

# Guide: How to Use bumGenius 3.0 Nappies



The [bumGenius](#) 3.0 nappies are one of the top rated and best selling reusable nappies in today's market, and they have a broad appeal because of their ease of use, functionality, and economical design. If you are faced with sceptical fathers or grandparents, the bumGenius is the nappy to win them over!

So, we have compiled a guide of how to use the bumGenius one-size nappies, which should hopefully cover any queries or questions you might have.

## What is the bumGenius One-Size Nappy?

Put simply, the bumGenius One-Size is a stuffable nappy which is designed to fit an infant right from birth up to potty training (7-35lbs approx). It has 3 rows of adjustable poppers down the front rise giving the nappy 3 size settings (small, medium and large) and these can be adjusted as your baby grows. The nappy itself is comprised of a waterproof outer 'shell' which is lined with a soft micro-fleece. Between the fleece and the waterproof PUL layer there is an opening in which the absorbent inserts are 'stuffed'. This provides all 3 elements needed for a good cloth nappy in one piece 1) A stay-dry inner lining 2) absorbency, and 3) waterproofing.

## How many Nappies will I need?

For a singleton, it is recommended that you have between 15-25 nappies, depending on how often you plan to wash. Starting with 12-15, you can always get some more if you find that you need them. If you are planning to use on a newborn, remember that newborn babies can easily go through 12 nappies a day for the first few weeks, so keep that in mind!

## What to do with my nappies when they arrive

All nappies should be washed before use. When a nappy is made from bamboo, cotton or hemp, pre-washing is essential for rinsing the natural oils from the fabrics to make them absorbent (much like when you get new bath towels) however the absorbent inserts of a

bumGenius are made from micro-fibre which does not need lots of pre-washing to be absorbent. One pre-wash is a good idea to remove any residue left over from manufacture. So, take a look at your nappies, figure them out and be sure that they are the ones that you want to work with. Once nappies have been washed they usually can not be returned to where they were purchased unless they are faulty. Once dry, your nappies are then ready to use!

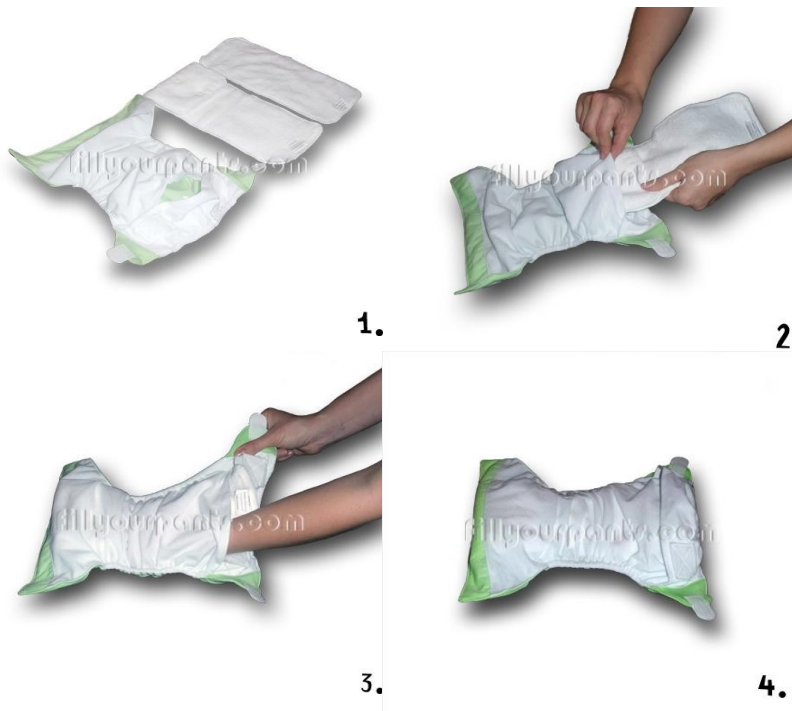
### **Adjusting the size of the bumGenius**



Your bumGenius will arrive on the small size setting, so none of the front poppers will be visible. This setting should fit babies up to around 5 Months (approx). (For use on very small newborns, the top of the front rise can be folded down to give you an extra-small setting and to allow room for the umbilical cord). When you need to adjust the size of the nappy, simply pull the poppers apart, and re-snap into the second row of poppers (for a medium size- 5-12 months approx.) or simply leave all snaps open (for a large size 12 months+)

### **How to use the bumGenius Inserts**

The new bumGenius 3.0 design comes complete with 2 microfibre inserts- a small newborn insert, and a larger, thicker one-size insert. For small infants the newborn insert alone should provide sufficient absorbency, and will keep the nappy nice and slim for tiny babies. As your infant grows and starts to do bigger wee's you will then want to use the one-size insert. This again has adjustable poppers to adjust the size of the insert to fit the size setting of the nappy. The insert will arrive on the small setting, so the front section will be folded over back onto itself and snapped into the furthest popper. Where this creates a double thickness of the insert, the direction this is stuffed inside the nappy may depend on your babies gender. Where boys tend to wee at the front, you would be best stuffing the insert in double thickness first. For girls, you may find it works best the other way around. With the nappy on the medium setting, the insert can be re-snapped into the middle snap socket. For a large setting the insert can just be left open.



To stuff the nappy, take the insert in one hand, and place inside the back opening (located underneath the protective flap). Follow the insert all the way inside to the front of the nappy. With the other hand hold the insert in place through the nappy and stretch out the entire nappy to smooth the insert flat as you pull your hand out of the nappy.

Many parents like to pre-stuff their nappies at the end of the washing cycle, and they can then be placed in your draw or bag ready to be used.

### **Putting the Nappy on**

With the inserts pre-stuffed, the bumGenius goes on in the same way as you would use a disposable. Simply wrap the tabs around to the front and stick them to the front afix band to a point where there is a nice snug fit around your babies waist.

### **Washing the bumGenius**

When the nappy is wet simply undo and pop in your nappy bucket ready to be washed. Depending on your machine, the inserts may naturally separate from the nappy in the wash cycle- alternatively just pull them out through the back before putting in your bucket. They can be soaked or dry pailed, either way is fine. A mesh bag lining your bucket is a good idea to help pull the nappies out to put them in the machine without actually having to touch them!

A general guide for washing is a cold rinse cycle, followed by a 40° wash, and then an optional extra rinse cycle afterwards. Be sure to use only a very small amount of detergent, and never use fabric conditioner. bumGenius nappies can be tumble dried on a low/medium heat, however the beauty of them is that they dry very quickly without the need for a tumble drier at all. When dry, put away and they are ready to be used again!

### **Frequently Asked Questions**

- **How can I tell if the nappy is adjusted to fit properly?**

To observe fit, pick up your baby's legs after putting the nappy on and observe how it fits around the legs and bottom. Is it snug? If so, good. However, if you can see 'air' between the nappy and their skin, then you need to refine the fit. Try a smaller snap setting and fasten the tabs snugly. When your child stands up, notice how the insert is positioned relative to the back elastic. If the insert is higher than the back elastic, lay your child down, release the tabs, pull the nappy slightly towards the front and refasten the tabs.

- **What detergent can I use?**

Use only detergents that are free from dyes, enzymes, perfumes, whiteners and brighteners. These detergents may cause damage to your nappies including elastic failure and leaking. Also remember that when your child is wearing a nappy, a very sensitive part of their body is in contact with the detergent. Bio-D, Ecover, and Clearspring all perform well and are less likely to cause skin reactions than the 'big name' and un-environmentally friendly brands. Eco-balls have also been found by some to work well with washing nappies.

- **My tabs aren't as sticky as they used to be. How can I solve this problem**

Wash your nappy and then dry it in the dryer on medium heat. Be sure to let the nappy cool completely before using. This causes the hooks to re contract and become "sticky" again.

- **Are nappy rash creams ok to use with bumGenius?**

Nappy rashes should be treated according to your physician's recommendations. If you need to use a rash cream, you should use a flushable liner or a piece of fleece between your baby's bottom and the nappy to prevent the cream from transferring onto the nappies and impacting on their absorbency.

- **How can I prevent nappy leakage?**

The number one cause of leakage is a saturated nappy that just needs to be changed. Any nappy will leak once full. If your baby is having problems with leaks, check this first. 99% of the time, additional absorbency solves leakage problems, so try adding an extra insert. If that doesn't work, here are some other trouble-shooting points below.

*Did you Pre-wash?*

Your nappies should be washed before use to remove any residue left over from the manufacturing process which can cause leakage

*Is the Insert in flat?*

Make sure that the insert is nice and flat inside the nappy, if it is scrunched up this can cause leakage. Do not use contoured inserts inside bumGenius nappies.

*Is the wetness around the legs or tabs?*

If wetness is leaking from the legs or tabs, remove the insert and if it is saturated then your baby needs a more absorbent insert, or changing more frequently. Consider adding some hemp inserts alongside the microfibre ones, hemp is very absorbent but also very trim. If the insert is not saturated the nappy may not be adjusted to fit properly or you may have a detergent build up. See below.

- **I think I have a detergent build-up, what should I do?**

Run an extra rinse cycle at the end of the wash and check for suds in the machine, if you see any you are probably using too much detergent and may have a detergent build up on

the nappies, which can cause them to leak and also smell of ammonia. There are a few ways to 'strip' your nappies.

1. Put the nappy inserts in your machine and run on a hot wash, without detergent. Check the rinse cycle, and repeat until no suds can be seen in the water.
2. The microscopic holes in the fleece layer of pocket nappies can be prone to build up as many things can clog these holes (i.e. detergent, nappy rash creams, fabric conditioner etc.) and to check if this is the cause of your nappy leaking, squeeze a small stream of warm water from something like a nasal aspirator onto the fleece layer to mimic pee. If you see little droplets of water sitting on top of the fabric, or running right off it as opposed to soaking through then you have a build up and need to strip the fabric. This can be done by hand- first soak the nappies in some hot water with some Dawn dish soap (this works by binding to greasy, oily substance and allowing them to be washed away) then take a soft scrubbing brush and scrub the fleece. Then wash the nappies in the machine and check the rinse cycle for suds.

**And remember, never ever ever use fabric conditioner on your nappies!**

### **Where Can I buy bumGenius Nappies?**

At [Fill-Your-Pants.com](http://Fill-Your-Pants.com) [bumGenius](http://bumGenius) One-Size Nappies can be purchased for £14.75 or for as little as £13.40 with bulk buy discounts. They are available in 9 different colours, including White, Pastels and Brights and can also be found in a [Complete Nappy Kit](#).

For more details visit the site at [www.fill-your-pants.com](http://www.fill-your-pants.com), Email to [info@fill-your-pants.com](mailto:info@fill-your-pants.com) or call Laura on 0116 2793089