



By focusing on diaper need, the Idaho Diaper Bank (IDB) works to meet the basic needs of Idaho children and families. We know the difficulties many families experience in trying to juggle food, shelter and hygiene. Please accept these disposable diapers with our compliments.

This year the IDB is also offering **Cloth Diapering Kits** to families in need who may fit the criteria for the program and who have an interest in learning how to use and care for your baby using cloth diapers. These cloth diaper kits are available by applying through participating IDB partner agencies also distributing IDB disposable diapers.

If you are interested in learning more about cloth diapers, please contact the Idaho Diaper Bank's Partner Recipient Agency (i.e. church, food pantry, family justice center, etc) where you received your disposable diapers or visit the IDB website to find a local partnering agency:

www.idahodiaperbank.org

Cloth Diaper Myths

- ◇ **Myth: Cloth diapers require pins and folding, ouch!** No pins or folding necessary! Most modern cloth diapers don't require pins. In fact, many function much the same as disposable diapers with Velcro or snaps.
- ◇ **Myth: Cloth diapers have to use an all-plastic, crunchy diaper cover.** These are also a thing of the past! Waterproof covers are usually made out of PUL which is a cloth-like, breathable and waterproof material
- ◇ **Myth: If I use cloth diapers, then I have to be "against" disposables.** To each her own! Just because you use cloth diapers does not mean you have to be against disposables. In fact, there is no reason you can't do both. The more you use your cloth diapers, the more money you save, but sometimes it makes sense to have both on hand.
- ◇ **Myth: Cloth diapers are hard to care for.** Using cloth diapers will usually only mean another 2-3 loads of laundry a week. Many cloth-diapering parents have adopted a dry pail method of storage. This means that they simply remove a soiled diaper, dispose of any solid waste by dumping it in the toilet, and then toss the diaper in a diaper pail until laundry day. And most laundry detergents without fabric softener will work!
- ◇ **Myth: Cloth Diapers Are Not Sanitary.** Cloth diapers need to be clean, plain and simple. Diapers should be washed with hot water and then dried in a dryer or on the line outside. Both of these drying mechanisms, providing either heat from the dryer or heat from the sun, will actually help to sterilize the diapers and kill any lingering bacteria that may be present. With proper washing and drying, they will be sufficiently clean and acceptable to diaper your baby with.