

## BabyBots advice on 'Strip' Washing

### ***What is Strip Washing?***

This is a process designed to remove build-up and residues from your cloth nappies.



### ***When and how often do I need to Strip Wash?***

There is no need to strip your nappies as part of your regular routine. It shouldn't be part of your preventative maintenance; if you find you need to strip your nappies regularly, it is an indication that something is wrong with your washing routine.

Nappies only need to be stripped in the following circumstances:

- Nappies smell when they come out of the wash or as soon as they're peed in. Clean nappies should smell like nothing. If they smell, it means they have an ammonia (urine) build-up and they aren't getting cleaned properly. It is recommended to strip your nappies and then adjust your wash routine to ensure your nappies get cleaned properly, going forward.
- Nappies bought pre-loved. It's generally a good idea to strip them before use, just to make sure that they are properly cleaned and not harbouring any nasties.
- Baby has a yeast nappy rash/thrush. Cloth nappies will need to be treated to prevent re-infection.
- Nappies that leak. Please note that stripping is usually the last resort, after other troubleshooting options have been tried/addressed, e.g. check that the fit is correct, add extra absorbency, change more frequently etc. If nappies still leak after everything else has been checked, it usually indicates a build-up issue. Build-up is likely if you've used softeners or washed with laundry soap (vs detergent, eg Sunlight bar soap) and didn't add an after-wash rinse to your cycle.

If you haven't given your new inserts their initial several washes, please do that before strip washing your inserts and they should then work correctly. However, if you have used barrier (nappy rash) creams on the nappies, or have a build up of washing powder / liquid which is causing the nappies or inserts to repel liquid, you may need to give the inserts a 'strip' wash.

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### ***This is our extremely easy and successful method:***

1. Ensure your inserts are washed – you want to start with CLEAN inserts. If they have any build up on the surface, scrub them with a toothbrush or nail brush with a small amount of dishwashing liquid and rinse off.
2. Put all your inserts (only) into a tub of HOT water. We find a baby bath or big plastic tub works well. You can also use the laundry tub if you have a good plug that doesn't leak!
3. Add a generous squirt of dishwashing liquid or hair shampoo – the cheaper the better (this is a good opportunity to use up the horrible baby shampoo your great aunt gave you) and mix your inserts around in the water until a significant number of bubbles are formed. If you don't get lots of bubbles you may need to add more detergent or shampoo. As the water will be hot, you may need to use a broom handle or wooden spoon for this.
4. Soak over night, before transferring your nappy 'shells' and inserts to your washing machine. Cold wash, as usual, WITHOUT detergent.
5. Run a second rinse cycle at the end of your wash.
6. Dry as usual. You may find your inserts take much longer to dry than usual, due to the increase in absorbency. That's a good thing !!

If you continue to have leaking issues, keep strip washing until the problem is resolved, but if you are using a washing detergent with fabric softener and/or your washing machine has fabric softener residue in it, you may inadvertently be adding it again every wash without realising it. In this case, you may need to hand wash your nappies in the laundry tub to ensure all chemicals are removed.

If you live in a hard water area, you can also try soaking your nappies in hot water with 1/3 cup bi-carb soda (baking soda), then rinse very well in hot water. This neutralises the ph of the water and helps to remove any remaining residue in your nappies. It also helps to rub the lining of the nappies while hand washing to remove any chemical build up before rinsing.

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### **So, as a reminder -**

- ALWAYS wash and dry new inserts (microfibre, bamboo or charcoal and bamboo) before use, at least three times, to 'train' them to be super-absorbent
- ALWAYS use a laundry liquid that contains NO bleaches and softeners. These chemicals are not good for the nappy fabrics or your baby's skin, particularly given our quest to drastically reduce the amount of toxic chemicals that are bombarding our young children and, in some cases, are having long-term negative effects on them. (NB. With no financial gain for BabyBots, we recommend Earth's Choice Laundry Liquid.)
- NEVER use nappy rash creams on your baby when using cloth nappies. You are wasting your money, as nappy rash is never a problem with cloth nappies. In addition, the creams put a fine oily layer over the fabrics and prevent them from wicking or absorbing as well as they should.
- NEVER use laundry POWDERS when washing modern cloth nappies. They are full of fillers and other chemicals and, over time, build up in the fabrics, preventing them, again, from wicking or absorbing as well as they should.
- If you have any questions about the use or care of your nappies, simply message me on my FB page ([www.facebook.com/babybotsqld](https://www.facebook.com/babybotsqld))



Enjoy your BabyBots Modern Cloth Nappies and accessories. They are fun to choose and easy to use !!

Take care -

Ruth at BabyBots.

<https://www.babybots.com.au>