

A Guide to Newborn Laundry

When you bring your newest family members home, everything changes, including your laundry routine. In fact, you might be doing more laundry than you ever expected. Here are what new parents should keep in mind when it comes to all those loads of laundry:



Follow the instructions on your laundry detergent. Use it safely and in the recommended amounts. More isn't necessarily better. If your baby has delicate skin, choose a gentle or specially formulated detergent to suit their needs.



Wash baby clothes separately.* This is a good idea to prevent germs or bacteria from spreading. If someone in the home is sick, you want to take additional precautions with the non-baby laundry loads, including using a warmer water temperature, considering adding EPA registered laundry sanitizer or bleach, and washing your hands after handling.



Sort laundry by like colors and soil levels for best results, following the fabric care labels on the baby's clothes.



Treat stains immediately. It helps to know exactly what type of stain it is for your best chance at removal.



Store products safely. Keep all laundry products up and away, in their original container with labels intact. Always ensure the container is tightly sealed after use. If you think your baby has been exposed to a cleaning product, **call your local poison control center at 1-800-222-1222 immediately.**

** Remember, you should also wash baby clothes when you first buy or receive them because there could be harmful bacteria and germs on the fabric.*

Baby Stain Guide

Baby Oil

1. Soak up what you can with a paper towel.
2. Pretreat with prewash stain remover or laundry detergent.
3. Launder (Using hottest water safe for fabric).

Breast Milk, Formula or Spit Up:

1. Pretreat or soak stains using a stain remover product containing enzymes.
2. Soak for at least 30 minutes or several hours for aged stains.
3. Launder.

Poop (Because blowouts happen)

1. Use a baby wipe to remove what you can.
2. Rinse in cold water with dish soap.
3. Launder.

Do not put clothing in the dryer until the stain is fully gone, as this may set the stain.

Diaper Duty

Washing cloth diapers at home is a separate cleaning process. The manufacturer will have more specific instructions on how to launder their diapers to keep them clean and help them last longer.

Prep – Remove any solid waste and use a diaper sprayer for the rest. Store in a diaper pail or bag until you're ready to launder.

Wash – Plan to do a load of diaper laundry at least every other day. Start with a rinse cycle, then wash according to the fabric care instructions.

Dry – Air dry cloth diapers to help them last longer and maintain their waterproofing. Do not put away until fully dry.

