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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Caring For Baby's Clothes

By Mike Cliff

New parents are full of concerns about what regular household activities may pose a threat or

present problems for their newest family member. At some point the question about the best ways to wash baby clothing will arise. Parents typically ask whether there is a certain type of detergent that they should use, whether it is safe to wash baby clothes with the rest of the family's clothing and what special steps should be taken with cloth diapers if they are being used.

Detergent

This is a valid concern. It is not atypical for certain detergents to irritate the skin of adults and older children, so it is certainly feasible that a baby's tender and sensitive skin can be easily irritated by harsh detergents. There are several detergents on the market that are supposedly intended for baby's clothing, but there is not much difference between them and other mild detergents. The best choice for parents to make in this area is to purchase mild detergent that is free from added colors and fragrances and wash the clothing in that. If the baby does develop a rash or seems to be experiencing skin discomfort of any kind, the first thing to do is consult the family pediatrician. The doctor may simply recommend that a different detergent be used, but will also be able to determine if there is a more serious problem.

Washing Baby Clothes with Family Clothes

Some parents feel that the baby's clothing needs to be washed separately from that of the rest of the family. The rationale for this is that the other family members' clothing could somehow taint or contaminate the baby's. There is no reason to worry about this and it is perfectly safe to wash baby's clothes and bedding along with everyone else's. The exception to this rule is cloth diapers. If parents are using cloth diapers and washing them at home rather than using a diaper service, they must be washed apart from everything else.

Cloth Diapers

Cloth diapers are fading into memory, replaced by the more convenient disposable brands that are on the market. For families that choose to use these, however, there are some special considerations. The most sanitary way to utilize reusable cloth diapers is to contract a diaper service. This will take away the hassle of washing the diapers at home and ensure that the replacement diapers are sterile. For families that choose to wash at home, the previous paragraph details that they should be kept separate from all other laundry. Storing the diapers until wash time must be done as sanitarily as possible. This means rinsing the cloth diaper in the toilet to remove solid wastes, then storing it in a pail until it is time to be washed. The pail should be covered to prevent odor and lined with a disposable or washable liner. The pail, lid, and liner should be cleaned whenever the diapers are and the soiled diapers should be washed at least twice weekly.

Mike Cliff

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Watch Out For Allergies With Baby Laundry!

By Kirsten Hawkins

So you're having a baby. You think you've thought of everything, but at the same time you're terrified that you've missed something. Here's one thing you may or may not have thought of: laundry. Yes, you know that you will have more, but have you considered the basic differences between your baby's laundering needs and yours? If you regularly use perfumed detergents, bleach, or fabric softener, your laundering habits may need some reform.

Gone are the days of washing clothes just because they smell. Your baby is going to burp up stuff you've never thought of, and your laundry piles are going to skyrocket. This is only one new concern, however, since your baby's skin is much more sensitive to chemicals than you and your spouses' grown up skin. Laundering the baby's clothing in detergents that are free of perfumes and dyes is one quick way to help ensure that your baby does not get unnecessary discomfort from irritating chemicals. There are detergents formulated specifically for babies, but for the most part as long as you stay away from perfume and dye heavy products, your baby should be just fine. There are of course rare cases in which the baby has specific allergies, in which case it is probably best to find one brand that works for your baby's skin and stick with it. Unfortunately for your baby, this may mean a short trial and error process. As with food allergies, just keep a keen eye out and make sure you seek immediate medical treatment when you are concerned about anything.

Another thing that is important when laundering baby clothing is to make sure that you launder any cloth diapers separately. If you are using cloth diapers, you may think of the obvious reason: these items of clothing are obviously much more soiled than the average baby clothing item. It is best to launder these items twice: once in bleach with a double rinse, and then a second time with just vinegar during the last rinse cycle. This is important because not only is the baby using these items a lot more frequently (so they get a lot more wear), but also they are the closest to the baby's very sensitive skin. So making sure that cloth diapers are as allergen free as possible is a key factor in keeping your baby comfortable and happy.

Caring For Baby's Clothes

The last item on our laundry agenda will keep your laundry service or electric company well fed, and you plenty busy. As your baby quickly outgrows each new item of clothing, and a new one needs to be purchased to replace it, the new items should all be washed before being put on the baby. That includes outerwear and bath accessories, but is especially important for things that you buy a lot of, like undershirts, socks, and onesies. The first couple of months are particularly crucial in determining what kind of laundering ritual is best for your new addition. This is also a time in which you will be getting used to a lot of specifics about your new baby. Make sure no matter how you launder your baby's clothes, you keep a good eye out for possible allergic reactions and rashes. A comfortable baby is a much happier baby.

Kirsten Hawkins is a baby and parenting expert specializing new mothers and single parent issues. Visit

<http://www.babyhelp411.com/>

for more information on how to raising healthy, happy children.



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