



Volume 2 Issue 8 | July 2009

TIDY TUSHEES TIMES

Cloth Diapering at Night

Yes, it is possible for your little one to make it through the night without soaking the bed sheets or ending up with a red Tushee. And after all, using cloth 24/7 is the best way to realize the cost benefits, environmental benefits and health benefits associated with cloth diapering.

So what can you do to succeed with cloth diapers at night?

- Choose a breathable and super absorbent diaper.
- Choose a breathable and super absorbent cover.
- Add additional soakers to help with absorbency.
- Ensure baby is completely dry and utilize a (diaper safe) barrier cream to protect the skin.
- Stick with natural fibres such as bamboo, hemp and wool. The absorbency and breathability cannot be matched by commercial fibres.

My personal favourite night time system is:

- Bamboozle Diaper by Bummi's
- Bamboo Triple Layer Soaker by Milky Paws - I've even been known to use two as my son is a great sleeper and super soaker.
- Barrier of Baby Bottom Better by Mother Earth
- Wool Cover by Milky Paws

I've experimented with many systems and this has been the ultimate for my son. No leaks, no rashes. That being said, every baby and every family is different. Don't be afraid to experiment - our Try Before You Buy is a great way to do so before you invest in a system.

We're always happy to help, so email or call with your questions!

Our goal is to get families into cloth and keep using them!

Sale! Sale! Sale!

The NEW Earth Friendly way to potty train your toddler!

Potty Praiser™

- Use the non-toxic pen to draw a happy face on the hemp liner.
- Snap the natural absorbant hemp liner into the underwear.
- The drawing will disappear when wet; but if it is dry, the child will learn the drawing stays. It is also fun to draw on the underpants too! It will come off when washed and you can start all over again.
- Hang the Potty Praiser™ poster and stickers in the bathroom. When your child goes potty, reward them by letting them choose a sticker to place on thier very own poster.
- Parents can also write the date the child started training.
- Place a picture of your child on the center of the sun and write thier name on the poster.



Use coupon code **PPnews07** to receive 10% off all Potty Praiser products in July!

Disclaimer:

The items contained herein are provided for general information purposes only. This information is not advice. Readers should not rely solely on this information, but should make their own inquiries before making any decisions. No responsibility is accepted for any errors or omissions or results of any actions based upon this information. This newsletter may contain links to websites that are created and maintained by other organizations. We do not necessarily endorse the views expressed on these websites, nor do we guarantee the accuracy or completeness of any information presented there.

Together we have saved **over** **3000** diapers from the landfill in June



Wet Diapers sound pretty easy, but POOPY Diapers Scare Me!

June 10, 2007

This article really should be titled, "What to do about POOP?"

The only extra steps involved in using cloth diapers vs. paper diapers is in the washing of the cloth diapers. If it's a WET diaper, just put the cloth diaper in a diaper pail or diaper bag. Done - easy peasy (it's really much easier than those crazy diaper cocooning contraptions!) For a POOPY diaper just shake the solids into the toilet (quick and easy - no need to dunk, swirl or scrub!) and put the diaper in the diaper pail. That wasn't all that bad was it?

Are you aware that when you use paper diapers you are supposed to dispose of the POOP in the toilet so that the waste can be properly treated? NO kidding - human feces is NOT supposed to end up in our landfills! Here's the proof:

CAUTION: Like most articles of clothing, Diapers will burn if exposed to flame. Always keep your child away from any source of flame.

WARNING: To avoid danger of suffocation, keep this and any plastic bag away from children and pets. Choking can result from anything children put in their mouths. To avoid this risk, do not allow your baby to tear or play with diapers. Discard any torn or unsealed diaper.

IMPORTANT: Before disposing of dirty diapers, empty into toilet. Wrap or fold up diaper before discarding in waste receptacle. **DO NOT FLUSH DIAPERS. PLEASE DO NOT LITTER.**

Why?

1975 The EPA warns that rainwater washing through dumps may carry viruses—which can live in compacted solid waste for up to two weeks—into underground streams, and from there into public and private water supplies. Improved sanitation during this century has made rare the diseases associated with direct contact with raw sewage: hepatitis A, shigella, salmonellosis, amebiasis, and typhoid. However, the University of Oregon Survival Center notes that outbreaks of shigella, salmonellosis and hepatitis A are now more common in hospitals and daycare centers. The World Health Organization has called for an end to the inclusion of urine and fecal matter in solid waste. (taken from: Mothering, Jan-Feb, 2003 by Laura Schmitt)

If you are a paper diaper user, read the print on any package of paper diapers. I know that most people don't (or won't!) do this, however, if you do flush the POOP down the toilet after change and before putting a paper diaper in the garbage, you are using the same steps involved with changing a cloth diaper.

I know what you are thinking, not all POOP can be dumped! Many newborn babies (and older) and/or breastfed babies are notorious for having runny POOPS. Regardless you have to clean/wipe your baby, it doesn't matter whether they are in paper or cloth diapers. If you are cloth diapering a baby with messy POOPS, there is an extra step with cloth diapers → either remove your disposable diaper liner and flush down the toilet or, take that messy diaper to the toilet and SPRAY! A diaper sprayer is easy to use, inexpensive and it's kind of FUN!

There is no need to dunk, scrape or swish a diaper in the toilet or touch ANY POOP. You'll hold your diaper by a clean corner over the toilet and spray it clean (it really works!), then just put it into the diaper pail that you've placed conveniently beside the toilet. EASY!



Credit: <http://clothdiapertips.com/beginner-faqs/page/6/>



Non-food uses for olive oil

Our use of olive oil dates back prior to 3500 BC and today over three quarters of a billion olive trees are cultivated around the world. One of the amazing things about olive trees are the conditions in which they can grow. While originating from the Mediterranean, there are thriving olive industries in many countries, including Australia, and I've seen them thrive in some very harsh conditions over here.

Olive oil grades

In case you've ever wondered about the various olive oil grades, here's a few of the common ones:

Extra-virgin: comes from the first pressing of the olives; the best quality

Virgin: has an acidity less than 2% and no refined oil content

Pure olive oil: Usually a blend of refined olive oil and virgin olive oil. Refining is carried out using charcoal or other chemical filters.

Extra light: More of a marketing term than a grade. Usually highly processed, may be mixed with other oils, or may be just pure olive oil grade. The "light" refers to flavor rather than caloric content.

Pomace, cake or lampante: not intended for human consumption, and generally used for industrial purposes, such as soap making or lamp oil.

Non-food usage tips for olive oil

We're most familiar with olive oil in relation to cooking, but there's so many other ways it can be used; often avoiding the need to use chemicals, compounds and substances that aren't very environmentally friendly. For these tips, you don't need to use the best grade of olive oil.

- After polishing copper or brass, rub it with a little olive oil to slow down the recurrence of tarnish
- Can be used as a stainless steel cleaner; apply sparingly
- Rub olive oil into wooden cutting boards to help prevent cracking, repel staining and marking
- Remove paint from hair or skin by dabbing a cotton ball dipped in olive to the affected area
- Use it as an alternative for de-squeaking hinges
- Olive oil can help unjam zippers - use a cotton bud to apply
- Apply a little olive oil to your shoes to restore their shine
- Old leather can be made more supple by rubbing in olive oil (spot test first)
- Coat garden tool blades with a thin layer of olive oil to prevent dirt sticking to them and to help prevent rusting. This works really well!
- Mix one part lemon juice with 3 parts olive oil to make a wooden furniture polish
- Rub into to fingernails before and after manicuring
- A small amount of olive oil applied after shampooing can substitute hair conditioner.
- Extra light olive oil can be used as a massage oil
- Olive oil can replace shaving cream or shaving oil
- Dip a razor into olive oil after use to prevent the blade rusting
- Can be applied to chapped lips to to relieve the dryness
- Use as a makeup remover
- A teaspoon of olive oil can help soothe a tickling or sore throat (I've just tried that out and it has provided some relief) and in some cases if taken just before bed, can alleviate snoring :)

Michael Bloch

Green Living Tips.com

Green Living Tips is an online resource powered by renewable energy offering a wide variety of earth friendly tips, green guides, advice and environment related news to help consumers and business reduce costs, consumption and environmental impact .

wishlist

Tidy Tushees is proud to announce our NEW Wishlist Service! When you visit our store and view an item you have the option to add it to your "Wishlist." Once you have added an item or items you can then send the list to friends and family for them to view and purchase.

To view your Wishlist click "My Wishlist" on the top right menu near the "My Account" link.

Newest Tushees!

Don't forget to send us a picture of your baby! Whether newborn or newly signed up - we'd like to enter you to win a week of service!
So send in those pictures!



Customer Classifieds

A special to all Tidy Tushees customers for the months of July and August I will help you complete a scrapbooking album for your baby at **20 percent off the retail price.**

You can create a digital album or traditional paper album that will preserve your baby's firsts and your family's memories.

Check out www.mycmsite.com/cre8memories to view the possibilities or contact Melissa Harris at 250 491 3180 to find out more.

Discover your creativity!

inspire. create. share.

- card making, scrapbooking, home décor
- hands-on workshops and classes
- ladies' night out
- Fundraisers
- bridal and baby showers

Contact Desirée Spenst
778 436 9574



www.kelowna.stampinup.net

Service Customer Reminders:

- If you don't fill out your tag, we don't know how many diapers to deliver! You should have a maximum of 8 diapers & soakers left each week. Let us know if we need to adjust your order.
- We don't want you running out of diapers! Call or email us if you are running low!
- Our machines are not designed to launder q-tips, bio-liners, toy cars or disposable diapers.
- Send us a picture of your baby and details (date, weight, name) to be entered in our monthly draw for a free week of service! For those new to service or those who have just had their baby.
- For every person you refer to Tidy Tushees who completes 4 weeks of service, you'll receive a free week of service or a \$10 Gift Certificate!
- Service for your baby's "birthday week" is free!
- We love to hear how we're doing! Suggestions, comments, feedback are always welcome!
- Shop online, email us or call to have items added to your next delivery.
- Join our Facebook Group "Tidy Tushees" for news, tips, classifieds and more! Invite your friends to join as well!

we make THE CHOICE TO CLOTH Diaper easy!

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We're on the Web!
WWW.TIDYTUSHEES.CA



Each month we will be drawing for a \$25.00 (USD) gift certificate for Monkey Doodlez® products of your choice!

To enter, simply send in a photo (customerservice@monkeydoodlez.com) of your baby in their Monkey Doodlez® diaper!

Photos will be posted on the contest page, and only first names (if provided) will be used. By submitting a photo, you consent to the use of your picture on this site.

Draws will take place on the first Friday of each month, for the previous month's entries.