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HOW TO CARE FOR YOUR DIAPERS

AppleCheeks™ covers can be washed with AppleCheeks™ inserts. All diapering products should be prewashed at least once prior to use. Bsambboo inserts should be washed three times on hot and dried once on hot to ensure optimal absorbency.

PREPARING YOUR DIAPER FOR USE Fold insert in thirds and lay on top of diaper cover, or insert into envelope opening (see Fig. 1 on reverse). Using the cover/insert method, you can change your insert up to three times before changing your cover, assuming it does not get too soiled. If you prefer the envelope cover method, expect to use one insert per cover. For easier disposal of solid feces, we suggest the use of a flushable, biodegradable liner. Put the diaper on your baby and adjust.

TIP For nighttime use, for naps or for extended periods, consider increasing absorbency by adding additional boosters or inserts.

STORAGE BETWEEN WASHES Soiled diapers should be stored in a waterproof, odour-proof AppleCheeks™ Storage Sac between uses. Removing solid feces prior to placing soiled diaper in the Storage Sac is highly recommended.

PRIOR TO WASHING After making sure that all solids have been emptied into the toilet run a cold pre-rinse or small cold wash in the machine, or a rinse under cold water. Breastmilk-only feces do not need to be removed from the diapers prior to washing as they are water-soluble. **Then follow these simple recommendations:**

MACHINE WASH Run the heavy-duty/full wash cycle with hot water (60°C) and very little of a residue-free, scent-free, softener-free, glycerin-free detergent on the double rinse option. If you use a top loader, use 1/4 cup of detergent OR LESS. See our website for our list of recommended brands of detergents. If you use a front loader, use a maximum of 1/8 cup of detergent. Envelope covers may be washed with regular clothing according to the above recommendations.

DRY We recommend hanging your AppleCheeks™ covers and Storage Sacs to dry whenever possible as this will extend the life of your covers. Covers and Storage Sacs can be machine dried on LOW. Inserts can be machine-dried on HOT or hung to dry.

TIP We recommend not hanging your covers over a radiator or any other dry heat source as this will prematurely dry out your elastics and shorten the life of your covers. Avoid contact with all bleaches and fabric softeners in any form. Avoid prolonged exposure to direct sunlight (covers only). Never use a fabric softener of any sort on your diapers as this will cause your diapers to repel all liquids and decrease absorption capacity. Avoid using dryer sheets in your laundry in general. To store your covers between babies, vaccuum pack in a dark, climate-controlled environment, away from any heat source.

For more complete care instructions, please consult our website at www.applecheeks.com.

HOW TO USE YOUR APPLECHEEKS™

FIG 1. Preparing your insert • Comment plier le lange

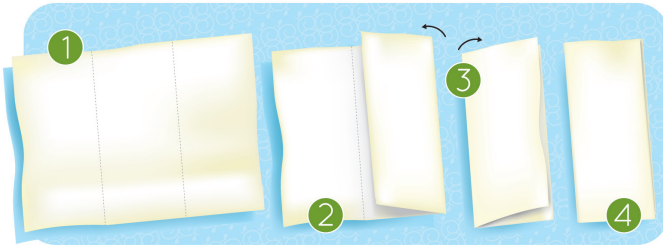


FIG 2. Envelope method • Méthode portefeuille



FIG 3. Cover / Insert method • Méthode couvre-couche avec insert



FIG 4. Putting the diaper on your baby • Ajustez la couche sur votre bébé



TIPS

- Attach snap at leg level before attempting to attach snap at tummy level.
- The leg and tummy snaps do not have to be at the same setting (ie - tummy snap can be on snap number two from middle and leg snap on snap number three from middle).
- The diaper fits correctly when you can get one finger between the elastic and your baby's skin.
- We suggest fully extending the leg elastic by pulling out the wing PRIOR to snapping the diaper.