



*Accessories for You & Your BabyBear:
Cloth Diapering, BabyWearing, Mother
Care & More*

**Questions? Comments?
Contact me:**

1592 Yarborough Drive
Murray, KY 42071

Phone: 270-227-3420
amyjwashington@yahoo.com
www.mamabearbabywear.etsy.com



Thank you for your order!
If you have any questions
about product use or con-
cerns about your
product please call or email
me and I will be happy to help.
I stand behind all my prod-
ucts as they are the same
ones I use!
I hope you love your
MamaBear LadyWear
product!



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Directions and Product Information: Thank you for choosing cloth, the healthier alternative for you, your wallet, & our shared environment!

Your cloth menstrual pads are clean & ready to use right out of the package, however, they will become more absorbent & softer the more they are washed. It will likely be 3-4 washes before they reach maximum absorbency!

Follow these washing instructions to get the most use out of your MamaBear Cloth Menstrual Pads:

The best way to handle cloth menstrual products is to use a Soaking Pot. This is any small container filled with cold water that you place your used pads into until you are ready to wash them. Then simply dump the whole container into the washing machine and wash on normal (cool/cold or warm/cold) wash cycle & dry in the dryer or hang in the sun. You might want to change the water daily during your cycle but this is not necessary. For daily use of pantyliners you could just wash them with your regular laundry (though be sure NOT to use fabric softener).

For Quick-Dry pads you can wash them every evening or after each use & hang them over a warm vent or lay across a towel to dry in a VERY short time so you can reuse them. If you hand wash only you might want to run your pads through the dryer briefly at the end of each menstrual cycle to re-soften them for next month!

Laundry Rules:

NO: heavy perfumes or laundry soap, *No fabric softeners!* No sheets, no liquid, none added to your detergent. The added fabric softeners & the laundry soap cause the pads to become moisture repellent.

NO: Bleach! Bleach eats fabric & will wear out your pads fast. Instead try adding a little lemon juice to your wash (nature's bleach) or dry your pads in the sun (nature's most powerful bleacher). To keep them soft toss them in the dryer for a few minutes before or after line drying.

YES: Believe it or not the best laundry detergents to use on cloth menstrual pads are the cheapest! These typically have no additives, perfumes, or the like. My family uses SUN brand for our cloth pads & diapers.

YES: Strip your menstrual pads occasionally. (Typically once or twice a year is sufficient.) You can strip them by adding OxyClean, Petzyme, Pure White Distilled vinegar, or baking soda to the wash. Each of these has different properties and so rotating through a couple of them seems to work best.

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