



# THIRSTIES®

## Care & Use Instructions



**before wearing...** Wash all diapers at least one time before use. Washing and drying your hemp and natural cotton diapers at least 3 times before use will wash away the natural oils that inhibit absorption.

**diaper changing station...** Shake solids into toilet after each diaper change. Store your soiled Thirsties® Cloth Diapers in a DRY diaper pail. A standard 52-quart garbage pail with a lid works great and can be purchased at your local department store. Be sure to line your pail with a Thirsties Deluxe Diaper Pail Liner to avoid having to clean your pail on every laundry day. Stow your stash of Thirsties Fab Wipes in an accessible location to your changing table along with some Booty Luster for cleansing. Toss soiled wipes into your pail along with your diapers.

**pre-wash...** For optimum cleanliness, limit the size of your load to no more than 18 diapers and wash every other day. Use COLD water for the pre-wash cycle with 1/2 ounce Thirsties Pre-Wash solution to help pre-clean your diapers. If you do not have a pre-wash cycle on your washer, a short or quick wash cycle will work just as good.

**wash...** Choose a HEAVY cycle and wash on HOT for the main wash. Use 1/2 ounce Thirsties Super Wash per load. Thirsties Pre-Wash and Super Wash is HE safe and has been custom formulated for use on cloth diapers. Avoid all soaps, many "Free & Clear", and popular baby detergents. Most detergents on the market will leave a residue on your diapers that will affect the absorbency and will cause odors and diaper rash. Be sure not to use bleach or fabric softeners, either. Oxygen bleach is safe for occasional use, but is not necessary when using Thirsties Super Wash in combination with HOT water. Thirsties Super Wash is uniquely formulated to naturally brighten and eliminate harmful bacteria.

**dry...** Hang your cloth diapers to dry or dry in dryer. Add a dry towel to the dryer to speed the drying process. Drying in direct sunlight is the very best method for drying and disinfecting. Hang drying also helps to preserve the textiles of your diapers and is great at getting rid of stains. Cotton and hemp diapers will be somewhat stiff when hung to dry. One option to soften sun-dried textiles made from natural fibers, is to use the dryer for the last 15 minutes.

**stripping...** Even if you follow all the rules above, you still might end up with occasional stinky and less absorbent diapers due to water mineral residue. Simply replace your regular detergent with 1-2 Tbs of dish soap. Run a normal wash cycle and then rinse until the water is suds-free. This process is often referred to as diaper stripping. Strip your diapers as often as needed, but not at every wash as it is a bit harsh for your diapers and not as delicate against your baby's skin.



# Care & Use Instructions, continued



**troubleshooting...** If your diapers are leaking, have no fear! Leaks are not completely unusual when first starting out. With a little bit of troubleshooting, we are confident you will join thousands of other families around the globe who have found Thirsties Cloth Diapers as the very best in leakproof protection. We offer a few of the most common reasons for leaks and their corresponding solutions:

## 1. The fit is too big.

**Solution:** It is tempting to purchase diapers a bit larger than what you need in order to get longer use out of them. Our diapers are very generously cut and if you size-up, they will not fit properly and will end up leaking. Use the proper size for your baby.

## 2. Residue build-up is causing your diapers to repel.

**Solution:** Using the wrong detergent can lead to build-up and will make your diapers repel fluid. In addition, fabric softeners, diaper rash ointment, and hard water minerals can also coat the fibers of your diapers and cause them to leak. Thirsties Pre-Wash and Super Wash are specially formulated as the ideal detergent for your cloth diapers. Strip your diapers occasionally (see reverse) and use Thirsties Pre-Wash and Super Wash with every wash.

## 3. The diapers are being worn for too long between changes.

**Solution:** Cloth diaper changes need to be more frequent than disposables and on average will need replacement every 2-3 hours. If you find yourself having to go longer than that, you'll definitely want to add a Thirsties Fab Doubler or Thirsties Hemp Insert.

## 4. The diaper does not meet the absorbency needs of your growing baby.

**Solution:** As your baby grows, so does his or her bladder. This is a very likely cause for leaks when you have been using the same diapers for months without problems and they suddenly begin to leak. An easy solution is to add a Thirsties Fab Doubler or Thirsties Hemp Insert at every change.

## 5. The waterproof lamination on your diaper or cover needs to be resealed.

**Solution:** An occasional short-cycle tumble in the dryer on high is actually beneficial to the waterproofing layer.

## We are here for you

Have additional questions not covered in this flyer? Please contact us—we are happy to help!

**Toll-free:** 1-888-315-2330

**Local:** 719-315-2333

**Email:** [support@thirstiesbaby.com](mailto:support@thirstiesbaby.com)

**Hours:** Monday–Friday, 8:00–5:00 MST

You may also find immediate answers to more commonly asked questions by visiting us at:

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

