

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Great Diaper Debate

By Kirsten Hawkins

Way back when in the days of Home Ec, one favorite class was 'how to diaper baby'. Turning a flat

piece of absorbent cotton into a comfortable, well-fitting nappy was a trick that seemed to require the dexterity and legerdemain of a trained magician. Worse, diapering the baby clumsily came with the very real fear of jabbing a squirming infant with a diaper pin. Generations of mommies suffered pinpricked fingers rather than risk a scratch to baby's delicate skin.

All that changed with the advent of disposable diapers. Even the unfitted, flat, uncomfortable first generation disposables were worlds above typical cloth diapers for convenience and ease of use. Just unfold the back, pull the plastic up between the baby's legs and smooth it against his belly, and tape the back to the front. Voila! Instant diaper. Even better – no need for washing. No dirty diapers soaking in a pail of borax. No smell, no fuss, no laundry service – just un-tape, wrap the diaper up and toss it in the trash.

For mothers of my generation, Pampers was the dividing line between 'back then' and now. I can't count the number of mothers, grandmothers, aunts and older female relatives who started off a tale with 'Of course, we never had Pampers, WE had to...'

The advantages were obvious: disposables were cleaner, more sanitary, more convenient. They did away with hours and hours of laundering and drying, making time for lots of other things. If you were the least bit conscious of disposal, you could completely eliminate the dirty-diaper smell – just wrap it up tight in a plastic bag in put it in the OUTSIDE trash. And no more wrestling with a squirming baby while you tried to pin his nappy closed, nor having the whole thing slip off his adorable little butt because you missed a layer of cloth when pinning.

The disadvantages were not so readily apparent, but they were nonetheless real. The major point against disposable diapers is a potent one: disposable diapers may be great for mother, but they put an enormous strain on Mother Earth. Some facts:

* Over 19 billion disposable diapers annually end up in landfills – where they do not degrade. * Disposable diaper makers use more than a million tons of wood pulp every year. * The manufacturing

The Great Diaper Debate

process creates waste that contains dioxins, heavy metals and industrial solvents.

In a world with limited resources, disposable diapers consume resources and create pollutants and hazardous chemicals. Is the convenience worth the damage to the Earth?

On the face of it, the debate does seem to be one more instance of man – in this case mommies – putting their own convenience above what's best for the world.

But there's yet another side to the debate – disposable diaper.

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.

Diapering 101 – How To Fold And Use Cloth Diapers

By Kirsten Hawkins

Let's skip right past the great diaper debate and assume that you've read what there is to read, done your soul-searching, and made your decision – and for your baby, it's nothing but natural against that tender skin. Whether your decision is ecological, economical, or based on something else entirely, you've decided on cloth diapers for baby. Now it's time for Diapering 101 – how do you turn a rectangle of cloth into a comfy cover for the little cherub?

Wash the diapers first

First things first. Never diaper your baby in a brand new cloth diaper straight from the plastic wrapping. Between the natural cotton and the manufacturing process, new diapers have a 'waxy' coating that cuts down on their absorbency and can irritate baby's skin. Toss all your new diapers into the washer and run them through five or six cycles with detergent, bleach and the hottest water you can muster. If you've got a clothesline and a sunny day, that's the best way to dry them.

Folding Diapers

You thought you had made your last choice when you picked cloth, did you? Think again. There are even more choices in 100% natural cloth diapers than there are in the disposable diapers aisle at the supermarket. Pre-folded, padded, flat-folded, nappy-style, all-in-ones, all-in-twos – it's enough to make your head spin just trying to absorb it all. Add to that the choices in diaper covers – plastic pants? Nappy covers? Wool covers? Velcro, pin or one of the novelty diaper fasteners? For the purposes of this Diapering Baby class, we'll assume that you're using plain old flat-folds – a simple rectangle of absorbent cotton that may have a quilted layer running down the middle for extra absorbency. Here are several different methods of folding diapers, courtesy of moms, grandmas and the DyDee Company.

The Great Diaper Debate

The Angel–Wing Fold

1. Lay the diaper lengthwise on the changing table. Fold the sides of the diaper in to the middle to form an absorbent pad.
2. Fold a few inches down at the front.
3. Unfold the sides at the back of the diaper, fanning them out.
4. Place the baby on the diaper, and pull the front up between his or her legs.
5. Holding the front against his belly, bring both sides of the back around to the front, and pin in place, pushing the pin through a few layers of diaper. You don't have to go all the way through the diaper so that the pin is against baby's skin.

Bikini Twist High–Cut Fold

1. Lay the diaper flat on the table.
2. Turn ONE END of the diaper completely over, twisting the diaper at the midpoint to form an absorbent pad.
3. Put the baby on the diaper (or the diaper under the baby, whichever is easier).
4. Pull the front of the diaper up between baby's legs.
5. Pull back corners of the diaper around the baby, over the front corners and pin securely.

Double–Diaper For Heavy Wetters

1. Use one regular diaper and one infant size diaper. Lay regular diaper on table. Place infant size diaper in center.
2. Fold sides of infant diaper in, then fold sides of regular diaper in to cover the infant diaper.
3. Fold a few inches of the diaper front up, then fan the back of the diaper out to form angel wings.
4. Plop the baby in the middle of the diaper, and proceed as for the angel wing fold.

Whichever fold you choose to use, cover the whole thing with a diaper cover, smooch the little tyke and send him back off to play with a warm, dry bottom.

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

