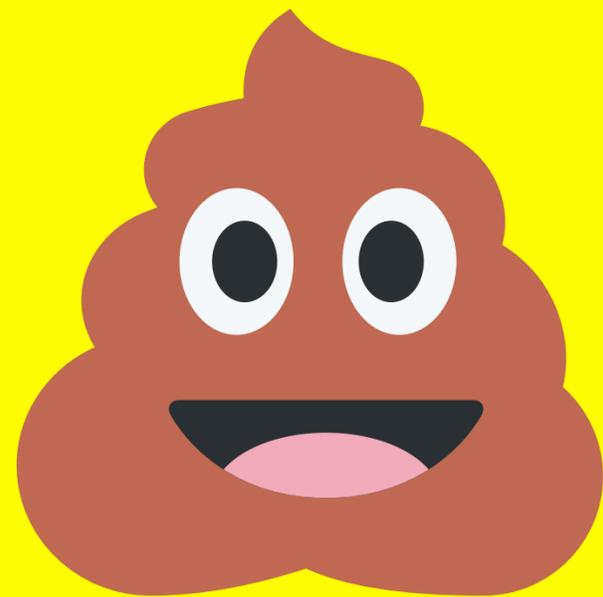
What are they? AIOs have a waterproof outer layer and all the absorbency sewn into into, so they are used just like a disposable, except you don't throw it away.

Why AIOs? Convenience.

Cons? Not versatile. You can't really add more absorbency if you need it. Depending on how everything is sewn in, some people have noted that some AIOs can be confusing to use. They also take longer to dry and are more expensive.

I don't use AIOs, so there's no video.

**WHAT TO DO
WITH THE
POO POO??**



DISPOSABLE OR REUSABLE, NOW YOU HAVE A BABY SO YOU WILL HAVE TO DEAL WITH POO, AND 85% OF YOUR CONVERSATIONS NOW INVOLVE POO.

IT'S NOT SCARY...(USUALLY)

- 1** WIPE BOOTY.
- 2** PUT NEW FLUFF ON BOOTY.
- 3** PUT BABY SOMEWHERE SAFE.
- 4** SPRAY POO OFF IN TOILET WITH SPRAYER, SHOWER HEAD, OR DUNK & SWISH.
- 5** SQUEEZE REMAINING WATER OUT.
- 6** PUT IN DIAPER PAIL OR WETBAG.
- 7** WASH YOUR HANDS!!!

IT'S JUST LAUNDRY, THEY SAID.

It turns out even laundry can be controversial, and everyone has different opinions and experiences, but here are some tips and big picture items.

1

Do laundry every 2-3 days. Some do it every 4-5 days, or once a week depending on load size. You need enough laundry to fill 1/2-2/3 or 3/4 of your machine, depending on the machine. **BULKING (GETTING THE CORRECT LOAD SIZE) APPROPRIATELY IS IMPORTANT!!!**

2

Use a tall laundry basket with holes instead of a cute fancy diaper pail. *Good air circulation keeps diapers mold-free and not smelly.

3

Get your water hardness tested. This determines how much detergent to use. Easy test kits can be ordered on Amazon or Pet stores will do it for free!

4

You will need 2 washes! Some people do a short prewash, some do 2 full cycles. After having wash issues I gave into doing 2 full wash cycles. *If you have really soft water like us, you may need extra rinses.

5

Join a FB group that can get you started with a customized routine (stick w/ one group's advice at a time, otherwise you'll get conflicting advice)

6

Everyone has an opinion on this. Do what works best for you and know it may take some trial & error. Lean on the FB groups for support and advice.

LAUNDRY CONTINUED

BARE WITH ME.

7

While some people have had success with Fluff Love University recommendations, I highly recommend **staying AWAY** because they recommend way **TOO MUCH** detergent.

8

AVOID DETERGENT BUILD UP AT ALL COSTS!!!!!!!

Check by doing regular swoosh tests until you're sure your routine is solid.



HERE'S HOW TO DO A SWOOSH TEST.

9

Use the sun for stain removals!!! It's a natural sanitizer! I've never loved the sun so much and I'm a Cali girl!!!

10

Have patience and know that YOU ARE NOT ALONE!

11

Wash your washing machine once a month. (You can have detergent build-up in your machine and that sucks, too!!!!!!)

DIAPER BALMS/CREAMS/ETC.

WHAT'S SAFE FOR YOUR FLUFF?

You might see or hear people talk about "cloth diaper safe" rash creams, diapers balms, yada-yada-yada. Do not fret. Some people say vaseline gets stuck in the fibers and causes repelling. I believe as long as you have a solid wash routine, anything is "cloth safe." Zinc will stain your diapers, but it will wash out. And if you must or prefer to use something with zinc, you can just add a liner so it doesn't get on the actual diaper.

I currently make my own liniment with olive oil (heals, moisturizers, and creates barrier) and tea tree oil (disinfects), but you can use straight-up coconut oil, which we also do. Other balms I love include CJ's Butter and Mama Earth. Lanolin/Nipple Buttler is great for chafing, and I've heard great things about Bordeaux's Butt Paste as a stronger, natural rash cream.

USE CLOTH WIPES

GIRLFRIEND, SAY WHAT???

I thought I might be grossed out by this and wasn't sure this was going to be for us, but as you'll find with other cloth families, they just work SO MUCH BETTER than disposable wipes. Even with a nasty, ginormous, just-introduced-solids poo, I've been able to get away with using 4 wipes at the most. But usually 1 or 2 does it. Except for the Kirkland brand, disposable wipes tend to be smaller and not as efficient so (at least I) always end up using several each diaper change.

***Tip: For sticky nasty poos, olive oil makes wiping that booty down super easy!**

But do they just sit in wetness?

HELL NO!!!

You don't have to, but you can use stay-dry liners made of microfleece. They can be bought, or you can literally take a fleece blanket and cut it up into rectangles that fit in baby's diaper. At first we tried to only use them sparingly (at night, when we might need to have him in a diaper for a longer than normal period), because I figured that must be why fluff babies tend to potty train faster. But then baby seemed extra sensitive to wetness at first, now I'm not so sure, but since we've been using them I now can't imagine letting him just sit in wetness...

CURRENT FAVORITE BRANDS/DIAPERS

**LALABYE
BABY**

It's all about the **rainbow** snaps. Plus, I love the fit on our baby. Also, great FB community, great company, mama-founded and run. I use both their "One Size" (as a pocket) and their covers.

BEBEBOO

The jersey knit pocket layer in the "Choice" diaper is a stay-dry game changer. I also love that there's no back flap on the "Flex" covers (makes for easying spraying). Wonderful mama and woman of color founded company.

LIL HELPER

Canada's greatest export since Shania Twain. Cute prints. Hilarious and just stellar company founded by 2 rocket scientist dads.

TIPS FOR GETTING STARTED

THIS PRESENTATION ISN'T OVER YET?

1

Try a few different styles and brands. Every baby is different and you never know what you may end up liking. And what works best may change as they grow!

4

Join at least one cloth diaper FB group. You can start with the brand that the bulk of your stash is made of or the type of diaper you'll use. Lean on these groups for support.

6

Remember, it's not all or nothing. We always have disposables as back-ups. Our fave eco-friendly disposables are Andy Pandy diapers.

2

Get your laundry routine down and **AVOID DETERGENT BUILD UP AT ALL COSTS!!!!!!!!!!!!**

5

Check out Buy, Sell, Trade (BST) groups for great deals, especially if you're on a budget, but even if you're not. You can get a lot of new or almost new diapers for great prices.

7

HAVE FUN!

Try not to overcomplicate it. **AND AVOID DETERGENT BUILD-UP!!!**

3

Get a few newborn sized diapers just in case you have a teeny baby.

SOME ACCESSORIES TO CONSIDER

WE GET ACCESSORIES???

Yes, girl!

Snappis or boingos if you plan to wrap flats or prefolds around baby. Some folks just use good old-fashioned pins, too.



Bamboo disposable liners. These make cleaning poo SUPER easy. We didn't love them though, because they didn't seem to wick away moisture well, which irritated baby back in his poo every 2 hours days.

Diaper sprayer if you can't use your shower head.



SimplyImagine Splatter Shield. I much prefer this to the Spray Pal.

Wet bags. People go crazy over wet bags as much as diapers. They are so useful and you will use them for so many things beyond just carrying clean and dirty diapers when traveling.



YEASTY BABY

BABIES CAN GET YEAST INFECTIONS. DID YOU KNOW THAT? I DIDN'T. I DIDN'T EVEN KNOW WHAT IT LOOKED LIKE! BUT YEAST LOVES WARM MOIST AREAS SO BABY'S DIAPER AREA IS ATTRACTIVE. IF BABY GETS A YEAST INFECTION, BLEACH EVERYTHING THAT TOUCHES THE DIAPER AREA OR DIAPERS (E.G., DIAPERS, WET BAGS, AND WIPES).

AS THIS IS LAUNDRY RELATED, OF COURSE EVERYONE HAS A DIFFERENT OPINION ON HOW TO BLEACH WASH YOUR DIAPERS, SO CHECK WITH YOUR FB GROUP(S) AND GO WITH WHAT WORKS FOR YOU. I AM NOT AN EXPERT. I JUST LIKE PUTTING TOGETHER PRESENTATIONS.

NATURAL FIBERS VS. SYNTHETIC FIBERS

After all my research I decided to stick with natural fibers only, because they're more absorbent and nicer for baby. We wound up trying "bamboo charcoal" inserts which are microfiber with bamboo charcoal sprinkled onto the microfiber to create a stay-dry top layer and they make great cleaning cloths, but I will not be using them for diapering anymore.

TYPES OF NATURAL FIBERS

Cotton, bamboo, hemp, or a combo of 2-3 of these.

ABSORBENCY

Microfiber < cotton < bamboo < hemp

*Microfiber absorbs quickly so sometimes can be useful in combination with other absorbency. Hemp absorbs really slowly so you usually don't want that as your top layer absorbency.

WHY I DON'T LIKE MICROFIBER

It's like washing a sponge, not good to put against baby's skin, and prone to compression leaks.

PREPPING

When you buy new diapers, synthetic fabrics need only be washed once before use. It's recommended to wash natural fibers 4-5 times before use. Washing on hot and drying will help get all/most of the potential shrinkage out. Apparently it also takes 8-10 washes before natural fibers become their most absorbent.

*Bamboo is notorious for major shrinkage, but it's not consistent. You may notice major shrinkage right away or over time.

WHAT/HOW I USE DIFFERENT FIBERS

I typically use cotton or bamboo or bamboo/hemp blend as my main absorbency, with a hemp doubler or insert for extra absorbency.

HOW TO GET A GOOD FIT.

**Basic
Cloth Diaper
Fit Guide**

well

A RANDOM LIST OF CLOTH DIAPER ACRONYMS

- CD - cloth diaper
- BST - buy, sell, trade
 - FTO - for trade only
 - FSOT - for sale or trade
 - NWT - new w/ tag
 - NOOP - new out of package
 - EUC - excellent used condition
 - VGUC - very good used condition
 - GUC - good used condiditon
 - ISO - in search of
 - DISO - desparately in search of
- AIO - all-in-ones
- AI2 - all-in-twos
- FST - flour sack towels
- FTM - first time mom
- NCDR - not cloth diaper related
- EBF - exclusively breastfed (usually referring to poo)
- WAHM - work at home mom
- SAHM - stay at home mom
- NB - newborn
- OS - one size
- EC - elimination communication
- FL - front loader (washign machine)
- TL - top loader
- LE - limited edition
- OTB - on the bum
- PUL/TPU - the waterproof material on the outside of your covers/diapers



**DID I MISS
ANYTHING???**

Hopefully not. But if you have any questions...girl, I've gotchu!

And yes, I'm finally done.

Fighting
climate
change one
fluffy booty
at a time.



www.thejawesomelife.com