



Disposable nappies are the **third largest consumer item in landfills** making up about 4% of all solid waste. The estimated decomposition time for a single nappy is **500+ years**.

**nuababy** cloth nappies can help prevent this waste and keep your baby healthy and comfortable.

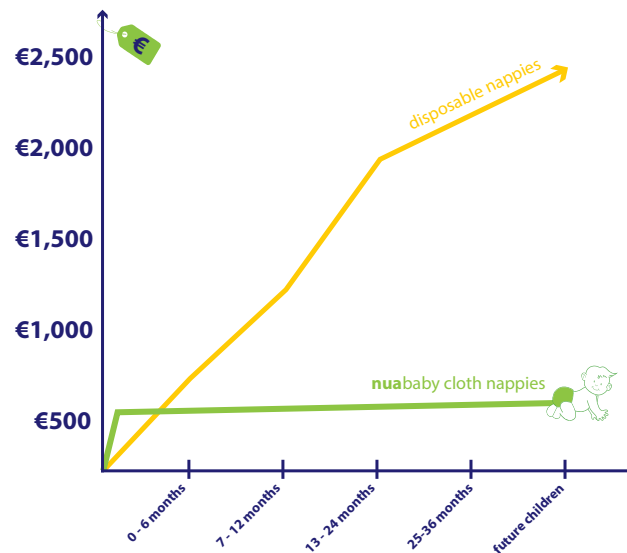


### Why are disposable nappies harmful?

Research has linked chemicals and plastic used in disposable nappies with some skin irritations, respiratory problems, hormonal irregularities, liver, kidney and central nervous system damage, as well as testicular cancer and rising infertility in males.



One child will need approximately **8,000** disposable nappies by the age of three, producing **1.5 tonnes** of waste.



### Disposable nappies are more costly!

Using **nuababy** nappies can save you a lot of money over the course of three years, even more if you use the same supply of nuababy nappies for more than one child.

By using **nuababy** nappies, you will typically save up to 75% of what you would spend on disposable nappies for your first child, and then save almost 100% on subsequent children because **nuababy** nappies are reusable.

**nuababy** offers you a cost-effective choice that is healthy for both your baby and the environment.

**Save money...  
save the earth!**

**nurture naturally!**



the cloth nappy solution  
that's healthy for  
your baby and  
the environment

[www.nuababy.com](http://www.nuababy.com)





## What does 'nuababy' mean?

**nuababy** is an Irish word that means 'new'. **nuababy** also comes from the root word 'nuach', meaning 'rest'.

**No better way to describe the aspirations we have for our nuababy products!**

**nuababy** is an Irish family-run business that cares about our customers and is committed to personal service. **nuababy** was born out of a recognition for the need of a quality, one-size-fits-all nappy that genuinely fits babies from birth to toilet training; a nappy that is comfortable to wear and kind to baby's skin as well as the environment; a nappy that offers parents significant financial savings when compared to disposables.

The **nuababy** product line is a simple, yet complete package. The innovative, easy-to-use nappies are complemented by an excellent range of laundry bags, liners/wipes and changing bags that make it the ideal solution for all of your baby's nappy needs.





nurture naturally!



[www.nuababy.com](http://www.nuababy.com)

For more detailed information, please see [www.nuababy.com](http://www.nuababy.com)  
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*Cloth nappies may seem like a hassle before you start to use them, but after I started to use them, I found them very easy and they just became part of my routine.*

*-nuababy mum*

## 5 cloth nappy myths

### 1. Cloth nappies are hard to launder and cause a bad odour in my home.

Laundering cloth nappies is no more difficult than washing regular laundry. The washing machine does the work for you and your nappies dry within a few hours outside. nuababy laundry/wet bags have a double-waterproof layer to ensure all moisture and odour is kept inside the bag.

### 2. Cloth nappies leak more than disposables because they don't fit as well.

Cloth nappies have come a long way since our mothers used them. nuababy cloth nappies really do fit babies from birth to toilet training, creating a one-size-fits-all solution for your baby. Many nuababy users report fewer leaks in comparison to disposables.

### 3. Cloth nappies are hard to use in modern life, e.g. when you're out, or for childminders.

nuababy's innovative nappy design, fitted liners, and convenient changing mat make changing nappies quick and easy. Our changing bags and wet bags allow you to conveniently store soiled nappies (as well as everything else you need) when you're out and about.

### 4. Cloth nappies are more likely to cause a nappy rash.

Disposables contain chemicals, which may increase the likelihood of skin irritations and nappy rash. Cloth nappies are made without using chemicals and are healthier for your baby.

### 5. Using cloth nappies requires changing nappies more frequently.

Every baby is different and you will find the nappy changing routine that works best for you. Using extra soakers/boosters to increase absorbency will allow for longer stretches between changes. Regardless of whether you use cloth nappies or disposables, for health reasons younger babies generally need to be changed 8-12 times a day and older babies 6-8 times a day.



## nuababy - the best choice for you, your baby, and the environment



**nuababy was established to provide a simple, modern, affordable alternative to disposable nappies, so now you can do your part to reduce your baby's carbon footprint. Using nuababy nappies means you:**

- Use freely available sunshine, rather than chemical bleaching
- Reduce your household waste, transport costs for waste removal, and landfill for dumping purposes
- Limit your use of raw materials and natural resources, such as trees and crude oil by using cloth nappies
- Reduce the energy used in continually manufacturing millions of single use disposables with their plastic-type packaging and transport costs

Washing and re-using your nappies makes economical and environmental sense.

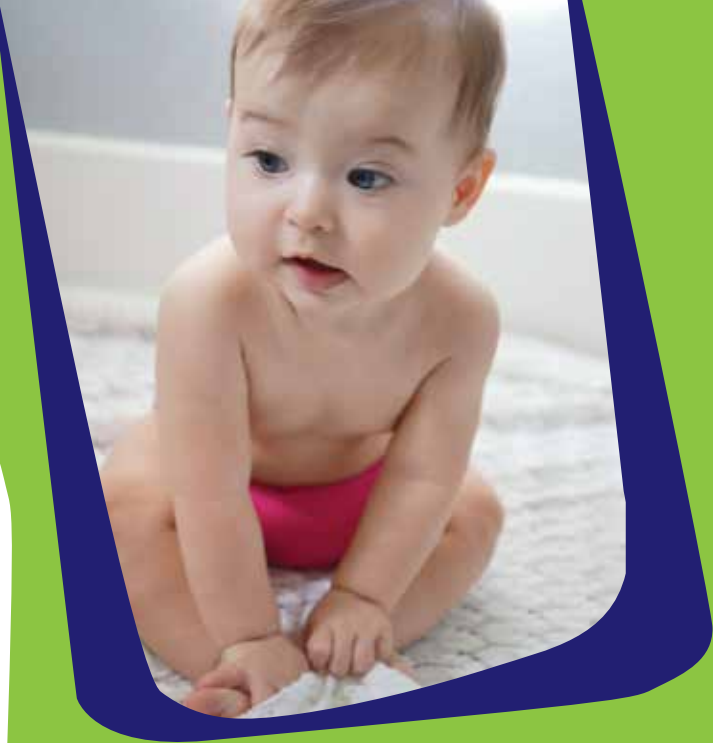
*I have been pleased with the diapers (nappies). They absorb moisture extremely well. Even when Ruth wears them all night, they still don't leak. (I use a booster and one of the soakers.) They also dry quickly after being washed.*

**-Wendy (USA)**



### **Choose to be even more environmentally-friendly:**

- Order them in your local community to save transport costs for nappy delivery
- It makes economic and environmental sense to have a 2-3 day supply on hand – less washing, less wear on your nappies and less work for you, the parent
- Use less detergent by experimenting with the amount really needed to wash cloth nappies fresh and clean
- Use cold rinse cycles
- Some people prefer to use a fast spin cycle to remove the maximum amount of water from the nappies. If you live in a temperate climate where drying conditions are good, a medium spin cycle followed by line drying causes less wear and tear on the nappies
- Line drying and sunshine bleaching nappies save on household costs



## How nuababy solution works

### Nappy Shell

nuababy nappies have a unique double-gusset and drawstring solution that allows you to adjust leg and waist sizing separately, for a soft, snug fit that 'grows' with your baby. From the outside you can't tell it is a one-size-fits-all nappy.

### One-size-fits-all

nuababy nappies genuinely fit from birth (6½lbs / 3kgs) to toilet training (40lbs / 18kgs).



small

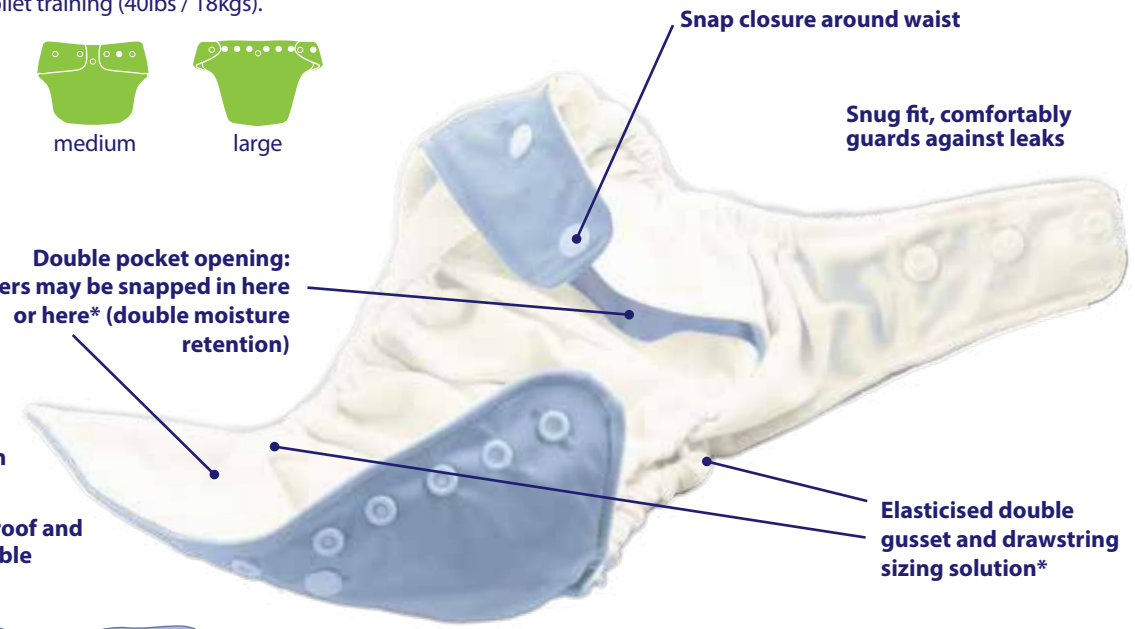


medium



large

nuababy nappies are a superior choice for your baby, for the environment, and for your family budget. First time users are often surprised at how easy it is to make the switch.



### Why choose nuababy products?

**Baby's health** Breathable, super-absorbent, soft, and natural. No harmful chemicals or materials.

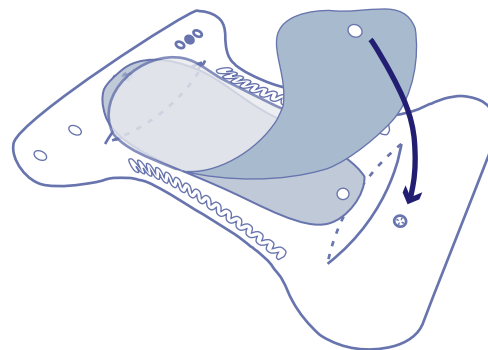
**Baby's comfort** No pins, velcro, or sweat-inducing plastics.

**Convenient** Complete, easy-to-use solution. Machine washable, fast drying, durable nappies. Dual-purpose liners/wipes.

**Affordable** Huge savings. May be used for more than one child.

**Safe & secure** nuababy's unique adjustable double-gusset drawstring and overlapping soaker set retains moisture and prevents messy leaks.

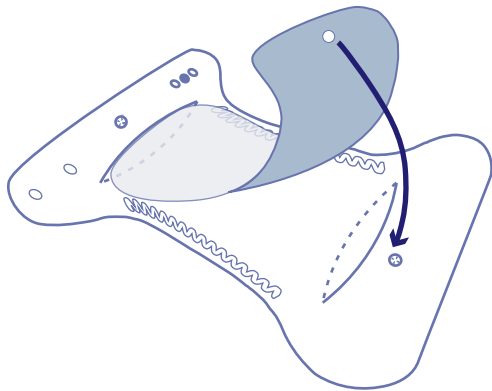
**Cute** Come in a range of eye-catching, unisex colours.



### Soakers that 'grow' with your baby

This unique overlapping soaker set\* snaps onto nappy shell and gives extra padding exactly where it's needed. The soft 'stay-dry' top layer keeps baby feeling dry and comfortable.

nuababy nappy shell pocket has openings on both ends for easy insertion of soaker pads, or you can place soakers on top of the nappy shell, based on your baby's needs.



### Booster/trainer pads

These super-absorbent pads may be placed inside nappy pocket (under soaker pad) for nighttime, travel, or heavy wetters; OR snapped on top of pocket for toddlers as a training soaker.

Boosters have a fleecy top layer, giving your toddler a slight sensation of dampness immediately after wetting, to assist in toilet training.

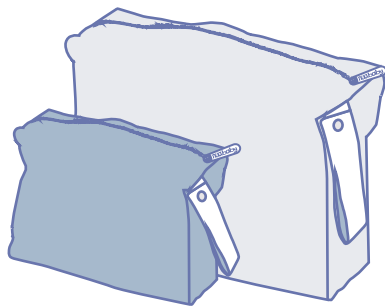


### Biodegradable dual-purpose nappy liners/wipes

These 100% silky-soft corn fibre liners come in convenient pull-packs and are an exact fit for the nappy – no need to fold. Place a liner on top of soaker pad to catch solid waste.

**nuababy** liners double as wipes. Simply spray with water and wipe baby's face, hands, bottom, or anywhere else that needs a touch-up!

**nuababy** liners/wipes easily biodegrade following disposal.



### Laundry bag and wet bag

The double-layer waterproof **nuababy** laundry bag comes in two sizes; a larger 'laundry bag', which holds up to ten soiled nappies – ideal for hanging near the washing machine, and a smaller on-the-go 'wet bag', which holds up to three soiled nappies. The wet bag easily fits into **nuababy** changing bag, or may be snap-fastened onto a towel rail or hook, and may also be used to store wet swimsuits or soiled clothing.

Both bags feature a quick-access inner pocket to keep soiled liners/wipes separate from nappies.

The **nuababy** product line is a simple, yet complete package. The innovative, easy-to-use nappies are complemented by an excellent range of quality laundry bags, liners/wipes and changing bags that make it the ideal solution for all of your baby's nappy needs.

*I love the laundry bag; it is my favourite one. It is waterproof and smell-proof and holds at least 8 nappies. I give this bag to childminders as they don't have a bucket. The small wet bag is also great when out and about as it holds about 3 nappies.*  
-Carol (Ireland)





## Accessories

We don't just provide you with an amazing one-size-fits-all cloth nappy. Our complete range of high quality accessories take baby care to a new level. Accessories include stylish nappy changing bags to hold everything you need for a day out, changing mats, waterproof laundry bags, and more.

## Flexibility is important and that is what we offer!

You can try the **nuababy** cloth nappy solution before you invest in a full supply. When you are ready to go 'all in' on the **nuababy** one-size-fits-all nappy solution, you'll need at least 16 nappy shells, 24 soaker sets and 4 booster pads.

If you are looking for the perfect gift for new parents, give them a day pack to try the **nuababy** solution for themselves.

Check out the package deals we offer at below. We hope you enjoy them!

### Day pack



### Starter pack



*The nappy liners are fantastic. They are a nice size and don't disintegrate in use, they do the job very well. I've tried multiple brands of flushable liners and these are my favourite.*

**-Michelle (Australia)**

*We have used another brand cloth nappy before this and were happy with it, but when we tried the NUA baby diapers, it seemed like it was made specifically for our babies. The shape of it was perfect for both our boys - age 9 months and age 2.5 years! ... We have actually never had a leaky diaper with the NUA nappy whereas we have had leaks with the other brand we used... Both the inserts and the shells dry a lot faster and absorb better than the other brand we used.*

**-Ivy (USA)**



nurture naturally!

## Nappy changing bags

Stylish, practical, and uniquely designed for you and your baby.

**nuababy** changing bags are designed for use with cloth nappies but they're also perfect to use with disposables.

*I love the Skye bag! The pockets are great for putting the bits and pieces in (e.g. sippy cups, small toys for the road, snacks, nappies, changing mats, wipes, etc). The design is really well thought out; everything that needs to be kept together is all in one place. The Skye bag was a HUGE help on our recent holiday!*

**-Joy (UK)**



## Skye sling bag

**A trendy, unisex nappy changing bag**

- Compact, waterproof changing mat
- Separate compartments for food and nappies
- Adjustable, insulated pocket for a bottle or food container
- Single, adjustable shoulder strap. May be worn on the front or back, on left or right shoulder. Shoulder strap unclips for easy removal and access
- Separate pocket for **nuababy** changing mat and wet bag
- Internal zipped pocket for **nuababy** dual-purpose liners/wipes
- Multiple internal and external pockets, zipped and mesh
- Removable mobile phone pocket on the shoulder strap
- Convenient loop for hanging the bag on a coat rack or shopping trolley
- Padded back panel for cushioned comfort
- Wipe-clean interior lining
- Clip for keys or soother



## Amberley shoulder bag

**A stylish, practical nappy changing bag**

- Compact, waterproof changing mat
- Two adjustable, insulated pockets for bottles and food containers
- Removable shoulder strap, handles, and buggy clips
- Large external pocket for the **nuababy** changing mat and wet bag
- Generous size (39cm L x 18cm W x 32cm), with adjustable side buckles
- Multiple internal and external pockets, zipped and elasticised
- Interior lining zips out for easy cleaning
- Clip for keys or soother

*Amberley: This bag has all the pockets you could ever need! I really like that there are pockets on the outside of the bag that are easily accessed with one hand for things like your keys, bus money or a soother. Inside the space is very generous, plenty of room for all you could need for a day out with two kids!*

**-Becky (Scotland)**



# nuababy is flexible for you and your baby's needs!

## What are the various nappy parts?

- 1 Dual purpose liner**  
*Made from 100% silky soft biodegradable corn fibre and are an exact fit for the nappy – no need to fold.*
- 2 Overlapping soaker set**  
*Soft 'stay-dry' top layer draws moisture away from baby's skin and into absorbent layers below.*
- 3 Booster/trainer pad**  
*Super-absorbent pad that may be placed inside nappy pocket (under 'stay-dry' soaker) for nighttime, travel, or heavy wetters; OR snapped on top pocket for toddlers as a training soaker.*
- 4 Nappy shell lining**  
*Soft 'stay-dry' lining draws moisture away from baby's skin into absorbent layers below.*
- 5 Nappy shell**  
*Waterproof, breathable TPU.*



nappy shells



soaker sets



booster/trainer pads

## How many nappies does my baby need?

In a 24-hour period, 0-6 month old babies use 8-12 nappies, whereas older babies generally go through 6-10.

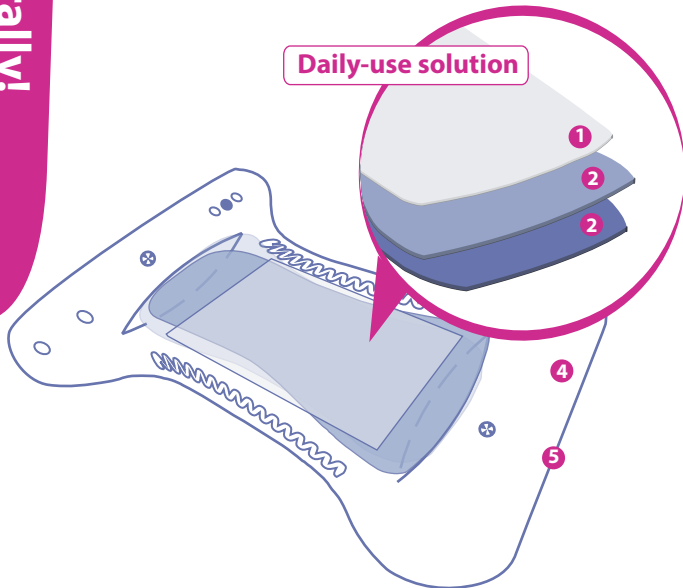
This allows for eight changes a day for younger babies and six changes a day for older babies. Rotate use, so they are washed every second day.

A key factor in prolonging the life of your nappies is having an ample supply, so they don't need to be laundered every day. The more nappies you have, the longer they will last.

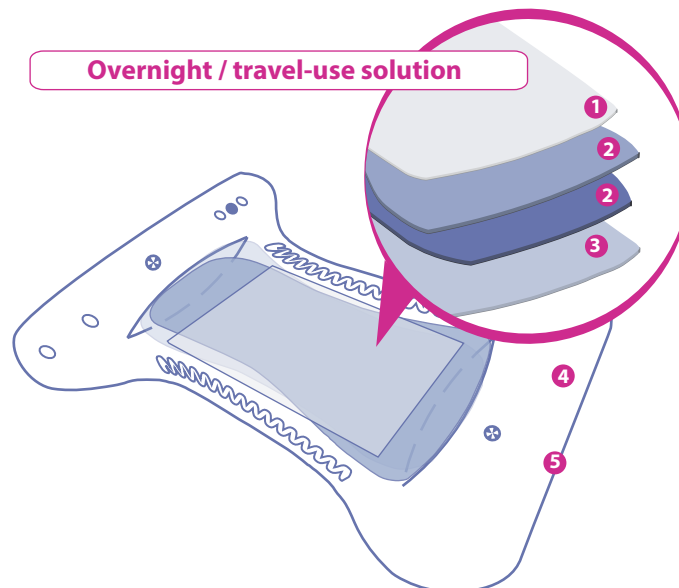
*If you are a parent who likes a lot of options, you'll really like the choices you have with this diaper.*

**-Ivy (USA)**

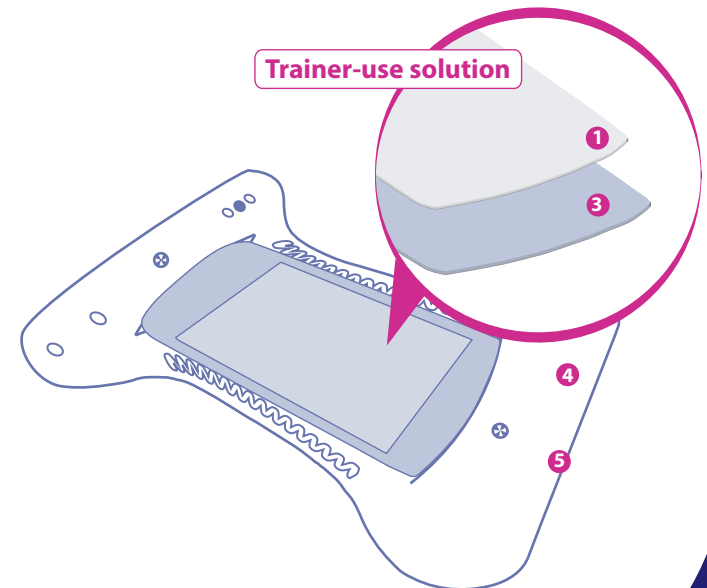
Daily-use solution



Overnight / travel-use solution



Trainer-use solution





For maximum absorbency, wash and dry soakers and boosters 3-5 times before first use.

**Elasticised double gusset and drawstring:** to modify size from newborn to 3+ years, adjust both left and right drawstrings.

**Soft 'stay-dry' soaker pads:** use small for newborn, large as baby grows, and both soakers overlapped for older babies.

Place narrow ends between inner elastic gussets and snap on to nappy shell. To adjust overlap for larger babies, gently slide nappy up to fit baby and the soakers will slide into place.

**Super-absorbent booster/trainer pads:** place inside the pocket (under soaker pad) for nighttime, travel, or heavy wetters; OR snap on top of pocket for toddlers as a training soaker.

Boosters have a fleecy top layer, giving your toddler a slight sensation of dampness immediately after wetting, to assist in toilet training.

**Linners:** place a nuababy liner on top of the soaker pad to catch solid waste.

Ensure the nappy fits snugly to avoid leakage. There should be no evidence of marking on your baby's skin around the leg area; the nappy should fit snugly, but not too tightly.



## Nappy changing

If the outer shell is dry after use, unsnap the soiled soakers and snap on fresh ones.

If the outer shell is wet, remove the liner and soaker pads from the nappy shell in preparation for washing.

Soiled nappies should be stored in a dry laundry bag or in a bucket with a lid.

Before washing the laundry bag and wet bag, pull the inner layer inside out to ensure thorough cleaning.

**Solids from exclusively breastfed babies are 100% organic and will dissolve in the wash.**

*They are also so easy to adjust, making for a perfect snug but not too tight fit, the drawstrings are a great idea.*

**-Alan (UK)**

*I love that Nua nappies have an opening at either end of the pocket and unlike other pocket nappies you don't have to push your hand inside, potentially putting too much strain on the stitching. It is great being able to grab the soaker from both ends and simply snap in place.*

**-Sarah (Ireland)**





## DO'S: How to correctly clean your nappies



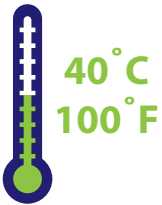
### DO use the right amount of detergent

Wash nappies using the recommended concentration of detergent to clean them thoroughly. If your baby develops a rash, or if the nappies have a strong smell after washing, you may need to change the quantity or the brand of your washing detergent.



### DO soak nappies for a short time

If you prefer to soak nappies instead of running a prewash cycle, limit this to 10–20 minutes in plain cool water just before washing to help loosen any stubborn soiling. Soaking nappies in caustic detergent gradually damages the material and may affect your baby's health.



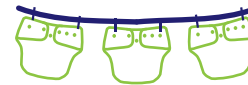
### DO wash at the correct temperature

Wash at 40°C/100°F using zero-residue detergent, followed by a cool rinse.



### DO use plenty of water

Using a high level of water when washing the nappies helps to avoid build-up of detergent, bacteria, and urine.



### DO line dry your nappies

To prolong the life of your nappies, line drying is preferable to tumble drying. Hang nappy shells with lining facing the sun to bleach the lining naturally, and prevent nappy shells from fading.



### DO dry on a low setting

If you use a dryer, set to a low or regular heat. Remember, gentle care extends the life of your nappies.



### DO use eco-friendly products

Choose eco-friendly products such as zero-residue brands of detergent that do not contain the following additives: fabric softeners, bleach, dyes, perfumes, whiteners, brighteners, enzymes, natural oils, or pure soap. These additives may create residue problems, and cause an unpleasant odour and damage to the nappy.

“After lots of washes, the nappies and soakers still feel great.”

-Joy (UK)



### **DETERGENT TIP: Find the right amount**

Detergent manufacturers may recommend using high quantities of their product. When using detergents that are not cloth nappy specific, start with half of the recommended amount and increase if needed. Front loader washing machines require less detergent than top loaders.

### **SUNLIGHT TIP: The natural brightener and sanitizer**

To naturally remove stains, wash your nappies as you normally would, and while they're still wet, lay them in the sun for a few hours once or twice a month. **CAUTION:** Too much heat could damage the elastic and waterproof fabric in your nappies.



## **DON'TS: What not to do with your nappies**



### **DON'T use extra additives**

Extra additives, such as baking soda or vinegar are not recommended.



### **DON'T use too little detergent**

Using too little detergent may cause urine residue and unpleasant odours.



### **DON'T use too much detergent**

Using too much detergent may cause detergent residue and nappy leakage.



### **DON'T boil your nappies**

Wash at 40°C/100°F using zero-residue detergent, followed by a cool rinse. Boiling your nappies will harm them.



### **DON'T iron your nappies**

Ironing your nappies will harm them.



### **DON'T use nappy creams with petroleum, fish oil or zinc**

Even if a cream claims to be 'cloth nappy safe', still protect your nappy with a **nuababy** liner. Nappy creams cause nappies to repel liquid, impairing their function.





### How can I remove cloth nappy stains?

Staining is inevitable! However, sunshine is the best bleach and the healthiest way to remove stains and whiten your nappies naturally. Sunlight is a natural brightener and sanitiser! We recommend sunning your nappies on a regular basis e.g. once or twice a month. Wash them as you normally would, and while they're still wet, lay them in the sun for a few hours. Use discretion with natural bleaching, as too much heat could damage the elastic and waterproof fabric in your nappies.



### Why is there a persistent unpleasant nappy odour?

If the nappies seem clean when washed, but have an unpleasant odour once your baby wets, check the quality and quantity of the detergent you are using. If you don't use enough water or detergent to wash nappies, urine is diluted, but not rinsed away and remains trapped within the fibres in the form of urine residue. Urine residue can lead to nappy rash. You may need to use a higher water level in your machine or reduce the number of nappies washed at one time.



### Urine and detergent residue

Persistent ammonia odour, discoloured nappies, non-absorbing soakers or boosters, leaking nappy shells, and nappy rash are all signs of residue. Urine or detergent residue is caused by not using enough water when washing, using incorrect detergents and/or incorrect quantities, or using dryer sheets.

Initially, try washing your soakers and boosters with several hot water washes and no detergent. Multiple rinses will not work; you need to use a high water level to wash and rinse your nappies. If the problem persists, wash once in hot water with one tablespoon (or extra if needed) of dishwashing liquid. Multiple hot water rinses with no detergent should then bring them up like new. Ensure that all suds are removed from the fabric.

*The soaker pads are nice and absorbent - I notice that with other brands, I needed to use more soakers as Zia has grown, but I've found that yours haven't leaked at all.*

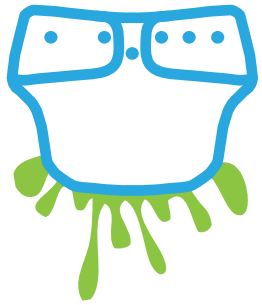
**-Amelia** (New Zealand)

*I like the nappy. It is very absorbent and has a good fit. It's a bit fiddly getting the right fit to begin with because it is a personalised fit, but that is good because it is accurate! It lasts a long time and doesn't leak - which is good considering this wee boy is a mover and shaker! I am really impressed how good it is.*

**-Becky (Scotland)**



**A clean nappy is a happy nappy**



### Why am I having leaking problems?

**Prepare** all nappy products before use by washing and drying them 3-5 times before first use.

**Ensure** that your nappy is on the correct size setting and that the nappy shell lining, soaker pad, and liner are completely contained inside the waterproof nappy shell. Any part of the nappy left outside of the shell can cause leaking.

**Make sure** the soaker is correctly placed and lying flat when you put the nappy on your baby, otherwise it may leak.

**Change** your baby's nappy often enough and check that it is pulled up high enough into the crease of the legs with no gaps where liquid might escape. To properly absorb, the nappy needs to be firm against your baby's skin and gentle pressure needs to be applied when fitting. If the nappy isn't fitted properly, liquid will accumulate and can run out even if the soaker is nearly dry.

**Use** enough layers. Some babies wet more than others. If necessary, add an extra soaker or a booster to the nappy.

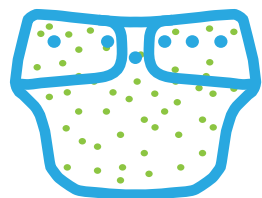
**Wash** correctly and avoid nappy creams from coming in direct contact with the nappy, which may cause repelling and leakage. Using too much detergent or not enough water to wash and rinse your nappies may cause detergent residue. This may also cause discolouration, repelling, and leakage.



### Can I use nappy creams?

If you use nappy creams, there are several plant-based cloth-friendly eco versions on the market, which are less greasy and easier to remove than heavier ointments. Do not use nappy creams containing petroleum, fish oil or zinc, as they will affect the nappy's absorbency.

Even if a cream claims to be cloth nappy safe, still protect your nappy with a **nuababy** liner. Nappy creams cause nappies to repel liquid, impairing their function.



### How can I prevent nappy rash?

There are a variety of causes for nappy rash, e.g. teething, colds, allergies, detergent, and climate. **nuababy** cloth nappies are breathable and are usually changed more regularly than disposables, lessening the likelihood of nappy rash. Giving baby some nappy-free time each day is a healthy way to deter nappy rash and is enjoyable for your baby. If in doubt or feeling concerned, consult your doctor.