

NATURALLY NAPPYING



Useful tips for everyday
use and a checklist of
things you really need



Three practical tips for everyday use

1. Wool is self-cleaning – often, airing is enough! Only wash when truly soiled, and remember to re-lanolise.
2. You don't need dozens of nappies. 4–6 wool covers and 20–25 absorbent inserts is usually enough.
3. Choose organic cotton, hemp, and merino wool – great for your baby and planet alike.

“Wool nappies may feel unfamiliar at first, but they're incredibly forgiving once you get started. These small changes – like airing instead of washing or simplifying your stash – make everyday nappying easier, gentler on your baby's skin, and better for the planet. It's not about doing it perfectly; it's about finding what works for you.

Checklist – What you really need

With just a few key items, you're fully equipped for a simple and sustainable nappy routine. Wool covers paired with absorbent inserts create a natural system that works day and night. Focus on versatile pieces, and you'll find that less really is more – both for your baby and your peace of mind.



Important tip

Choose inserts that suit your baby's needs – for example, use fast-absorbing cotton during the day and long-lasting hemp at night. The right combination can prevent leaks and make your routine stress-free.

- 4–6 wool covers
 - 20–25 absorbent inserts (e.g. flats, prefolds, muslins)
 - 2 wool care products (lanolin, gentle wool wash)
 - 1 wet bag for at home or on the go
 - 5–6 boosters for extra absorbency (e.g. hemp/cotton)
 - 1 mat for changing
 - Optional: stay-dry liners (if needed)
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Just for you

Thank you for choosing natural nappying with Jovoh. As a welcome gift, enjoy this exclusive discount!

Your gift voucher

To make your start with wool nappies a little easier, we'd like to offer you a small thank-you: Enjoy 5 € off your first order at www.jovoh.com – no pressure, just a little encouragement as you explore natural nappying.

5 € OFF on your first order

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We hope it helps you find something that fits your family's needs – naturally, simply, and beautifully.

Conclusion and Next steps

Every small step toward natural nappying counts – and you've just taken one. Whether you're still curious or already holding your first wool cover, know that there's no perfect way to start – just your way.

We'd love to stay in touch and support you along the way.

Follow us, ask questions, or sign up for the newsletter (coming soon!) – you're always welcome in our little woolly world.



Thank you!

"Natural nappying isn't about doing everything perfectly – it's about finding what feels right for you and your baby."

Svenja Waldmann
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