

More moms ditch disposables diapers for cloth

When Jane Pedersen gave birth to a beautiful baby girl, Noelle, last year, she was certain that cloth diapers were the right thing for her.

Pedersen, like many of today's eco-minded new moms, is part of a growing number of women who are ditching disposable diapers for more environmentally-friendly diapering options.

The good news is that there are many cloth diapering systems for a mom to choose from, however, this plethora of options can be overwhelming. Here is advice on how to get started — and stick with — cloth diapering.

Get Educated

"The first thing a mom needs to do is become educated on the different types of cloth diapering systems," advises Kelly Wels, who is the founder of KellysCloset.com, a popular cloth diapering boutique. "After a little research, moms will realize that cloth diapering has nothing to do with pins, rubber pants or soaking and swirling dirty diapers."

Try Different Types and Brands

New mom Jesi Josten from Denver concedes that figuring out what type of cloth diaper to choose can be overwhelming. "I always suggest that you buy a couple of each kind of diaper, then sell off the ones that don't work and go with the ones that do," she counsels.

Go With the Tried and True

With new diaper brands popping up every day, Wels advises that you can't go wrong using the tried and true brands. "I usually recommend new moms use Fuzzi Bunz pocket diapers because they are so easy-to-use and wash at home," she says.

Josten says when she first started cloth diapering her 16-month-old daughter, Violet, pocket cloth diapers were all the rage. However, these diapers just didn't work for her daughter so she switched to Thirties fitted diapers. Josten is happy she made the switch rather than give up on cloth diapering altogether.

Follow Your Heart

"My husband and I try really hard to follow the 'reduce, reuse, recycle' motto in our daily life, and I just couldn't see throwing away literally dozens of diapers a day into landfills."

Don't Give Up

Josten also advises that moms shouldn't give up if cloth diapering doesn't seem to be working for them right away. She suggests getting support from a local mom who uses cloth diapers too.

Wels says that cloth diapering is so much easier than most people think and tells moms that they should at least give cloth diapering a chance. "Give it a shot. You might just surprise yourself and become a fellow mom of the cloth."

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