



Modern Diaper Care

An Important Health Protection for Baby, Family, and Community

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Baby's health and comfort depend a great deal on proper diaper care. Dr. Benjamin Spock, noted pediatrician and author, states that in their early months, most babies have very sensitive skins, particularly in the diaper region. Diaper rash may result from improper laundering.

Public health problems should be considered also if washing is done at a community coin-op laundry. Be sure to properly treat diapers before washing in these machines, which will be used later by other people. Research home economists at United States Department of Agriculture laboratories have found that hot water and detergent or soap do not destroy all disease-producing bacteria.

For the health of the baby, your family, and your community, follow these steps in laundering.

Before you take diapers to the laundry

1. Rinse badly soiled diapers immediately in the toilet bowl. Hold one corner of the diaper firmly while you flush it in the bowl.
2. Soak diapers in a covered pail until ready to wash. To control odor and bacteria add *ONE* of the following products to each gallon of cold water in the pail:
 - $\frac{1}{2}$ cup borax *or*
 - $\frac{1}{4}$ cup baking soda *or*
 - 6 tablespoons Pine-Sol *or*
 - $\frac{1}{4}$ cup special compound such as Diaper Sweet *or* Diaper Pure

Drop rinsed wet diapers into the soaking solution. If the water is hard, add one to two tablespoons of water conditioner such as Calgon or White King.

3. Drain the water from the pail just before washing diapers.

At the laundry (community coin-op or your own)

4. Put diapers (treated according to the three steps above) into the washing machine. *Wash diapers by themselves.* Twelve to eighteen diapers make a load.

Use *hot water* with the amount of all-purpose detergent recommended for the washer—unless advised by your doctor to use special products.

To whiten diapers or remove stains, add liquid chlorine bleach to the wash water. Measure carefully the amount recommended on the label. **Caution:** If bleach is added after diapers are in the tub, it should first be diluted with three parts of water. Full strength bleach poured directly on diapers will weaken fabric and holes will appear later.

If the water is hard, use water conditioner in the wash water and also in the first rinse.

5. Add fabric softener during the last rinse. Measure the amount directed on the bottle; brands vary in strength.

Too much fabric softener can reduce the absorbency of the diapers. Omit the fabric softener every fourth or fifth washing.

6. Dry diapers in a dryer or on a line. Over-drying makes them harsh.

See the Chart on Other Side for More Information



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Diaper Laundering Problems—*Their Causes and Remedies*

Problem	Causes	Remedy
<i>Grease balls</i> (small dark balls of soil)	<ol style="list-style-type: none"> 1. Not enough soap or detergent in hard water. 2. Water not hot enough. 	Try several repeated washings with a water conditioner* plus $\frac{1}{4}$ cup ammonia. Then put through washing cycle with <i>very hot</i> water (too hot for hands) and plenty of detergent.
<i>Harshness</i>	<ol style="list-style-type: none"> 1. Repeated washings in hard water. 2. Insufficient rinsing. 3. Over-drying in dryer. 4. Incorrect use of fabric softener. 	<ol style="list-style-type: none"> 1. Wash in warm water with water conditioner* with NO soap or detergent. Repeat. In future, use water conditioner for wash and first rinse. 2. Make certain washer rinses properly. Reset dial for additional rinse if necessary. 3. Remove from dryer while steamy but not damp. 4. Use fabric softener in last rinse. Check directions on bottle.
<i>Not absorbent</i>	<ol style="list-style-type: none"> 1. Over-use of fabric softener. 2. Repeated washings in hard water. 3. Insufficient rinsing. 	<ol style="list-style-type: none"> 1. Measure according to directions. Omit softener every 5th washing. 2. Follow No. 1 remedy for harshness—given above. 3. Make certain washer rinses properly. Reset dial for additional rinse if necessary.
<i>Grayness or yellowness</i>	<p>May be due to one or more of these conditions:</p> <ol style="list-style-type: none"> 1. Water not hot enough. 2. Too little detergent or soap. 3. Over loaded washer, clothes do not agitate freely. 4. Hard water. 5. Iron in water (yellowness) 	<ol style="list-style-type: none"> 1. Water should be 140-160 degrees, too hot for hands. 2. Measure carefully according to washer instruction book. 3. Check weight of diapers and washer instruction book. 4. Follow No. 1 remedy for harshness. 5. Boil washed diapers in water with cream of tartar (4 teaspoons to 1 pint water). In future, use water conditioner* in wash and first rinse water.
<i>Offensive odor</i>	Diapers not rinsed or soaked.	Follow direction No. 2, page 1 for soaking in deodorant.

For purposes of clarification, representative trade names are mentioned. No endorsement of named products is intended, nor is criticism implied of similar products not mentioned.

* Examples of water conditioners are Calgon and White King Conditioner.