



*Adoption  
Network*<sup>SM</sup>  
LAW CENTER

**Diaper Duty**

Page 2



**Tips From Aunty Carol**

Page 5



**New Matches**

Page 6



**Additions to our Family**

Page 7

# Network News

ADOPTION NETWORK LAW CENTER'S NEWSLETTER

SECOND QUARTER 2007



# Diaper Duty

Changing dirty diapers is a task no parent looks forward to, but diapers are a big part of a new parent's household budget. Here's a look at diapers by the numbers:

- Babies weighing up to 15 pounds average about 6.6 changes per day...that's over 740 diapers in 16 weeks!
- Babies weighing from 22 to 37 pounds average about 4.9 changes per day...that's over 1400 diapers in 41 weeks!
- The total number of diapers typically used in a 100-week diaper cycle is 4,124 diapers!

## "Cloth vs. Disposable:" Which is Best?

The debate between which type of diaper is best continues. The reusable cloth diaper isn't what it used to be; some cloth diapers now have double or triple layers and a multiply, fiber-filled strip, making them more absorbent than older styles. Some styles of cloth diapers now come with Velcro strips, eliminating the need for those large safety pins. You can launder them at home or turn the job over to a diaper service.

There are also various types and styles of disposable diapers, ranging from simple plastic covered paper diapers to the newest high-tech, cartoon covered, absorbent gel material filled, elastic legged disposables.

With so many different choices, there are a few things to take into consideration before making your final decision.

## Skin Care & Health Concerns

The greatest concern for parents is to keep their baby's skin dry, healthy and free from diaper rash. Many things can cause diaper rash; prolonged wetness, lack of air circulation, soap, chemical and dye allergies, ammonia formed by bacteria that interacts with urine left sitting against the skin and the growth of microbes in the diaper area can all be irritating and cause rashes.

Some concerns about disposable diapers have been about dyes, sodium polyacrylate (the super absorbent gel), and dioxin, which is a by-product of bleaching paper. Sodium polyacrylate has been linked in the past to toxic shock syndrome, allergic reactions and is very harmful and potentially lethal to pets. Some dyes and dioxin according to the EPA (Environmental Protection Agency) is known to cause damage to the central nervous system, kidneys, and liver. The (FDA) Food & Drug Administration has received reports that fragrances in disposables caused headaches, dizziness and rashes. Problems reported to the Consumer Protection Agency regarding disposables include, chemical burns, noxious chemical and insecticide odors, babies pulling disposables apart and putting pieces of plastic into their noses and mouth, choking on tab papers and linings, plastic melting onto the skin, and ink staining the skin. Plastic tabs can also tear skin if the diaper is not properly put on the baby.

Keep in mind that each baby is different; some parents will find their baby does perfectly fine with disposables while other parents may find their baby has some type of reaction to disposables.

On the other hand cloth diapers can cause rashes by not being changed enough or properly cleaned and sanitized. The best way to prevent diaper rash is to change diapers, cloth or disposable, frequently. While disposable diapers can hold large quantities of urine, this slight wetness is still against your baby's skin, which can lead to rashes. Cloth diapers

## Checklist: Diapering Supplies

Preparation is the key to success. Here's everything you need to make diapering quick and easy:

- A **changing table** or other safe, sturdy, flat surface on which to rest baby.
- An ample supply of **baby wipes**.
- **Baby cornstarch** (use if it's warm out, if baby has a moist rash, or if the baby wipe leaves baby's skin too wet).
- Diaper **rash cream**. A barrier ointment such as Balmex Daily Protection helps prevent rashes, while a cream with zinc oxide, such as Desitin Creamy, treats a rash once baby has it.
- A **diaper disposal system**, which is a fancy name for a trash basket that masks diaper odor.
- A **sense of humor**.

Avoid tears on the changing table by covering your new baby's bare skin with a blanket to keep him warm. Offer an older baby a soft toy to keep him busy. Smile as you sing his favorite songs—at any age—to distract baby while you get the job done.

should be changed every time your baby wets and then the diaper should be properly cleaned so all bacteria that may be in the cloth is killed.

It is all a matter of personal preference. How your baby is reacting to a particular diaper and how you feel about other factors come into play when deciding between cloth and disposables.

### Cost

The cost of diapers is also a great concern for most parents. Cost estimates show that disposable diapers will run approximately \$50 to \$80 per month, using a diaper services will cost approximately \$50 to \$80 per month and laundering your own cloth diapers will cost slightly less at approximately \$25 to \$60 per month.

The cost of disposable diapers varies due to the wide range of disposables on the market. Some name brands are very expensive, while some store branded disposables can be half the price of name brands. The cost of a diaper service mainly varies because of two factors: the amount of competition in your area (number of diaper service companies) and the quality of diapers that you choose to use. The cost of laundering your own cloth diapers also varies because of many factors. One factor is the quality of the cloth diaper. Some parents will initially purchase very high quality cloth diapers which will last several years, while other parents might buy low quality diapers which only last for a short time. Another factor is the amount of laundering that is done for each load of dirty diapers. Some parents will only do a minimal amount of cleaning and sanitizing, while other parents will go through many steps to clean a load of dirty diapers. The more cleaning and sanitizing that is performed for each load of diapers the higher the cost. Other factors are your time to launder the diapers, cost of electricity, soap, water, and wear on your washing machine and dryer.

In general, if you compare the cost of the fancier high tech disposable diapers to the cost of laundering your own cloth diapers, you will save money by using cloth diapers and laundering them yourself.

### Environment

There has been much debate over the impact of disposable diapers and cloth diapers on the environment. The pro-disposable diaper advocates say that the extra water used to wash cloth diapers is just as much of an abuse to the environment as the production and disposal of disposable diapers. But taking into consideration the following estimates you will probably agree that disposable diapers are much more harmful to the environment than cloth diapers.

It is estimated that roughly 5 million tons of untreated waste and a total of 2 billion tons of urine, feces, plastic and paper are added to landfills annually. It takes around 80,000 pounds of plastic and over 200,000 trees a year to manufacture the disposable diapers for American babies alone. Although some disposables are said to be biodegradable; in order for these diapers to decompose, they must be exposed to air (oxygen) and sun. Since this is highly unlikely, it can take several hundred years for the decomposition of disposables to take place, with some of the plastic material never decomposing.



## Diaper Duty (cont.)

The untreated waste placed in landfills by dirty disposable diapers is also a possible danger to contaminating ground water. Pro-disposable advocates say that cleaning cloth diapers uses more energy, and contributes to the load on sanitary sewer systems and potential water pollution. This view really makes no sense if you think about it. The amount of water used per week to wash cloth diapers at home is about the same amount consumed by an adult flushing the toilet four or five times daily for a week. Also, the greater amount of water and energy being used by diaper service companies to wash large amounts of cloth diapers multiple times; the per diaper impact on energy and water supplies is actually less than home washing.

Finally, when flushing solids from a cloth diaper down the toilet and washing the diapers in a washing machine, the contaminated, dirty water from both toilet and washing machine go into the sewer systems where they are properly treated at wastewater plants. This treated wastewater is much more environmentally friendly than dumping untreated soiled disposable diapers into a landfill.

### Convenience

With the newer style of cloth diapers currently on the market, disposable diapers are not much more convenient. The new multiple layer, Velcro fastening cloth diapers are just as easy to put on and take off as disposables. Cloth diapers do not really need to be presoaked, or even rinsed out. Flushable liners can be used with cloth diapers that let you lift the soiled liner off the cloth and flush the liner and contents down the toilet. If you don't use liners, you can just dump the older baby's solids down the toilet. Cloth diapers usually only add about 2 extra loads of laundry a week to your schedule.

Disposable diapers are more convenient when traveling because you can just throw the dirty diapers away without carrying them around for washing. Disposables also require fewer changes because of the super absorbent materials; but taking into consideration the increased risks of rash and the extra impact on the environment, your decision should be made with much thought.

### Summary

The choice between the different types of diapers available comes down to a matter of personal preference. There really is no one best type of diaper that is good for every baby. Deciding to use cloth or disposable diapers depends on your lifestyle, finances and your concern for the environment. Some parents combine the two; using cloth at home and disposable when they are going to be out all day. The choice that is right for you and your baby may be different from the one that's right for your friend and her baby. Talk with your doctor, discuss it with your partner and make a decision on what you think is best for your baby. Whichever diaper you decide on now, you may find that your baby develops diaper rash more frequently later or has some type of allergic reaction. If this occurs, don't fight it, just switch. Try a different type of diaper, a different brand or go from cloth to paper or vice versa. If your baby ever shows signs of having a reaction to a diaper you should always notify your doctor. The reaction you might be seeing could just be a small rash, but it could be a more severe allergic reaction. Your doctor can tell you exactly what it is and what you should do.

**"Diaper backward spells repaid. Think about it."**

*It's been 2-1/2 years  
since our adoption  
and we still feel like  
it's a dream.*



*It was truly a blessing to find Adoption Network Law Center. We joined in August, got matched in November and our little boy was born in December.*

*We never dreamed it would happen so fast!! It was God's plan and we thank Him every day.*

*I was lucky enough to spend 3 weeks with the birthmother before she delivered and since I was visiting her home state, I was there when her water broke. In fact, I actually drove her to the hospital. She asked me to stay with her during the entire birth process and allowed my husband to listen in by telephone since he was home at the time and could not join us because he was in the middle of a big trial.*

*Our adoption was wonderful on every level and wish we could do it all over again.*

*Thank you to the entire staff at ANLC and to our wonderful birthmother.*

*God bless you all and never give up your dream because it will happen for you too!*

*Brent and Jennifer*

## THE LEGACY OF AN ADOPTION

Once there were two expectant mothers.

One carried and cared for you beneath her beating heart.

She became your Birthmother.

The other carried the hope of you within her,

She became your Mom.

As the days passed, and you grew bigger and stronger,

Your Birthmother knew that she could not give you

all she needed after your birth.

Meanwhile, your Mom was ready and waiting for you.

One day your Birthmom and your Mom found each other.

They looked into each other's eyes and saw a friend.

Your Birthmom saw the life your Mom could give you.

Your Mom saw how much your Birthmom loved and cared for you.

They decided that what you needed was both kinds of love in your life.

So now you have two families, One by birth, the other by adoption.

And now you have a home where you can get:

your questions answered, your boo boos bandaged,

your heartaches soothed, and much-needed hugs.

And a place where you can find: answers to your questions, your image in the mirror,

a part of yourself, and much-needed hugs.

Two different kinds of families.

Two different kinds of love

Both a part of you.

*Author Unknown*

## Tips from 'Aunty Carol'

### Tip #1: Feeding Your Baby

Be sure to change your baby **before** their feedings. The baby will be more comfortable and will feed easier. Also, usually the baby will fall asleep before the end of the feeding. If you change after the feeding, you will wake your little one and make them grumpy!

### Tip #2: Childproofing Your Home

#### Blueprint To Safety—Childproofing Road Map

We strongly recommend you use a plan for childproofing your home. One method we have found helpful is putting together a blueprint of your home.

You can do this yourself by simply taking a pad of paper and sketching out each room of your home. If you live on more than one floor, just use one sheet of paper for each floor.

On your blueprint, first mark off the rooms that are “out of bounds” and list how you plan to restrict access to that room (ie: child gate, locked door, door knob cover).

Then, in each remaining room, list each potential hazard. For example, in the bedroom, you may list six wall outlets, four sash cords, two doorways, four windows, eight drawers, etc.

Next to each potential hazard, list how you will fix it. For example: six outlet covers, four sash cord shorteners, four corner guards, etc. Use this as your work checklist (and your shopping list).

#### *More Accidents Happen At Home Than Anywhere Else*

One of the single most important things you can do to help insure your child's safety is to childproof your home. We know, as parents, it is our responsibility to provide a safe environment for our children. We also know the home is full of hazards for young children and infants. Ideally we would like our children to be under constant supervision to guard them against these hazards; however, this is not always realistic, possible, or even developmentally wise.

Every new parent should think about childproofing their house even before they bring their baby home. You'll be amazed at how fast they grow. Though the task may seem daunting, it will seem easier if you approach it one room at a time.

You might consider looking at each room in your home through your infant's eyes – literally. Start with their bedroom. Lay down on the floor and look around the room from that perspective. Imagine it as a wondrous new adventure...where everything is new and intriguing. From this perspective, you will be wondering what's behind doors, in drawers, through windows, downstairs? What are these outlets, electrical and sash cords, and everything else for? Be as curious as your child would be.

As you observe from this perspective, you will be amazed at the number of potential risks you will uncover. Additionally, for each risk, take a risk prevention measure. Install outlet covers, cord shorteners, door and drawer latches, edge guards, window guards, door and stair gates.

Repeat this for every room. Also, when your infant is young, try blocking off dangerous areas with child gates and locked doors. Moreover, you may find it helpful to buy a childproofing book or video to help guide you in childproofing your home. Another alternative is to call a local company that specializes in this.

## Monthly Reminders

- ♥ **Don't delay** – Our stats show that profiles appearing on more than one website get matched much quicker! Our relationship with Courageous Choice allows you to have your profile seen by even more prospective birth parents everyday.
- ♥ **Moving? Change of address?** Don't forget to call us to update your personal information so that you will continue to get updates, information and invitations...
- ♥ **In the Next issue of Network News...**
  - Calender Kid Contest winners
  - Annual Picnic Photos
  - More baby stats
- ♥ **Don't forget** - an electronic copy of this and all past newsletters are available on our website...

*I'd give all the wealth that years have piled  
The slow result of Life's decay  
To be once more a little child  
For one bright, summer-day  
—Lewis Carroll*

## Free Booklet

The National Endowment for Financial Education (NEFE) has developed a booklet titled "How to Make Adoption an Affordable Option." This booklet provides information for all prospective adoptive parents regarding financial assistance, benefits, and tax breaks for all types of adoptions. It also provides a breakdown of what fees may be involved in the adoption process. The booklet is available on the NEFE Web site at <http://www.nefe.org/adoption/>.

*Testimonials and endorsements contained herein do not constitute a guarantee, warranty or prediction regarding the outcome of your legal matter.*

## Don't Forget!

If you have a testimonial to send us, you can mail it or submit it via our website at:  
<http://adoptionnetwork.com/adoption-testimonials/adoption-testimonials-submit.shtml>

**See what our clients are saying about us:**  
<http://adoptionnetwork.com/adoption-testimonials/>



23161 Lake Center Drive #210  
Lake Forest, CA 92630  
Tel (800) FOR ADOPT  
[www.AdoptionNetwork.com](http://www.AdoptionNetwork.com)

FORWARDING SERVICE REQUESTED

PRESORTED STD  
U.S. POSTAGE  
**PAID**  
Santa Ana, CA  
Permit No. 3