

you up as the greenest parents you can be!

Photo credit: Flickr / moohaha

Myth #1: Cloth diapers are more expensive than disposable diapers

They're simply not! Buying disposable diapers at \$0.30/diaper for up to 5,400 diaper changes before potty training will cost you \$1,620. An investment in good quality cloth diapers could cost you \$300, and laundering them another \$1.50/load, 10 times/month for three years means you'll spend \$840 total with reusable diapers, a savings of \$780 for your first child. Reuse your cloth diapers for your second and third child, and you could save between \$2,400 and \$4,020!

Plus we have [great deals on cloth diapers](#)—subscribe today so you don't miss out!









Myth #2: Cloth diapers are worse for the environment than disposable diapers

Some argue that because you use energy and water to launder cloth diapers, over their lifetime cloth diapers actually emit more greenhouse gas emissions than manufacturing and disposing of one-use diapers. But according to a [UK Environment Agency Study](#), if washed in full loads and hung to dry, and then reused for more than one child (yours or given away to someone else), cloth diapers have a much smaller carbon footprint than disposables. What's more, cloth diapers allow you to diaper your child with almost no waste, save resources over their lifetime, and minimize the toxicity associated with the chemicals used in conventional disposable diapers. So hands down, cloth is better for the planet.

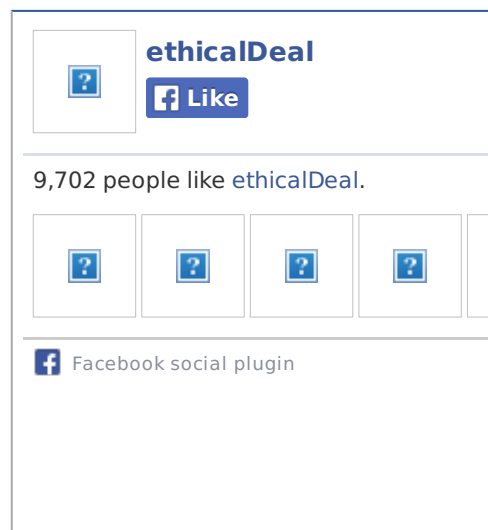
Myth #3: Cloth diapers are hard to clean and smellier than disposable diapers

Sure, there's no doubt that disposable diapers are more convenient than cloth diapers, but the work of laundering and caring for your cloth diapers

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doesn't have to be burdensome. In fact, modern cloth diapers are remarkably easy to clean and when properly cared for, are not stinky at all. In fact, some of the cloth diapers offered today use a hybrid design which allows you to use a flusahable liner, making clean-up even easier than your mother's cloth diapers! Here are the basics of carefree cloth diaper care:

- Flush solid waste in the toilet
- Store soiled diapers in a plastic pail fitted with a lid away from sunlight or heat sources for a maximum 2-3 days to minimize odours
- Unfold diapers to ensure a thorough cleaning
- Secure Velcro fasteners with the diaper inside out (if applicable)
- Set your washing machine on the highest water level and toss them into the machine
- Use just the right amount of detergent that's safe for baby and the environment
- Run a quick rinse cycle with a splash of vinegar, then run a full wash cycle
- Hang to dry

The double wash method with vinegar ensures a thorough clean to minimize unpleasant smells. Using the right detergent in the correct volumes is also important as too much or too little can contribute to odour issues.

So make the greener diaper choice: go cloth! When your child is grown and living in a cleaner planet you helped to preserve, you'll be happy you did.

About the Author:

Maryruth has been seeking the keys to environmental justice - both at home and at work - for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her

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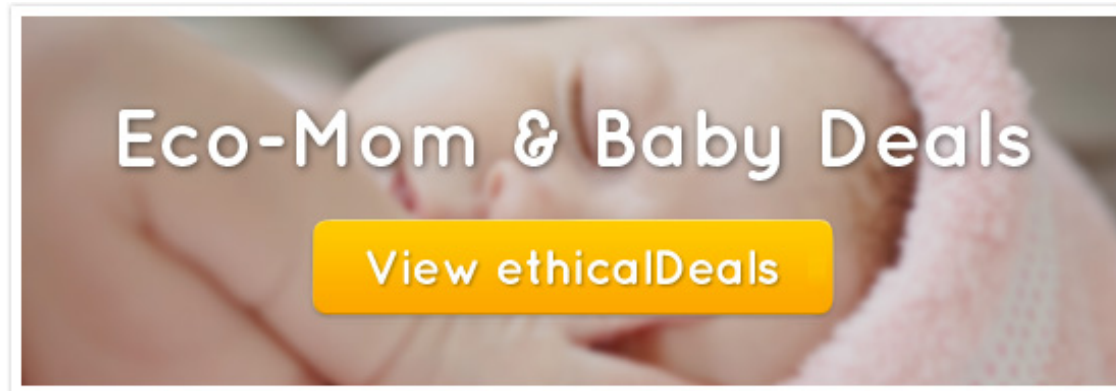
life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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