

Feminine care

For after-birth bleeding
&
Monthly cycles



Disposable sanitary options for after-birth & monthly cycle bleeding will not be feasible if resources are slim. Options for reusable, washable sanitary towels are available and are strongly recommended to be purchased in the interests of your hygiene requirements.



These sanitary towels are usually made of either Bamboo or cotton. Bamboo pads are best ready when they've been pre-washed a few times prior to first use to ensure good absorbency. They are environmentally friendly, free from harsh chemicals and more affordable in the long term.

Summary: Basic Nappy-kit for newborns

- 24 x small prefold nappies
- 8 x newborn waterproof nappy cover
- 8 x standard waterproof nappy cover
- 22-24 x pocket/ All-in-one nappy for post 6 week old baby
- 30 x bamboo/cotton inserts
- Snappies
- Nappy liners (if desired)

Tips

Your newborn may not fit into pocket nappies before 4 months, depending on their size. So if you attempt to use them before this, you may encounter leaks.

There are many more suppliers in the USA that will provide for US/Canadian buyers.

There are a variety of companies that cater for different designs in the UK with a range of prices but you may need to shop around to find the most competitive

Emergency Hygiene tips for you or your baby

LAJNA IMAI'LLAH

Information regarding
hygienic alternatives to
disposable products

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"Purity is half of faith"

(Sahih Muslim)

Cloth Nappies

For newborns & toddlers

Cloth diapers are reusable, cheaper, more environmentally friendly and better for your baby's skin than a disposable nappy. Cloth diapered babies also potty train earlier than disposable-diapered babies. In a time of war, disposable nappies will rapidly run out, whereas with cloth diapers, your baby will always be clean!

Types of Cloth Nappies

1. Pre-folds/flat nappy: an inner absorbent cloth (muzlin/pre-fold cloth/pre-fitted nappy) + an outer waterproof cover around the cloth & baby. Pre-folds are easier to use when the baby is newborn as you can adjust the size according to your needs until they can fit into other purpose-built cloth diapers such as *Pocket* or *All-in-one* nappies. They dry quickly & are cheap



A Fitted nappy is also a type of Pre-fold nappy but it comes in standard sizes and doesn't require any folding.

It must also be coupled with a waterproof outer cover, as all Pre-folds must. The adjacent image demonstrates a typical fitted pre-fold with a waterproof pink cover.



2. Pocket nappy: a cloth material and waterproof outer covering incorporated as one unit +/- an additional cloth pad inserted into a pocket inside the nappy to allow for extra-absorbency. Easy to use and quicker to dry than *All-in-one's*. You can use extra inserts for additional absorbency overnight.



3. All-in-one nappy: a cloth material, waterproof outer covering and additional cloth pad all sewn together as an *All-in-one* nappy. Easy to use but slow to dry.



Nappy essentials & accessories

For maintaining the nappy

Washing detergent

Cloth nappies can't be washed with ordinary washing detergent because over time it will stop the cloth absorbing and thus you will have spills and leaks. Recommended cloth-diaper friendly detergents are expensive, which is why we suggest using 'Soap Nuts'. Soap nuts are natural soaps used in cleaning for hundreds of years.

They are very cheap (£10 for 330 loads), plentiful, environmentally friendly and stop bad smells building up in the diaper fabric, as occurs with normal detergents. It can also be used to wash your normal laundry. A manual washing machine, in the case of a lack of electricity, should also be considered.



Rash creams

Cloth diapered babies are much less likely to develop a rash compared to disposables. However, if your baby develops a rash, usual pharmacy creams are not recommended to use on cloth nappies as they will stick to the fabric and won't wash off. Your options are to use:

1. Nappy liners: a disposable, thin liner placed inside the nappy, to form a barrier between it and the baby.
2. Cloth-nappy-friendly lotions: specific branded creams or coconut oil.

Accessories

Snappy's

These are like Safety pins to keep cloth-nappies together if you're using pre-fold nappies.



Cloth wipes

Disposable wipes may become scarce. Reusable cloth wipes can be made DIY from spare fabrics or ordered online. They can be washed alongside nappies.

Disposable liners

Used when your baby starts producing solid waste. Being biodegradable, you simply take the soiled liner out and dispose of it. They can also be used if a nappy rash develops, as explained earlier.