A Midwife for Better Birth
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Recipes for your Family

Baby Wet Wipes

You will need a rectangular air-tight container. I recommend the glad or ziplock 8 cup containers. Also, an electric knife is essential.

1 roll Bounty paper towel (Bounty has woven fibers similar to fabric and will not fall apart or disintegrate.) Cut the roll of paper towel in half with the electric knife so that you have two rolls similar to toilet paper rolls. With kitchen scissors cut the cardboard center out of the middle and allow the towel from the middle to pull out and fold over on the outside of the roll.

Mix the following ingredients in the rectangle container using a wire wisk.

1¾ Cup water
1 Tablespoon baby shampoo
2 Tablespoons creamy baby lotion (not pink)
1 capful rubbing alcohol (to prevent mildew)

Then gently place one of the paper towel halves in the liquid. Put the lid on and turn upside-down for 20 minutes to completely saturate the towels with the liquid. After 20 minutes, the wet wipes are ready to use.

Once you have your container and electric knife, the other ingredients you will most likely have on hand. Depending on how much you pay for your paper towel and the brand of wet wipes you normally purchase, you will save at least 2/3 the cost by making wet wipes yourself. It only takes 5 minutes to prepare the ingredients.

Diaper Rash Remedy

2 Tablespoons yogurt (plain is best, but in an emergency, you can use whatever you have on hand)
½ teaspoon acidophilus

Stir the above ingredients together in a small air-tight container and keep refrigerated. Only mix as needed as it does spoil. It can be taken on outings in the diaper bag and refrigerated again upon returning.

At diaper changes, clean bottom with wet wipes or wash cloth, then with a clean finger swipe the yogurt mixture on the area affected. If you need a second swipe, use a different finger so you don't contaminate the yogurt.