

# The Pros and Cons of Diaper Liners



Some parents consider diaper liners an indispensable help in cloth diapering, while others are unsure they actually contribute anything other than additional hassle to the process. Which is true? That'll probably vary depending on your family, but here's an at-a-glance look at the benefits and drawbacks of using diaper liners.

## + Pros:

\*Diaper liners decrease the moisture sitting against baby's skin, reducing the risk of diaper rash and allowing you to go a little longer between diaper changes.

\*Many disposable diaper liners can be flushed down the toilet, saving cleanup time in two ways – you don't have to spray poo into the toilet to get rid of it, and cleaning dirty diapers becomes a lot easier!

\*Diaper liners can help you save some money up-front on your diapers, and extend their usefulness.

\*Diaper liners are perfect for traveling, making it easier to throw out the mess while you're away from home and your diaper-cleaning arsenal.

## - Cons:

\*Some liners are itchy and uncomfortable, which irritates baby's sensitive skin; the fibers in others can let diaper cream get through.

\*Diaper liners can get to be more expensive than a diaper sprayer if you use them frequently, especially if you use disposable liners rather than cloth ones.

\*'Flushable' diaper liners aren't actually flushable if you have a septic tank, as they might clog it up!

\*If baby is prone to big messes, diaper liners may not catch everything.

Are diaper liners right for your family?  
Only you can decide, but hopefully this will help you work it out.