



happy naps

Why Happy Naps are better than disposable diapers

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Why Happy Naps are better than disposable diapers





Better for your baby's bum

Happy Naps are made *for your baby's sensitive skin* and reduce the chance on nappy rash.

Makes potty training easier

Your baby can be *potty trained six months earlier* than those in disposables.

Better for your pocket

Happy Naps *save you minimum €506* and even more if used with a second child. In some countries you can even get a substitution for your cloth nappies.

Better for the planet

Did you know babies go through about 6000 diapers and it can take 500 years for a disposable diaper to decompose? Also, disposable diapers use twice as much water just in the manufacturing process and up to 20 times more raw materials. By switching to Happy Naps you can *reduce your footprint with 40%*.

Unique features

Designed with the best materials only and *adjustable* snap buttons, Happy Naps will last your little one for years. The nappies are *not bulky* and give your baby enough room to explore the world. *Double gussets* on each leg and an elastic at the back add an extra layer of protection and *prevent poo blow-outs*.

Better for your baby's bum

These days diaper rash occurs by 50% of all babies, while before the 50's when disposable diapers did not exist yet, diaper rashes only occurred by 7% of all babies.

The reason why cloth nappies may cause fewer diaper rashes is that cloth diapers do not use the same chemical components as disposables.

What makes a big difference too is that parents do not feel the pressure to get their money's worth out of a nappy, like they do with disposables. So, if you know your baby has done a wee, you will change the nappy instantly.

- Our inserts are made of natural fibres (bamboo, hemp and organic cotton) and can be stuffed into the pocket of the nappy.
- The inner layer of our nappies is made of a high-quality, breathable, stay-dry fleece to leave the skin naturally dry and protect the bum from rashes.
- The outer layer is made of water resistant PUL and functions to keep the wetness in while allowing airflow to reach baby's skin. It is a very durable and quick-drying fabric.





Can help the potty-trained process

Babies who wear disposable diapers rarely feel how wet they are due to the use of sodium polyacrylate. Sodium Polyacrylate is a chemical used to keep disposable diapers dry and is the same chemical that was banned from tampons in 1985. Your baby will recognise the feeling of wetness a lot better and know when it is time to use the potty when wearing a cloth nappy, because cloth nappies do not contain any absorbency gels.

In the 50's it was estimated that 95% of babies were potty trained by eighteen months. Today, about 10% of babies are potty trained by eighteen months. How is this possible? In the 50s, pretty much all babies wore cloth nappies, whereas today only 5% does.

Over the past 50 years, the average age for a child to complete potty trained has increased from 18 to 36 months.

The increased age of potty trained can double the number of diapers your baby wears in a lifetime. The average baby wears about 2000 diapers in a year. Think about the consequences...

Happy Naps are easy to use, adjustable and can last from birth up until baby potty trained time. **Your baby could be potty trained months earlier** compared to children who wear disposable diapers, which will speed up their independence and development too.

Better for your pocket

We have whipped out the calculator to calculate the price difference of single-use diapers compared to Happy Naps. Happy Naps will save you hundreds of euro over the course of your baby's nappy wearing years.

Your child will go through approximately 2555 nappies in their first year of life alone. If your baby would wear single-use diapers until potty trained time (around three years old), you are looking at spending at least €1056 on the cheapest disposables for those three years.

Happy Naps on the other hand are reusable, so once you buy your stash you have got them for your child's entire nappy wearing life. A Happy Naps Full Time Bundle cost you €550. It may be a big investment, but it will definitely save you lots of money over time.

Reusable nappies are better for your pocket. **You save minimum €506 and even more if you use your nappies with a second baby.** Did you now that some municipalities subsidize 50% of the purchase value of Happy Naps? This means you can save even more!

Like disposable diapers come with extra expenses for having to drive to the supermarket, cloth nappies come with extra laundry expenses. We have whipped out the calculator again to calculate the extra laundry costs...

On average, a long cycle on 40 degrees cost €0,95 (this includes electricity, water, detergent and also maintenance and depreciation of the machine). You will notice that you need to do two extra washes every week when your baby is still very little, but the second year it will be just one extra wash per week. It is recommended not to leave dirty nappies in the nappy pail for more than two days, but it is easy to solve this issue by washing your nappies together with bath towels, baby clothes e.g.

Extra costs:

Year 1: €0,95 x 2 x 52 weeks = €98,80

Year 2: €0,95 x 52 weeks = €49,40

Year 3: €0,95 x 52 weeks = €49,40

Total = €197,60 extra laundry costs, over a time period of three years.



Most babies are potty trained before they turn three years old, but we do not want to promise things we cannot pinkie promise. So, let's say your little one is potty trained at three years old; you will end up spending €197,60 on washing. Since our nappies dry super-fast and it is better for the environment, we do not think many of you will often use a dryer. If you do (for your hemp inserts it can be nice sometimes), please be mindful and use the lowest temperature possible and dry the inserts together with other items.

The bottom line is, by switching (partly) to cloth nappies, you can make significant financial savings. Once your baby is potty trained, make sure to give your nappies a second life. It's a wonderful way to make yourself and somebody else happy!



Better for the planet

One baby alone goes through about 6000 nappies and it can take up to 500 years for a disposable nappy to decompose.

Nappy production is gigantic all around the world, and so is the overall impact on global energy and pollution. Disposable diapers are the third largest consumer item in landfills representing 30% of non-biodegradable consumer waste. If reusable nappies are used conscientiously, single-use diapers use 20 times more land for production of raw materials and require three times more energy to make than reusable nappies.

Our goal is to leave only real footprints behind. If you use Happy Naps full time, you only need between 24 and 28 nappies, what means **you will save 260kg of disposable diaper waste per baby per year**. By swapping to reusables, the carbon footprint of a nappy can be reduced by 40%, equivalent to 200kg of CO₂.

With reusable nappies, you will never run out of nappies again which means you never have to run to the shop for diapers and there will be no need to cart stinky trash. Last but not least, you will raise awareness and inspire positive change for the planet.

Unique features

Did you know that babies wearing Happy Naps have way fewer poo blowouts (most have none) compared to those wearing disposables? Our nappies have an **elastic at the back** and **double gussets** on each leg to add an extra layer of protection at a vulnerable area and prevent poo blow-outs.

Happy Naps are designed with **multiple snap buttons** to last you long time and guarantee a perfect fit for every baby that weights between 3.5kg and 18kg. Unlike many other reusables, the nappies are **not bulky** and give your little one enough space to explore the world.

Happy bum, happy baby, happy world!



Where to start?



How to convince your partner?

Not every mom and dad are on the same page when it comes to decide how to diaper their little one. Maybe you have never done a nappy change in your life and have no idea what baby poo looks like. It is totally understandable if you feel overwhelmed.

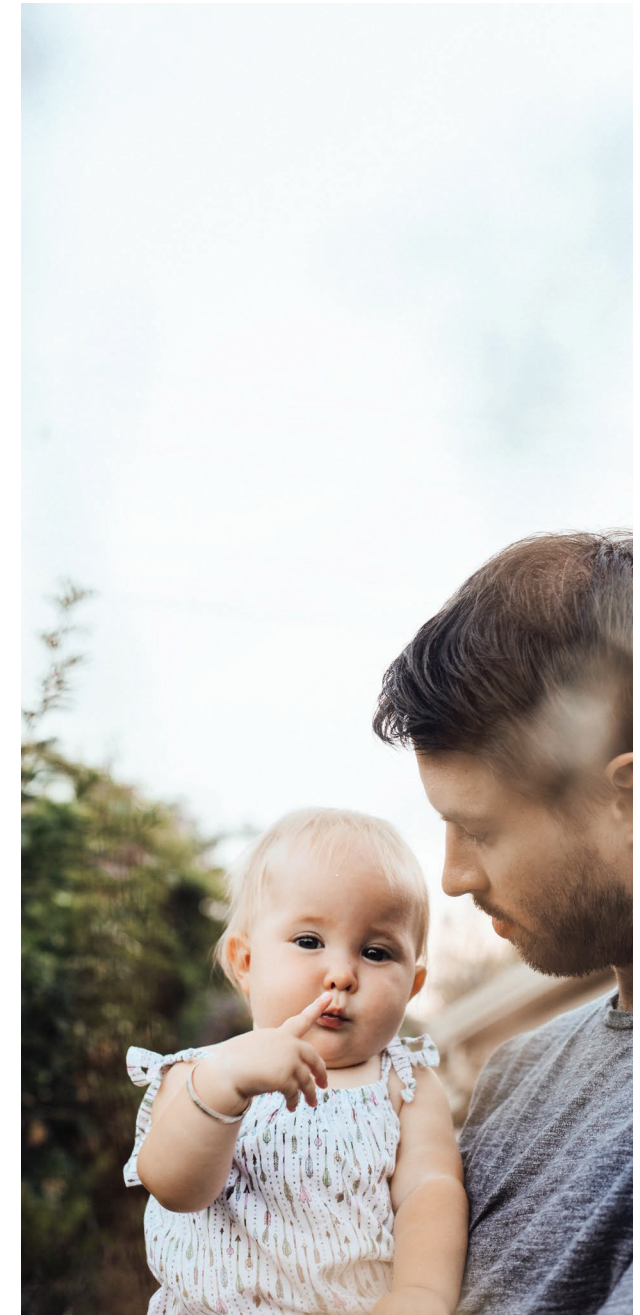
For you as parents, but also for your grandparents and your babysitter, the less thinking required, the better. Cloth nappies have improved a lot over the years and are no longer what they used to be. Happy Naps are the easiest to use cloth nappy on the market and not more effort than disposables at all.

Reusable nappies are **not** a dirty job! **Breastmilk or formula poop is 100% water soluble.** The only thing you need to do is close them and add them to the dry pail until you are ready for wash day. Your hands will stay clean, and the washing machine will do its job. Once your baby starts having solids at about six months, you can place a liner on top of the nappy to catch most of it. When the nappy is soiled, you simply dispose of the liner in rubbish and add the nappy to the dry

pail. Trust me, that whatever is left, the machine can handle. Cloth diapered babies have way fewer poo blowouts, which makes them even less dirty than disposables.

Not all of you may realise what kinds of chemicals are in disposable diapers. Share the facts with your partner and discuss how **you can save 6000 diapers (per baby)** from ending up in landfills for the benefit of your little one. Happy Naps are not only better for your baby and the planet, but for you too. You never have to cart stinky trash or run out at night to grab more diapers when you run out, and you save a lot of money by using reusables too. Telling your friends and family that you want to cloth diaper (think baby shower gifts) can be a great way to get started.

Don't forget to support each other with taking care of your little one in any way your partner is comfortable. Often, once your partner sees how easy cloth nappies really are, they will come around to cloth nappies too.





How often do I need to change nappies?

Check **every 2-3 hours** if the nappy needs to be changed. At night, if you add extra absorbency, your baby can stay in the same nappy for 10 hours or more (unless they poo).

If your baby has done a wee during the day, but the nappy is still dry, you can get away with only changing the inserts. If the nappy is soaked or your baby has done a poo, you need to change the nappy as soon as possible. There is no need to take the insert out of the nappy before adding it to the dry pail. Just add it to the pail and get the insert out of the nappy after you have run a spin cycle in the washing machine. This way you keep your hands clean.

The liner needs to be disposed of in rubbish when bub has done a poo but can be washed and reused if your baby has only done a wee. Please be aware that the liners are biodegradable and can only be reused a limited amount of time.

How many nappies and inserts do I need?

During the day, you change the nappy approximately 7 to 10 times when bub is a newborn and about 5 times when bub is an infant/toddler. At night, if you add extra absorbency, your little one can stay in the same nappy for 12 hours or more (unless they poo). Obviously, all babies are different and sometimes more frequent changing is needed (when ill for example). Since it is only a very short time that your baby needs more nappies than the rest of the nappy period, we recommend to you to do your washing more frequently during this stage to save some money.

How many nappies you need depends on how many washes you want to do every week. It is most common to wash every second day and to use 6 nappies per day.

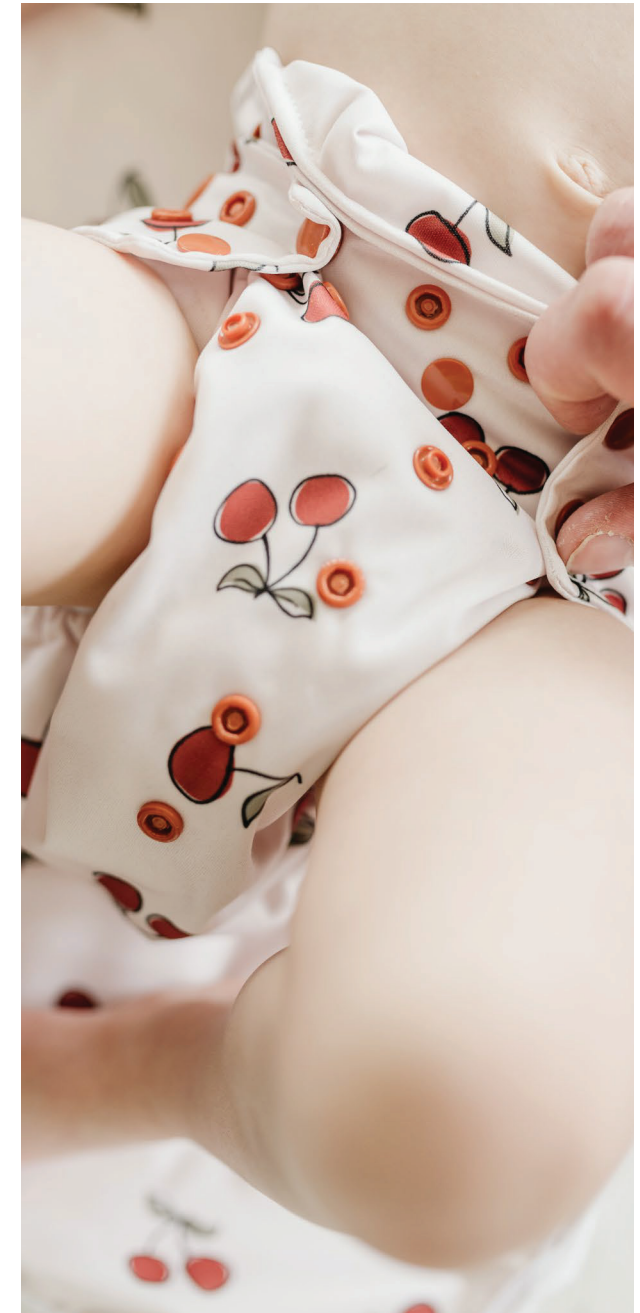
Day 1: 6 used nappies

Day 2: 12 used nappies

Day 3: 18 used nappies (start wash after bub goes to sleep)

Day 4: 6 clean nappies left to use while the rest of the stack is drying (= 24 nappies in total)

- If you use Happy Naps only part-time, you will need about 10 nappies and 15 inserts.
- If you use Happy Naps full time during the day, you will need about 18 nappies and 22 inserts.
- If you use Happy Naps day- and night-time, like the example below, you will need 24 to 28 nappies and about 35 inserts.



What other accessories do I need?

Wet bags

A waterproof zippable bag that makes transporting your nappies simple, smell-free and super cute! The wetbags come in two different sizes:

- The bigger one fits 20 to 24 nappies, which makes it perfect for at home use. We use it as a dry pail and store our dirty nappies in here until ready for a big load.
- The smaller one fits 7 to 10 nappies and is designed for on the go. Both wetbags have two separate compartments with zippable closures on each pocket. When on the go, you can use one pocket for clean nappies and the other pocket for dirty nappies.

Travel change mats

Our change mats feature a beautiful print on one side and a luxuriously soft bamboo feel on the other side. They are incredibly functional on the road and will make you proud to whip out for those public nappy changes.



Bamboo cloth wipes

Super soft and the perfect complement to cloth nappies for any eco-conscious parent. You can use them as baby wipes, hand wipes, eye and makeup remover wipes, for facial cleansing and even for cleaning your house... there are no limits!

Our reusable bamboo wipes are the best for cleaning number twos as the wipes are larger and more grippy than other wipes and most importantly, healthier for baby's sensitive skin. We recommend wiping excess poo off the bum with some toilet paper or liner first and then use a bamboo wipe to get the bum soft and clean. This way there will be no need to shake the poo of your wipes before adding them to the dry pail.

Soak or spray the nappies with some water or make this healing balm:

- 50ml water
- 2tbs liquid coconut oil
- 2tbs witch hazel
- 6–8 drops vitamin E oil
- 3–4 drops lavender and/or 3–4 drops tea tree essential oil (patch test first!)

Coconut oil is an all-in-one wonder liquid, witch hazel is a natural astringent and anti-inflammatory, vitamin E oil is easily absorbed by the skin and can prolong shelf life and both lavender and tea tree essential oils are antimicrobial and tea tree is disinfecting as well (only use essential oils when bub is older than 3 months and always patch test essential oils first).

How to use?



Before first use

Before you use the nappies and inserts, we recommend prepping them first. If you skip this step, please keep in mind that the inserts will not reach their maximum capacity until after ten washes.

Like any absorbent fabric (think towels), the fibres need to be softened to help reach their maximum absorbency. You only need to **wash the nappies once** before first use, but **we recommend soaking and washing the inserts at least three times before use.**

- 1 Soak the inserts overnight in warm water
- 2 Wash the nappies and inserts on a **cold** temperature with a tiny bit of our recommended laundry powder
- 3 Hang nappies to dry and dry inserts on low to medium heat
- 4 Repeat the process two more times (only for inserts)



What laundry detergent can I use best?

We love everything eco, except for when it comes to laundry detergent, as it is possibly not strong enough to clean the nappies well.

We recommend using half a scoop of **blue Biotex** with some washing powder for the short cycle.

For the long cycle we recommend laundry powder for coloured clothing only; **without** bleach, fabric softener or stain removals and with less than 5% soap.

Consider one of the following brands: **Biotop**, **Klok** or **Ulrich Naturlich**. Please do not use Formil as this product seems to be the reason behind many damaged nappies.

Also, to prevent ammonia build-up, it is best to put the laundry powder straight into the drum instead of using the detergent drawers. We recommend reading the packaging of your detergent and **find the recommended dose for your water hardness and drum size.**



How do I wash my cloth nappies?

While it may feel overwhelming at first, cleaning cloth nappies is easy— no soaking or scrubbing is required. By following these instructions, you will help preserve the quality and extend the life of your Happy Naps.

Step 1

Take the liner out of the nappy and dispose of it in rubbish or, if not using a liner, 'empty' the nappy in the toilet. Put nappy with insert in a **dry** pail lined with a wetbag. Please do not soak the nappies; dry-pailing is much better for your nappies. To make the nappy bucket smell nicer: soak a muslin in some water with a couple of drops of lavender or tea tree oil, wring the bamboo wipe or muslin out loosely and then leave it over the top of your nappies in the bucket – as you add additional nappies, place them underneath this cover.

Step 2

Run a rinse cycle on **COLD** temperature with half a scoop laundry-powder and **Blue Biotex**. A rinse cycle is better than a prewash as modern machines are so water efficient; they often reuse water from a prewash whereas rinse cycle water is always fully drained away.

Step 3

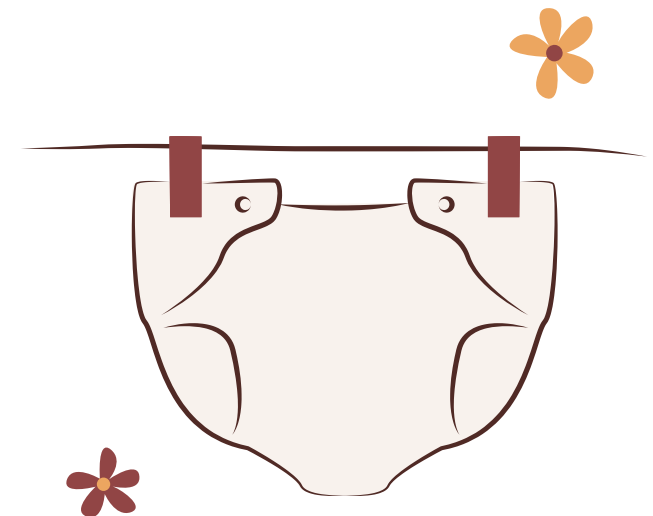
Now, take the inserts out of the pocket. Wash the nappies and inserts on a long cycle (max. 40–60 degrees, 1200 revs) and add a full scoop laundry-powder into the drum. Add more cloths or towels until the machine is $\frac{3}{4}$ full, but be careful with metal zippers and sharp items. If your washing machine does not use enough water, it helps to add a wet towel to the washing load. Run an extra **cold** rinse cycle every so often or when needed.

When your nappies come out of the machine your nappies should smell of nothing. **If you can still smell detergent, you have used too much.** If they do smell unclean after washing, they have not been washed long enough, the wrong dose of detergent has been used, the washing load has been too big, or your machine needs a maintenance cycle run.

Step 4

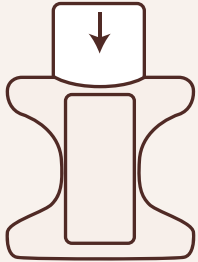
Air dry the nappies and inserts. Never place the nappies on a radiator, just hang to dry over two clotheslines and make sure the elastics do not stretch out too much. You can also **tumble dry the inserts** on low to medium heat together with a dry towel to speed up drying time.

If you use your nappies during the night, you may notice they can get smellier than daytime nappies. It helps to hand rinse the used night nappy in warm water with a tiny bit of laundry detergent before you add the nappy to the dry pail. Make sure not to keep your nappies in here for longer than two days to prevent ammonia build-up.

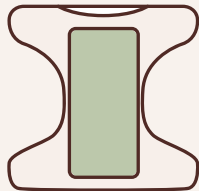


Fit guide

Insert



Liner



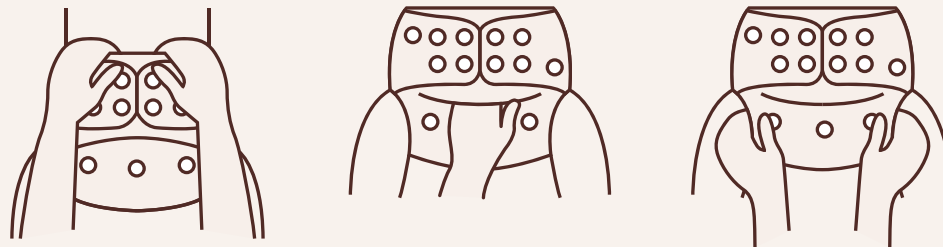
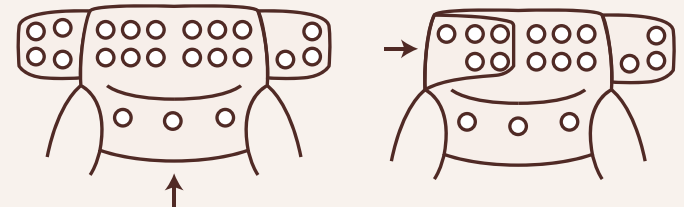
1

Lay the nappy open and place the insert into the pocket diaper. Then place a liner on top of the diaper, directly under baby's bum.

2

Place nappy under baby's bum. Pull the front of the nappy up to baby's tummy. Make sure it's pulled high enough to provide a snug fit around the base.

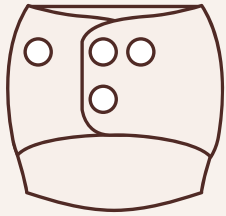
The back and front of the nappy should sit at an equal high all around bubs' waist. Pull the waist flaps and snap into place, but not too tight. Leave enough wiggle room to slide 2-3 fingers into the waistband.



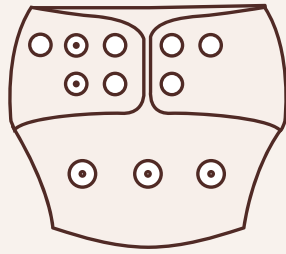
3

Tuck away any excess waist fabric, tuck up any excess front fabric to get a nice smooth finish on the front and tuck in the leg elastics to prevent leaks.

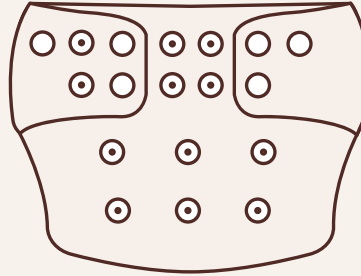
Size guide



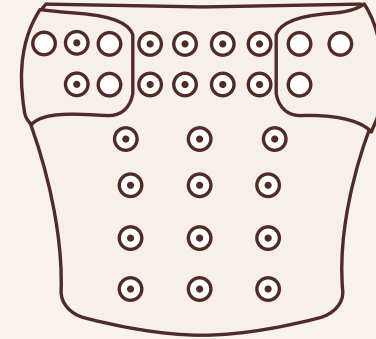
Small



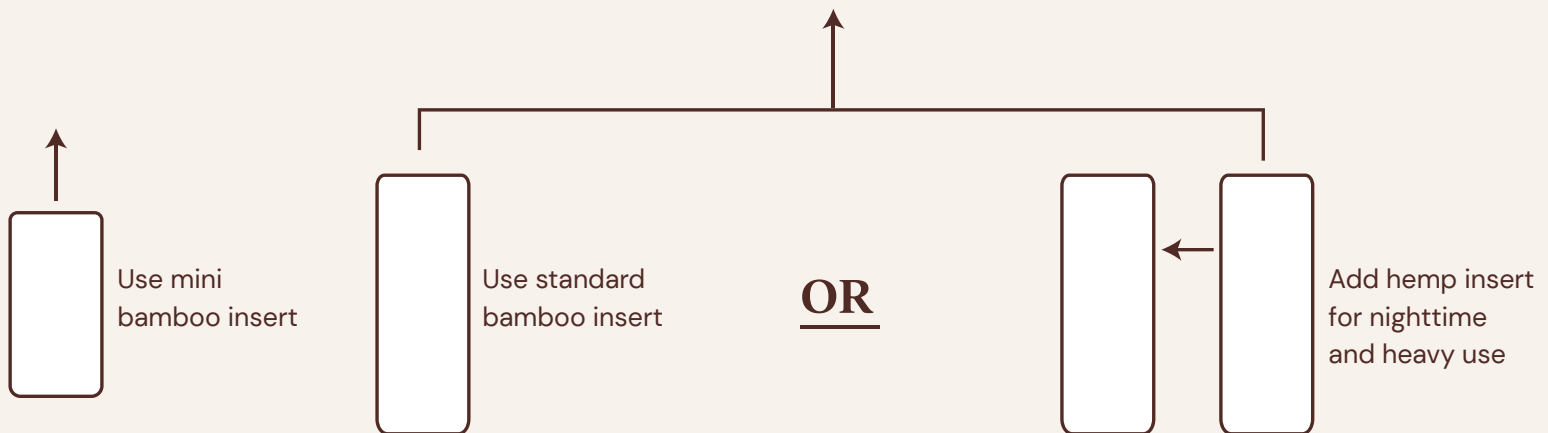
Medium



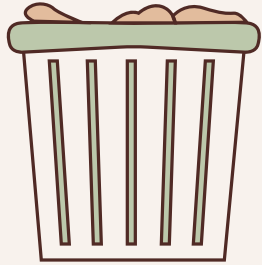
Large



X Large

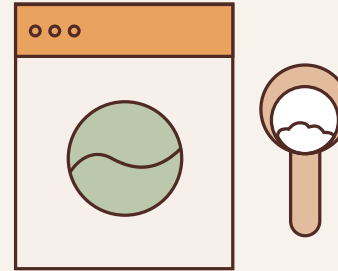


Laundry guide



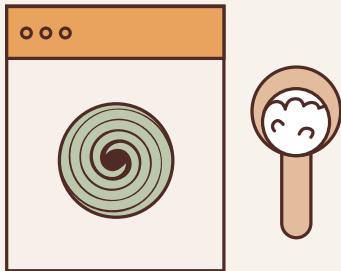
1

Take the liner out of the nappy and dispose in the bin. Put nappy and insert in a drypail or wetbag.



2

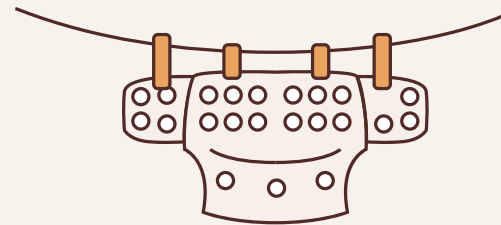
Pre-wash the nappies and inserts on a short **cold** cycle with half a scoop laundry powder.



3

Warm-wash the nappies and inserts on a long cycle with a full scoop laundry powder (optional to add more cloths).

* When washing please do not exceed 60° as this can damage the waterproofing on your covers.



4

Air dry the nappies and inserts or tumble dry inserts only on medium temperature.

* Do not tumble dry the nappies

Baby don't worry!





If you need help, are in doubt or have no clue about what you are doing, please do not wait any longer and reach out to us. We are here to help you and love to connect!

- 1 Disposal of poo
- 2 Weaning/teething poo
- 3 Leaking nappies
- 4 Rashes
- 5 Stinky nappies
- 6 Removing stains
- 7 Nappies at childcare

What about the poo?

When babies are newborn and solely milk-fed, the poo is water-soluble and can be washed off in the washing machine. Therefore, there is no need to dispose of the poo. When your baby starts eating solids, the poo will slowly become more solid as well. At this stage you can consider to start using liners, so you can easily get rid of the solid poo.

Our 100% plant-based liners make cleaning up a number two super simple and can help prevent rash creams and ointments from ruining the fabric's absorbency.

Simply place one liner on top of the nappy next to baby's skin. The liner will catch solid poo and can easily be disposed of in bin (please do not flush). Moisture travels through the liner and gets absorbed by the inserts, therefore it is important not to fold liners or use multiple sheets as this prevents quick absorption by the cloth nappy. You can wash and reuse the liner if your baby has only done a wee but be aware that the liner will break down after a couple of washes since it is biodegradable.

Although we 100% understand the use of liners this way, we want you to be aware that solid poo should be going in the sewage system and not to landfill, because human waste turns toxic when it goes to landfill. Therefore, it's best to hold the liner above the toilet before disposal. Did you know that **even with disposable diapers you should be putting the poo in the toilet?** This is one of the most unknown facts in the history of parenting.

First help by weaning/teething poo

Sometimes dealing with poo with cloth nappies is very simple and much easier than disposable nappies, and then there are times when it is awful. During weaning and teething, the trick is to **hold the cloth nappy in the flow of the flush to blast the poo** off the nappy. Hold the clean end and keep hands out the way, but be careful not to drop the nappy into the loo ;)



What if my nappy is leaking?

As with disposables, leaking nappies occur when they are either full or fitted incorrectly.

If your nappies and inserts are still like new, know that they do not reach their maximal absorption capacity until you have done ten washes. Luckily, they reach 80% after the third time washing, so you can start using them a bit quicker. If you soak the inserts for 24h in a bucket with water and wash them after, they will reach their absorption capacity in no time!

Is this not the reason for your leaks?

Check the inserts; are they saturated or just slightly damp?



Inserts are saturated

Change the nappy more frequently

Are you changing nappies every 3 hours? If not, this could be the cause of your leaks. Cloth nappies use physical absorption to soak up liquid, unlike disposables that use a chemical gelling agent, so cloth nappies do not hold quite as much liquid and need to be changed a bit more often.

Add extra absorption

To minimise leaks and keep your baby dryer for longer, simply add extra absorption. If you are still using a newborn insert, upgrade to our standard inserts. If you are already using these, it will help to upgrade to a hemp insert.

Our hemp inserts are especially great if your baby is a heavy wetter and if needed, they can also be used in combination with a bamboo insert as a booster during the night. Boys and belly sleepers usually need more absorption up front, and girls usually need more absorption towards the middle.

Also, with boys, it is important to keep the penis pointed down, or the urine will come straight out of the top ;)

Inserts are damp or dry

Adjust the fit

With a little bit of practice and some simple adjustments, you can resolve leaks with ease.

Common fit errors

Here are four of the most common fitting errors that could be causing your nappy leaks. Check that you can say yes to the below to ensure your leaks aren't caused by one of these mistakes:

- Are the inserts fitted flat inside the nappy?
- Are the nappy leg elastics tucked into your baby's undie lines?
- Is the nappy crotch sitting close to baby's skin with no visible gaps or sagging?
- Is there no pressure on the nappy?

If you are changing your nappy regularly, use the right absorption insert and have checked your fit, but still find nappies leaking, please get in touch. We are happy to check your fit and offer you personalised advice.

What do you do against rashes?

Let me preface the following info by saying that I am not a doctor or medical professional. If your baby's rash does not show quick improvement, please seek medical advice.

Research shows that a wet nappy is irrelevant as a cause of nappy rash, as this arises when stale urine meets the bacteria in poo, producing ammonia. That's why it is important to **change a nappy straight after a poo and always clean the whole nappy area**, not just the genitals. Some babies will simply be more susceptible to rashes than others.

During teething, babies are most likely to develop diaper rash, mostly because they are more prone to dietary factors – consider oranges, tomatoes, and avocados as likely suspects during this time and change nappies more frequently. If you use Happy Naps full time, **the rash is most likely not nappy rash**. Always consider other causes of rashes as well, such as sensitivity to washing powder, sweat rashes or thrush. If you have any concerns, please get in touch with your advisor.

You will find that it is not needed to use creams daily. We advise to use (natural) creams only during the early weeks with a newborn and during teething. **When applying creams, always use**

a liner to protect the fabric of the nappy as it may affect the absorbency. With our **bamboo cloth wipes**, you can control what you put on your baby's bum. The following recipe makes a very effective and soothing antiseptic wash without chemicals and is worth trying first if your baby has any redness or nappy rash:

- 1 Place a camomile tea bag in a suitable container, add boiling water and leave to cool.
- 2 Once cool, remove the tea bag and add approx. 1 tbs of olive oil.
- 3 Add 2 drops of lavender and tea tree essential oil (only if baby is 3+ months old and always patch test before using).
- 4 Mix well and place washable wipes into container.
- 5 You are aiming to put enough wipes in to soak up all the liquid and leave them nice and moist for use without being sopping wet. You can squeeze them out before using if they are too wet.



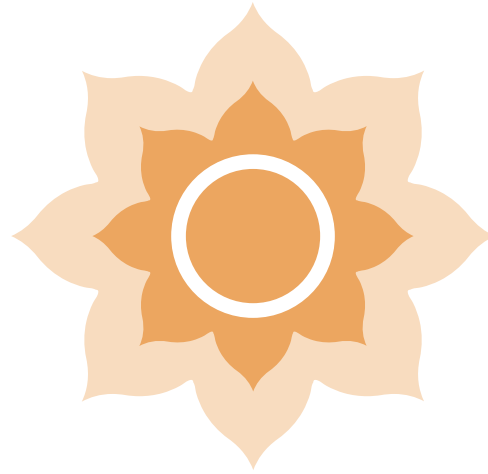
After all, **it is most healthy for us to be naked**, so let your little one run wild and free whenever possible. Only if really needed, wash your nappies on 60 degrees. Keep in mind that doing this too often will decrease the lifespan of your nappies drastically.

Help, my nappies are smelly!

Stinky nappies most often occur when you wait too long for wash day, dirty nappies do not get enough air while being kept in the nappy bucket/wetbag or are not rinsed after being used overnight.

Make sure to follow our laundry instructions well to prevent the nappies from any ammonia build up, mineral build up and residue. Happy Naps rarely need to be stripped and most often some little changes in your washing routine will solve the issue straight away.

Using too much detergent can result in residue building up in the fabric which can cause sensitivity, damage to the nappies, smells and leaks. When your nappies come out of the machine your nappies should smell of nothing. If you can still smell detergent this means you have used too much. If after washing they smell unclean, they have not been washed long enough, the wrong dose of detergent has been used, the machine was overloaded, or your machine just needs a maintenance cycle run.



How can I remove stains?

The sun is the cheapest and most effective way to remove stains. The UV rays break down molecular structure, causing stains to disappear and whites to look brighter. You will find stains fade even on overcast days. Just make sure not to bake your nappies in the sun; **only keep wet nappies in direct sunlight and make sure to keep the printed side of the nappy out of the sun.** How amazing is Mother Nature!!

Nappies at childcare

If your child goes to childcare, they will have their nappy changed by any one of the workers and so the nappy system you use should be the easiest possible.

Happy Naps is made for all of you! Have a moment with the person in charge how they will make sure that all staff knows how to change your child's nappy. It might be helpful to provide our fitting guides to pin to the staff notice board.



Spread the love

