



RUSKOVILLA®

Baby in Wool

Everyone loves warmth



www.ruskovilla.fi

Nature dresses baby in goodness



Organic Wool



Organic Cotton



Silk Wool



Silk

*Love, care, warmth and intimacy
– these are all things newborns need.
And when you dress your little one
in warm and breathable natural fibres,
she or he is ready to take on the world...*

In this guide we present a range of soft baby clothes which are a joy for even newborns to wear. All products in our range are manufactured from pure natural fibres, organic wool, silk wool, silk and organic cotton. You can also find lots of great baby care tips from swaddling and nappies to dressing your baby.

We also want to explain how important warmth and clothing are in baby care. We will introduce you to different natural fibres, especially genuine wool, whose unique properties make it an excellent choice when caring for a baby.

From a growth and developmental perspective, keeping a baby warm is one of the primary baby care tasks. By choosing breathable and natural materials, you promote the child's wellbeing and development from his or her very first days. A baby in wool is a happy baby.

This booklet is designed for long-term use as a basic guidebook.
Product prices and novelties can always be found in our current product catalogue and webshop www.ruskovilla.fi.

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Warmth and closeness are part of gentle baby care

A soft start for life

A newborn baby needs the care of an adult. Nutrition, warmth, security and affection are the baby's life essentials; the time for various stimuli comes a little later. Baby's growth and development is supported – along with nutrition and warmth - by a safe growing environment. Familiar people, places, sounds and smells all give the little person the serenity to grow.

Loving care

Child's basic security arises from having its needs satisfied so that it feels content and accepted. Closeness, warmth and interaction with parents are essential in baby care. A child who is well looked after grows and develops and lets its parents know it's pleased. Good childhood experiences create a basis to later wellbeing.

Gentle protection

The womb is a safe and warm nest for the baby. Newborn baby gets used to life in a much cooler and drier air and is exposed to draft and wind. Parents can provide a safe environment with their closeness and by choosing child's clothing from natural materials that support warmth and wellbeing.

The importance of warmth in baby care is vital

The temperature regulation system of newborn babies is not fully developed and their basic temperature drops easily.

This can be discovered by feeling the baby's hands and toes. Keeping the small ones warm is vital for the development of their organs and thus is one of the most essential matters in baby care. A baby is best protected from temperature fluctuations and basic temperature decrease by natural materials that balance body temperature, as these materials are warm when it is cold and cool when it is hot. Child's thermoregulation happens through skin and part of the metabolism with sweating. Therefore materials closest to the skin are most important. Breathable natural materials that are gentle to the skin keep your child conveniently warm.



Ruskovilla supports natural goodness

A newborn's skin is just about one fifth as thick as an adult skin. Therefore, it is much more sensitive to any external irritants, such as dyes, bleaches and finishing substances.

High-quality wool, silk, silk wool and cotton all increase the baby's wellbeing. Soft and breathable natural fibres support the goodness; Ruskovilla's natural white baby clothes are a safe choice for the small one's skin as they are undyed, unbleached and come without the harmful moth protection. They feel caressingly smooth on your skin.

Hence the silk bonnet!

Newborn baby's head is relatively large compared to the rest of its body which means that the heat loss through the head is significant. Ruskovilla's silk bonnet helps to keep the child's temperature pleasant. It also protects the baby from the surrounding environment's noises. The gentle surface of the silk bonnet massages the baby's head soothingly, very similarly to the effect of the mother's womb during pregnancy.

If too large, the bonnet can temporarily be tied to a knot at the top of the head using a narrow silk or cotton thread.



Wool is an ideal material

Warms and breathes goodness

Wool is uniquely warming due to its curliness which makes the wool fibre tie plenty of air. This air layer evens the temperature between the skin and the environment. The wool's heat insulation works always, thus making wool wonderfully warm when it is cold and brilliantly breathable when it is hot.

Absorbs moisture well

Wool's ability to absorb moisture is unique: it can absorb up to 40 % of its weight in moisture without feeling wet. Therefore even a damp woollen garment is pleasant and warm against skin.

Self-cleaning

Due to its structure, wool ties and neutralizes skin's secretions and therefore doesn't form a breeding ground for bacteria. Woollen garments do not have to be washed often as simple airing helps them clean and freshen themselves. It is recommended to wash woollen garments by hand, gently squeezing them and using olive oil soap or special wool washing agent, that sustain the wool's natural softness.

Suits almost everyone

Wool itself doesn't have constituents that cause allergies. Some allergic children may get irritation from wool because their skin is thinner and more sensitive than normal, and a mechanical stimulation reaction can cause skin symptoms. There are silk and cotton under garments to be worn under woollen clothes for people with extremely sensitive skins.

Ruskovilla uses the softest of wools

Only the finest wool qualities are used in our underwear and suitable for our baby clothes.

There are hundreds of sheep breeds, each with a different wool quality and suitable for different purposes. Ruskovilla uses very fine, long-fibred and soft merino wool, which is seven times finer than the wool of an ordinary sheep. Merino wool doesn't irritate even the most sensitive of skins.

Ruskovilla uses certified organic wool for its underwear

Production takes place in South-America and it is certified by IMO (Institute for Marketecology).

This kind of wool warms even your soul, because it is ethically produced.





Woollen baby clothes

Ruskovilla's baby clothing range is made of pure merino wool that doesn't irritate the skin. They include no additions such as moth protection, anti-wad treatment or colourings that may harm the baby's skin. Flexible and soft knitting feels pleasant in use.

Ruskovilla uses certified organic merino wool for its underwear. This kind of wool warms even your soul, because it is ethically produced. Only the best is good enough to your little baby.

100 % ORGANIC MERINO WOOL

- the softest wool of all
- feels good on the skin
- pleasantly flexible
- warms comfortably
- breathes and does not make you sweat
- absorbs moisture without feeling wet
- keeps you warm even when moist
- neutralizes body odour
- airing helps to remove odours
- is fireproof



Baby shirt

Product no. **1200**

- soft, elastic and anti-itch wool knit
- easy to dress: front- and back pieces cross at shoulder
- best when worn directly on skin

Sizes: 60 ja 70 cm



Baby rompers

Product no. **1520**

- rompers complete the baby's outfit
- superb as the baby's first piece of clothing
- press-studs on shoulders, easy to dress

Sizes: 60 and 70 cm



Baby body

Product no. **1540**

- elastic neckline eases dressing
- 60 and 70 cm bodies have overlapping necklines
- 80 and 90 cm bodies have round necklines
- press-studs in crotch

Sizes: 60, 70, 80 and 90 cm



Baby sleeping sack

Product no. **1570**

- the sleeping sack keeps your baby warm, even if the quilt is kicked out at times
- fits the baby for about 1 year, press-studs and room for adjustment on shoulders
- cute Lambkin-badge on front

Sizes: one-size



Sleeping sack with sleeves

Product no. **1580**

- with 2-way-zipper,
- sleeves with finger-over-twist

Sizes: 50 and 70 cm



Washing and care of wool garments on p. 34-35

Silk wool is always comfortable

Silk wool has the wonderful warmth of wool and the sweet softnes of silk. Soft merino wool and pure natural silk is a splendid combination all year around. In the winter the silk wool garment is a wonderfully warm and soft undergarment, in the summer it can be used as such. Silk wool brings the luxury of feeling good into the babys life. Once it is time to go home, the newborn can be dressed into a wonderful first set, see picture no. 6



5

30/70 SILK WOOL

- a lovely combination of the softest merino wool and smooth and nurturing real silk
- feels good on the skin
- warms just enough
- comfortably thin
- breathes freely and does not make you sweat
- off-white



1. Baby shirt

Product no. **4200**

- neckline that eases dressing
- soft, elastic silk wool knit

Sizes: 40 (premature),
50, 60, 70 cm

2. Bodypants short sleeves

Product no. **4530**

- neckline that eases dressing
- press-studs in crotch

Sizes: 50, 60, 70, 80, 90 cm

3. Bodypants long sleeves

Product no. **4540**

- neckline that eases dressing
- press-studs in crotch

Sizes: 50, 60, 70, 80, 90 cm

4. Underpants

Product no. **4410**

Sizes: 60, 70 cm

5. Baby's bonnet

Product no. Size

- 4070-0** Tiny
- 4070-1** 0-3 months, newborn
- 4070-2** 3-6 months
- 4070-3** 6-12 months

6. First set

Product no. **4000**

Size: 50 cm

The set includes:

- Baby's bonnet 0-3 mths
- Baby shirt, sleeves with fingers-over-twist
- Rompers with feet
- with cute Ruskovilla-logo on shirt and bonnet
- Guidebook Baby in wool (in Finnish) and a sample of washing liquid

Washing and care of silk wool garments on p. 34-35.



Baby's first set in a beautiful gift box!



Silk is like your second skin

Silk is suitable for even the most sensitive of skins

"Smooth as a silk" says it all when it comes to silk's qualities in clothing. Silk's texture is very close to the texture of human skin, thus feeling good even on the most sensitive of skins. Pure natural silk also soothes sensitive or irritated skin.

Wonderfully warm or comfortably cool

Silk's ability to absorb moisture is good, even up to 30 % of its dry weight. That's why silk is great in use as it doesn't feel wet against the skin. Thanks to its good temperature insulation capability, silk is warm in cold and cooling when hot. It breathes like a second skin.

Gentle care

Silk care is fairly easy as it repels dirt and neutralizes smells. Airing your silk clothing is good for them. It's best not to store your silk garments in the laundry bin, but to wash them immediately when dirty. Lukewarm water and some silk washing agent or olive soap is best for cleaning your silk gently and sustaining its good qualities. Squeeze lightly while washing.

Ruskovilla silk

Ruskovilla silk products have not been chemically treated during production and the silk thread we are using has been awarded the safe textile certificate Öko-Tex Standard 100.

Silk bonnet protects

Baby's head is relatively large compared to the rest of its body, which means that the heat loss through the head is significant. Head covered with a silk bonnet, the baby stays warm, and the bonnet can be worn around the clock.

100 % REAL SILK

- clean and safe
- off-white
- light, soft, and breathable
- balances temperature very well: warm in cold and cool in hot
- its smooth and flat fibre suits even to the most sensitive skin
- absorbs moisture very well without feeling wet



1. Baby bonnet

Product no. Size

- 2060-0** Tiny
- 2060-1** 0-3 months
- 2060-2** 3-6 months
- 2060-3** 6-12 months
- 2060-4** 12 months-

- protects the baby's still-open fontanel
- softens the noises of the surrounding environment
- gentle surface massages the head soothingly
- adjustable model
- if too large, the bonnet can be tied into a knot at the top of the head using a narrow silk or cotton thread, see p. 4
- knitted to a shape, embossed knitting

2. Baby balaclava bonnet

Product no. Size

- 2030-0** 0
- 2030-1** 0-1 yr

- protects head, neck and throat
- brilliant also in summer
- soft interlock knit

3. Baby shirt

Product no. **2200**

- neckline that eases dressing
 - soft interlock knit
- Sizes:** 60 and 70 cm

4. Underpants

Product no. **2410**

- long-legged
- Sizes:** 60 and 70 cm



1



2



3



4



Smooth organic cotton

Clean and soft

Cotton is smooth and breathable. Ruskovilla's uncoloured organic cotton is an ideal material for baby clothing and it can also be used by babies with sensitive skin. It is excellent for itchy or allergic skin. Cotton clothes are durable and can be washed in 60°C, which increases their hygiene.

100 % ORGANIC COTTON

- off-white
- the soft surface does not irritate even the most sensitive skin
- well suited for babies with allergies
- made from hand picked cotton
- unbleached and without any chemical residues



1. Baby shirt

Product no. **3200**

- neckline that eases dressing
- great for little ones with sensitive skin
- cute cotton badge on front

Sizes: 60 and 70 cm

2. Body

Product no. **3540**

- neckline that eases dressing
- press studs in crotch to ease the nappy change
- cute cotton badge at front

Sizes: 60, 70, 80 and 90 cm

3. Rompers

Product no. **3520**

- easy to dress due to press-studs on the shoulder
- cute cotton badge at front

Sizes: 60 and 70 cm

4. Underpants

Product no. **3460**

- used on top of the cloth nappy to keep it in place

Sizes: 60 and 80 cm



Washing and care for cotton garments
on p. 34-35

Fresh air is good for you

It's good to take a healthy baby out every day. Appropriately dressed, the baby will sleep its afternoon nap comfortably and warm. Each garment in layered clothing has its own purpose. The air between each layer of clothing insulates heat and gives protection, and several thin layers breathe better than one thick one. Layered clothing is important especially on the colder and wetter seasons. Choosing and mixing the correct materials is the key to layered clothing.

Under garments keep skin dry and don't sweat

The best material for a baby's under garment is natural fibre. As babies don't sweat much at all, artificial fibres that transfer moist are not suitable for baby clothing. Woollen underwear sustain an even temperature and moisture on the child's skin. The merino wool used by Ruskovilla feels soft, breathes well and doesn't sweat. Silk underwear is also breathable and suitable especially for children with sensitive, allergic or atopic skin. Silk wool is a splendid material for underwear all year around.

Middle layer breathes and keeps warm

A woollen bodysuit is perfect as a middle layer during colder seasons.

The head, throat and neck can be protected with a woollen balaclava bonnet that absorbs moisture and stays warm even when damp. Silk balaclava bonnet is great throughout the year. Woollen mittens and socks help keep the child warm.

Outer layer protects from wind and rain

Wind- and waterproof bodysuit is perfect for a child at play, whereas a baby sleeping in the pram can be dressed in a light bodysuit and tucked in a quilt or sleeping bag. A warm windproof headgear and mittens complete the layered clothing.

The good thing about layered clothing is that layers can be added or reduced when necessary. Temperature can fluctuate greatly during day.



Inside the pram, Ruskovilla's gorgeous sheep fleece warm the baby beautifully. A woollen baby quilt is great in a pram also during summer seasons as wool breathes naturally.

An excellent gift article !

Outdoor set for baby in a beautiful gift box.

The set includes a **bodysuit 60 cm,**

balaclava bonnet 0-1 yr,

mittens without thumbs,

the guidebook *Baby in wool*

(in Finnish) and a sample of

washing liquid.



Outdoor set

Product no. 1000

Ruskovilla clothes for outdoor use

Woollen balaclava bonnet

Product no. **1030**

- excellent head protection
- keeps head, neck and throat warm, doesn't sweat
- doesn't feel wet even when damp

Sizes: 2 sizes (0 and 0-1 yr)

Material: 100 % organic wool



Silk balaclava bonnet

Product no. **2030**

- protects head, neck and throat
- brilliant also in summer

Sizes: 2 sizes (0 and 0-1 yr)

Material: 100 % silk

Baby's first mittens

Product no. **1140**

- thumbless first mittens keep tiny hands warm
- silk lining adds warmth

Sizes: one-size

Material: 100 % organic wool, silk lining



Baby socks

Product no. **1800**

- considering the baby's temperature, it's important to keep also the tiny feet warm
- suitable for both indoor and outdoor use

Sizes: 3 sizes (15-16, 17-18, 19-21)

Material: 100 % wool



Baby bodysuit

Product no. **1550**

- zipper runs practically from neck to ankle ends keep toes warm
- cute Lambkin badge on chest

Sizes: 50, 60, 70, 80 cm

Material: 100 % organic wool



Baby's first clothes

Baby's first clothes

Pure and unprocessed natural fibres provide the baby with an even temperature and moisture protection. If you want to use only natural materials on your baby's skin, durable cloth nappies are for you. Dress the baby first with a triangle-folded cotton cloth nappy and cover it with either long or short-legged woollen moisture absorbing nappy pants. More information on cloth nappies, nappy pants and nappy folding on page 24.

After nappy pants, dress the baby in vest and rompers or body. For a newborn, it's recommended to have these outfits in wool. A silk bonnet to protect the newborn's head; keep it on to protect the crown until fontanels have closed. Brilliantly breathable and gently massaging bonnet protects the newborn from cold and surrounding environment's noises.

Baby can be rolled in a cotton flannel swaddling cloth after dressing. Swaddling cloth provides a womb-

like protection and calms the restless motion of hands and feet that the baby can't yet control. More information on swaddling on pages 22-23. Lay a wool fleece under the baby, and use a silk quilt or a woollen baby blanket as covering.

A baby clad in warm and breathable natural materials stays appropriately warm and doesn't waste energy on maintaining the basic temperature. The energy received from nutrition can be used for growth and development.

For the smallest of all

For premature babies we can offer a baby silk hat, baby shirt in silk wool and nappy pants in size 40. More information on pages 11, 13 and 27. It has been proven to improve underweight babies' weight gain if their mattress overlay is of sheep wool fleece. Baby can be laid on a sheep wool fleece straight after birth. It significantly enhances the sense of touch on the baby's skin. More information on the fleece on p. 21.



Once it is time to go home, the newborn can be dressed into a wonderful first set, see p. 11.

Classic Sheepskins

Reliable quality from
a responsible producer



Wonderfully warm wool fleece for your baby

The high quality washable sheep's wool fleeces by Ruskovilla are made so that they are safe for your baby: they are treated to be constantly hygienic and contain no detrimental elements, they are also tanned to be machine-washable. Wonderfully warm and multipurpose fleece can be used in the baby's crib or bed, on the floor, in the pram, or in a car seat. Wool fleeces are excellent during trips as they make your baby feel just like at home.



Sweet dreams

Babies spent most of their time sleeping; therefore it is particularly important to choose their bed clothes carefully. Natural fibres help the baby fall into a peaceful sleep; they breathe and keep the child's temperature suitable. Cotton caresses the skin whilst wool and silk warm wonderfully. Child's peaceful sleep is important also for the parents, so that they can rest as well.

Ruskovilla's bed clothes are made from pure natural fibres

To cover the baby warmly, choose a woollen trikot blanket to add extra warmth or a silk filled cotton quilt for gentle protection. The woollen teddy underlay or a washable sheeps wool fleece provide extra warmth inside the baby's bed or pram. Sleeping sack (see page 9) keeps the baby warm, it can be used as its own or together with a blanket. Ruskovilla's moulding millet husk pillow is wonderful under baby's head while awake, but a newborn doesn't necessarily need one while sleeping.





1

1. Underlay / Cover for changing table

100 % wool teddy
Product no. **7800**
Size approx. 75 x 90 cm

2. Silk Duvet (Hefel)

Top layer of dense
cotton cloth,
silk wadding filling
Product no. **7855-B**
Size 80 x 100 cm

3. Millet husk pillow

Top layer of dense
cotton cloth,
millet husk filling
Product no. **7880-B**
Size 25 x 35 cm

Washing and care of bedclothes
on p. 34-35



2



5

4. Baby blanket
soft wool tricot
triple-layered, topmost
layer decorated wool
Product no. **7810**
Size approx 70 x 95 cm



3

5. Swaddle cloth
Soft, unbleached
ecological cotton flannel
Product no. **3720**
Size approx. 80 x 120 cm



4

**6. - 7. Sheep's wool fleece,
washable**
Product no. **7904** White
Product no. **7905** Honey-coloured
Size approx. 85 x 70 cm
Read more on p. 19



6

7

Swaddle cloth calms the baby

Swaddling is an old way of calming the baby. Baby loses the safety of the womb and arrives to a world full of lights, noises and new experiences. Swaddle cloth acts as a soft landing to all things new during baby's first months. It provides a tight and safe feeling – just like the womb – and calms the baby's restless motions.

Tie the swaddle cloth appropriately

The swaddle cloth is a fair-size cloth sewn from cotton flannel; even a large, soft towel can be used as one. Swaddle cloth must be tied well, so that the baby feels at home in it. It must be tied gently but tightly, without any creased folds that can press the little one.

A correct swaddle cloth doesn't compress but is compact enough to calm the baby and ease the reflex-like kicking. Feet must be able to move a little. You can check the baby's temperature from the neck.

Whilst sleeping and breast-feeding

If your baby is unsettled and sleeps restlessly, try using swaddling. Several studies have shown that a swaddled baby sleeps better and has longer continuous dreams. A swaddled baby is lulled to sleep on its side, both sides alternately. Cover can be a light and breathable quilt, for example a woollen blanket by Ruskovilla. Swaddle cloth can also be used when baby sleeps in a pram outside. It is also brilliant help whilst breast-feeding. Warmly swaddled baby doesn't wake up to the

temperature change when the mother moves it from her lap to the bed.

When to use swaddle cloths

A newborn can have a swaddle cloth on around the clock; older babies can wear it for example during breast-feeding and sleeping. Older children's hands can be left free as they like playing with them. Swaddle cloth is no longer needed when child starts to attempt moving.

Great with a baby sling

Baby can be put into a baby sling in a swaddle cloth. A baby sling is a practical way to carry your child with you and lull it to sleep, and it boosts the baby's wellbeing. Baby can sense the mother's body movements and hears the familiar heart beats. For example housework and short walks can be managed easily and conveniently whilst carrying the baby in a baby sling. Baby sling must support the baby's head at least until the baby can carry it itself, which usually happens around the age of 3 months.



Swaddling a newborn



1. Lay the baby on its back on a swaddle cloth, top edge of the cloth above shoulders.



2. Set the baby's hand on its chest and turn the top right-hand edge of the swaddle cloth briskly over the baby's right shoulder diagonally towards the lower left-hand edge.



3. Now set the baby's other hand on its chest.



4. Lift the left edge of the swaddle cloth over baby's left shoulder diagonally towards the lower right-hand edge.



5. Straighten the swaddle cloth's hem, and turn it on top of the baby.



6. Fold the cloth's left edge through the baby's back onto the tummy side. Straighten the pleats carefully, so that they don't press the baby's back.



7. Take the cloth's right edge to the backside and thread the last corner into the previous fold.



8. Correctly swaddled baby is a brisk package. Swaddle cloth provides the baby with a womb-like, peaceful sense.

Expert says

Whilst working in the labour ward, I have noticed that a baby calms immediately when a silk bonnet is put on its head. Swaddling gives womb-like security and helps the baby fall into a deep and peaceful sleep.

These days the swaddling is done so that a baby can put a hand in its mouth.

Pernilla Stenbäck, midwife



As a pioneer of cloth nappies in Finland

Ruskovilla brought natural cloth nappies to the market in 1981.

Perfect combination: **Cotton nappies and woollen nappy pants**

Durable cloth nappies are made of strong, good quality cotton that lasts hundreds of washes. Ruskovilla's cloth nappy combination absorbs moisture and feels warm on the skin. An absorbent cotton nappy is worn first, on the skin, and then moisture-absorbing but breathable woollen nappy pants on top of it.

The gentle option

Natural fibres don't cause perspiration on the baby's bottom and sensitive skin, and do not contain any harmful constituents that could cause allergies. Disposable nappies contain chemicals that can irritate baby's skin and the plastic may sweat. Cloth nappies, on the other hand, keep the temperature of the baby's bottom natural and don't incubate the skin.

The economic option

Cloth nappies are more economic than disposable ones. Even if you bought

all cloth nappy accessories as new, they will pay themselves back in less than a year, including basic costs. The same cloth nappies can be recycled from child to child whereat savings are even greater.

The ecologic option

The use of cloth nappies is a natural and ecologically durable choice. One child burdens the dump site with approximately 1500 kg of disposable nappy waste. Disposable nappies are now the single largest household waste, whereas cloth nappies and nappy pants decompose fully in compost or can be used for example as cleaning cloths.

Learning to use a pot gets easier

A child wearing cloth nappies learns to use a pot quicker in general, as it realises the connection between wee and a wet nappy.

Ruskovilla's two-layer system

The use of Ruskovilla's cloth nappies is easy to learn. It's based on two separate layers:

1. MOISTURE ABSORBING INNER LAYER

= cotton nappy cloth (gauze nappy)
+ flannel or woollen middle nappy for added suction
+ cotton underpants to hold the nappy in place when necessary

2. MOISTURE ABSORBING, BREATHABLE OUTER LAYER

= woollen short- or long-legged nappy pants

How to get started in using cloth nappies

START-UP PACKAGE:

- 24 cotton nappies
- 9 flannel or woollen middle nappies
- 2 long-legged woolly-pants
- 2 short-legged woolly-pants
- Wool washing liquid, bile soap, wool conditioner

AS THE BABY GROWS:

- same cotton nappies (oblong-fold)
- add 15 pieces of flannel or woollen middle nappies (as the child grows, middle nappies are always needed)
- 4 pieces of bigger nappy pants
- underpants or bodies to keep the nappy package in place.



Ruskovilla

Ecological nappy products



1. Flannel middle nappy

Product no. **3710**

- used together with cloth nappy
- folded three or four times and threaded inside the cotton nappy for added suction

Size: 40 x 40 cm, 3 pcs/package

Material: 100 % soft unbleached organic cotton flannel

2. Cotton nappy

Product no. **3730**

- sewn from sturdy gauze fabric
- worn nearest to baby's skin
- absorbs wee effectively
- usable throughout nappy age when folded differently

Size: approx. 85 x 85 cm, shrinkage abt. 10 %

Weight approx. 110 g, 4 pcs/package

Material: 100 % oxygen-bleached organic cotton

3. Rice paper

Product no. **8705**

- set between skin and cloth nappy
- makes showering excrement to the toilet easier and more hygienic
- do not throw the rice paper into the toilet, it must be composted or disposed of along with mixed waste

Size: 27 x 19 cm, 100 pcs per roll

Material: wet-strenght fibre pulp

4. Woollen middle nappy

Product no. **1710**

- used together with cloth nappy
- threaded inside the cloth nappy for added suction
- absorbent soft woollen knit cares for the baby's bottom

Size: approx. 12 x 32 cm, 2 pcs/package

Material: 100 % organic wool, trible rib knit



5. Cotton underpants

Product no. **3460**

- used on top of the cloth nappy to keep it in place
- woollen nappy pants over the underpants are always a must

Size: 60 and 80 cm

Material: 100 % organic cotton



6. Flocky yarn 100 % wool

Product no. **1900**, 100 g ball of yarn suitable for hand knitting of nappy pants, instructions are included for different models of nappy pants, a bonnet and booties (only in finnish and swedish)

Nappypants / underpants

100 % organic wool, double rib knit

7. Short-legged

Size Product no.

0-1 yr **1510-60**

1-2 yr **1510-80**

8. Long-legged

0-1 yr **1500-60**

1-2 yr **1500-80**

> 2 yr **1500-90**

9. Long-legged

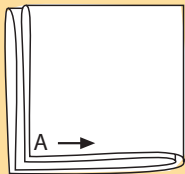
40 cm **1500-40** premature

50 cm **1500-50** first pants

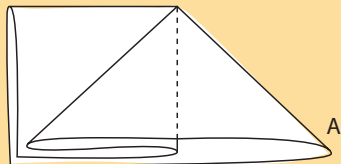
How to fold nappies

Triangular Nappy

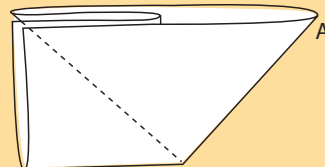
Each folding instruction starts with a nappy cloth (approx. size 80x80 cm).



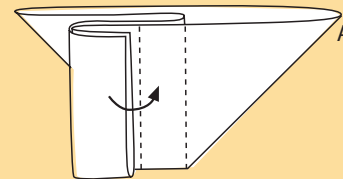
1. Fold the nappy into quarters.



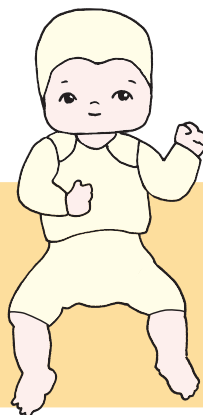
2. Take hold of upper corner A and bring it to the right to form a triangle.



3. Turn the whole nappy upside down and the back side to the front.

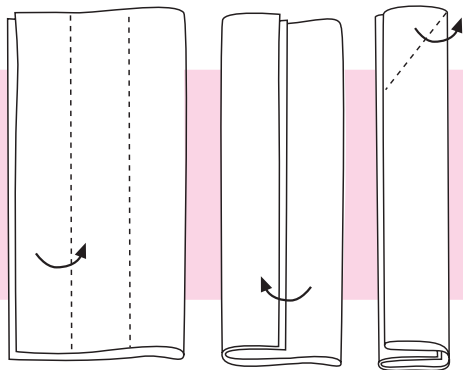


4. Fold the left side in the middle of the nappy to form the absorbent part. When folding it, you can insert a separate flannel nappy to improve the absorption capacity.

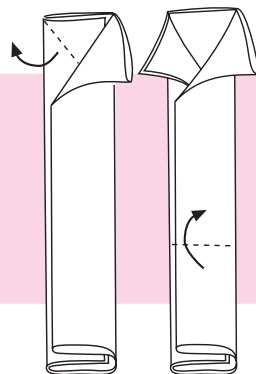


5-7. The nappy is now ready to use. Place the baby on the nappy on its back and turn the bottom edge of the nappy to the stomach of the baby. The nappy should be as tight against the bottom as possible. Tie the wings of the nappy from both sides firmly around the waist of the baby. On top of the nappy, the baby will wear woollen nappy pants that keep the nappy in place. With a bigger baby you can use cotton underpants between the nappy and nappy pants.

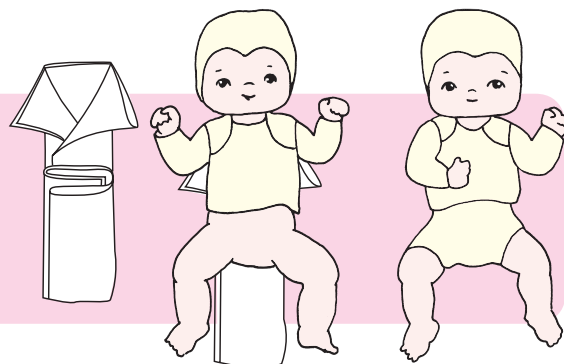
Rectangular Nappy with an Unfolded End for Small Babies



1-3. First fold the nappy cloth in half and then into thirds.



4-5. Open the upper end corners of the nappy at the length around 20 cm. This way the part of the nappy remaining under the bottom will be thinner.

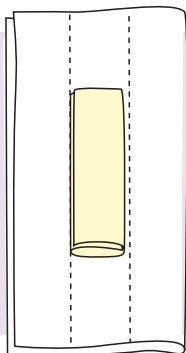


6. Fold the nappy into the right size. You will find the size suitable for your baby. The nappy stays in place if tight cotton underpants are worn on the nappy. On top, put on woollen nappy pants, either short-legged or long-legged.

Hint 1.

You can also insert an extra flannel nappy, if needed.

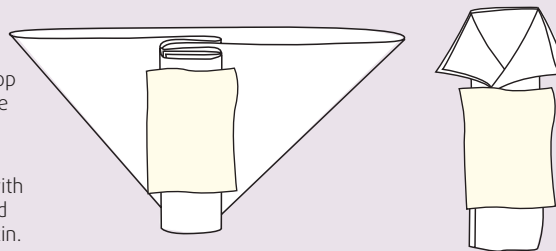
For a boy, the extra nappy can be placed in the front part of the nappy, and for a girl, in the middle. The Ruskovilla flannel nappy is extremely absorbent and soft.



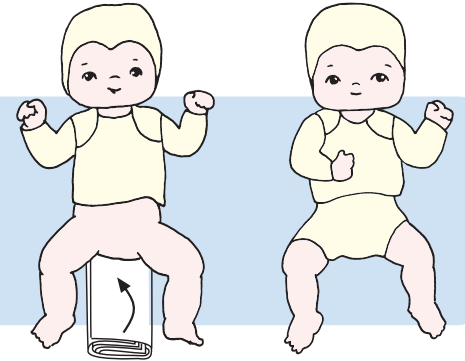
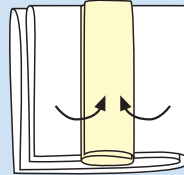
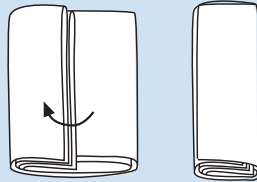
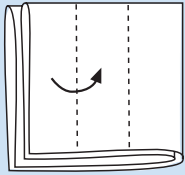
Hint 2.

The soft disposable rice paper sheet is placed on top of the nappy, closest to the skin.

The rice paper helps changing a nappy soiled with faeces. It also feels dry and comfortable against the skin.



Rectangular Nappy ('Stick Nappy')



1. First, fold the nappy into quarters.
2. Then fold the nappy into a rectangle approx. 35–40 cm long and 10–13 cm wide.
3. For better absorption, insert an intermediate flannel nappy inside the rectangular nappy.
4. The nappy stays in place if tight cotton underpants are worn on top of the nappy.

Hint 3.

Always place woollen nappy pants on top of a cotton nappy, since these help to absorb moisture. Choose either shortlegged or long-legged nappy pants, according to your need.

The 'nappy package' stays well in place if the baby wears a woollen body on top of the woollen pants. The body can replace both the underpants and the undershirt.



Nappies – Which Type and When?

Triangular nappies or **rectangular nappies** with an unfolded end can be used with a newborn baby until the age of six months. Then, as the baby grows and starts to crawl, it is time to move to **rectangular nappies** folded into a stick. If the baby is big and the triangular nappy no longer "fits", you can start using rectangular nappies sooner. **The flannel extra nappy** can always be used when it seems that the absorption capacity of the nappy cloth is not sufficient; for example, when the baby is taken outdoors or is having a long nap. With a bigger baby, the extra nappy is used at all times.

Baby feels comfortable in a natural cloth nappy

Woollen nappy pants

Ruskovilla's woollen nappy pants are made from fine quality, soft merino wool that doesn't itch the baby's skin. The pants are double spring knit and have flat seams that don't press. Ruskovilla's woollen nappy pants are reversible and can be used both sides up.

Handy in use

Wool is a hygienic material as it neutralises secretions. Therefore airing is sufficient enough to dissolve the smell of wee, but of course excrements will have to be washed out and this can be done very well with bile soap.

Suitable in any weather

Woollen nappy pants can also be used in the summer. Wool breathes in all weathers and doesn't incubate the baby's bottom like plastic-covered disposable nappies. In the cold of the winter, woollen nappy pants are ideal as they stay warm even when damp. As wool absorbs moisture well, woollen nappy pants keep the moisture of the cloth nappy in and prevent other clothes from getting wet.

Cotton cloth nappies and cotton flannel middle nappies

Ruskovilla's cotton cloth nappies are made from oxygen-bleached organic cotton, and flannel nappies from soft, unbleached

organic cotton flannel. They absorb moisture very well and last for hundreds of washes. Cotton cloth nappies are washed before use to increase their suction power! Woollen middle nappies are also great for added suction.

Cotton underpants/bodysuits

Brisk cotton underpants can be used for holding the nappy in place. Always wear woollen nappy pants over them.

Also bodysuits are convenient to keep the nappy in place.

Rice paper

Disposable rice paper decreases the soiling of the nappy. Excrement is showered into the toilet, and the rice paper can be composted or disposed of along with mixed waste. Rice paper must not be thrown into the toilet as it is wet-strength paper.



Cloth nappy wash and care

Cloth nappy wash and care

Dirty cotton cloth nappies are stored away from other laundry before wash. For example a plastic bucket with a lid can be used for this purpose. Bucket will be filled half way with cold water, and smells and bacteria can be restrained with a dash of regular vinegar or a couple of drops of antibacterial Tea tree -oil.

A wee nappy is shaken open before putting into the bucket, excrements are showered into toilet. A sheet of rice paper over the nappy helps the excrement to come off the nappy. Used rice paper can be composted or disposed of along with mixed waste.

Cloth nappies and cotton underpants are washed at 60°C. Nappies can be made extra hygienic by washing them every third time at 80-90°C. When washing nappies with excrement stains on them, it's best to use a pre-wash program first. Fabric conditioner is not recommended as it may cause irritations on the baby's skin. Each time a dirty wash bucket is emptied into the washing machine, the bucket is washed with hot water and a washing liquid such as Tolu.

Tumble drier is handy for drying cloth nappies, but they can also be dried on a

washing line; for example one balcony frame fits a machine-full of nappies.

Woollen nappy pants wash and care

Airing gets rid of wee smells, but excrement stains must be washed immediately with stain soap, and woollen nappy pants hand-washed by gently squeezing them in warm water with wool washing agent or olive oil soap. A couple of washes a month is generally enough for nappy pants without stains. Pants are rinsed carefully, and gently squeezed dry inside a terry towel. They are dried in a spacious and airy place, but not close to a heat source.

Woollen nappy pants lose their natural wool grease after several washes, therefore treating them with Sonett wool conditioner every once in a while helps to restore their softness and improves the ability to absorb.

Do like this: Dissolve a teaspoonful of Ruskovilla's wool conditioner into hot water. Add lukewarm water until the container has approx. 2 litres of hand-warm water. Immerse the damp but clean nappy pants in the water, move and squeeze them carefully. After treatment, dry pants as above.

If the nappy leaks:

- Inner nappy that is too big can remain too loose from the legs and cause leaks.
- Nappy must sit well and tightly near the bottom.
- Fitting underpants, woollen nappy pants or a brisk body are a great help in preventing leaks.
- Cotton cloth nappy may be ineffective for baby's needs. Try a flannel or a woollen middle nappy inside the cotton nappy cloth. Over 6 month-old babies can wear middle nappies continuously for leak prevention.
- Cloth nappies must be washed before use, as this improves the ability to absorb.
- A sufficient night nappy may seem bulky, but it's good to remember that a child doesn't really move much at all during nights, and therefore the thickness of the night nappy doesn't really bother him.

Helping the nursing mother

Breast-feeding is a wonderful way of giving your baby closeness. Breast milk is known for being the baby's most natural source of nutrition until the age of 6 months. Breast-feeding creates base for basic security. It may also involve various challenges, and a nursing mother needs diverse support. As a help for the nursing mother, Ruskovilla has produced soft woollen and silk breast warmers and bra protectors made of ecological cotton which help to take care of breasts. Milk-filled breasts are sensitive to cold, wind and draft. Moist nipples should be protected throughout the entire nursing period and kept warm to avoid painful breast infection.

Breast warmers

Double function breast warmers have one side made of soft wool that warms the breast even when wet, thanks to its unique ability to absorb moisture. The other side is made of nurturing silk that relieves skin irritation and is gentle to delicate nipples. Breast warmers are slipped inside the bra. They are flexible enough to adapt to the size of the breast and large enough to cover the whole breast. It is recommended to have two pairs of breast warmers. They are washed by hand and dried at room temperature; it takes a couple of hours for them to dry.

Bra protectors

Breasts can leak milk between nursing in all kinds of different situations. Bra protectors absorb the leaking milk and protect both the nipples and the clothes. Soft and breathable ecological cotton feels good against sensitive nipples. Disposable bra protectors are often too tight and may even cause breasts to sweat. Cotton bra protectors stay hygienic when machine-washed at 60-90 °C. They can be sterilised by ironing at temperature suitable for cotton. If you need bra protectors regularly, 5 to 8 pairs are enough.



Breast warmers

Product no. **2650**

- ø 20 cm, 2 pieces per package

Material: one side soft wool, other side silk

Care: hand wash with Sonett wool and silk washing agent



Bra protectors

Product no. **3650**




- ø 10 cm, 4 pieces per package

Material: 100 % ecological cotton

Care: machine wash at 60-90°C

Washing and care are part of the ecology of a garment

Treat the lovely natural fabrics correctly, so that they serve you better and longer.

Care instruction	Wool & Silk wool   Silk	Organic cotton 	
Washing	by hand or with a hand-wash program 30°C	by hand or with a hand-wash program 30°C	in a washing machine 40-60°C
Detergent	Sonett Washing liquid for Wool and Silk or Olive Oil Soap. Stains disappear with Sonett Gall Soap. Airing extends washing Intervals. It is recommended to treat woollens that need to be washed often with Sonett Wool Conditioner.	Sonett Washing liquid for Wool and Silk or Olive Oil Soap. Stains disappear with Sonett Gall Soap. Airing extends washing Intervals.	Preferably use a nature-friendly fast decomposing detergent. Stains disappear with Sonett Gall Soap.
Drying	• Soft spin • Do not tumble dry • Shape clothing whilst damp		
Storing	• Protect wool from moths and beetles • When clothing is not being used, store it in a sealed plastic bag		

Sheep wool fleeces

- Air and shake outdoors weekly.
- Brush now and then, so that wool fibres remain elastic. Use a coarse steel comb or brush.
- Stains can be rinsed away under running water.
- If washing of the entire fleece is necessary, it can be machine-washed with a wool-wash programme (30°C) and with Sonett washing liquid. Light spin.
- You can stretch the fleece into shape after wash.
- Hang the fleece to dry from two edges, preferably outdoors.
- Do not hang close to a heat source or into sunlight.
- As the fleece's hair is wool, it will slightly curl when washed.

Millet husk pillow

- Use covered with a pillowcase.
- When the cotton cover needs washing, open the fastener and shake the husks out into a suitable container.
- Wash the cover in a washing machine (40-60°C).
- Refill the clean cover with the husks.
- The husks don't need to be washed as they don't accumulate moisture or odours.
- The millet husks should be replaced with new ones in around every 3-5 years.
- The old husks should be put to a biological waste centre.
- You can acquire new husks from Ruskovilla.

BEDCLOTHES

Duvets

- A sufficient care for these is light brushing and regular airing.
- Dry cleaning.
- Do not wash with water as wool and silk wadding would get clumpy in water.
- Stains can be removed with gall soap. Rub the dry stain with dampened soap,

let it affect for a moment, and rinse carefully under running water or with a soft dampened sponge.

- Fight house dust mites by keeping the bedclothes for an hour in a hot sauna (60°C) or outside in about minus twenty degrees for 24 hours.

SONETT Product Family

Sonett uses tensides only from renewable raw materials that can be broken down in five to seven days. Ecological olive or rape oil and volatile oils are used as rawmaterial for soap. Sonett products do not contain petrochemical products, enzymes that cause allergic reactions, chlorine compounds, phosphates, synthetic perfumes, or colorants.



SONETT – WASHING LIQUID FOR WOOL AND SILK, neutral

Ingredients: Olive oil soap, sugar surfactant, rapeseed oil soap, vegetable alcohol (ethanol), citrate, water. Due to the fat in the olive oil soap, protein fibres like wool and silk maintain their elasticity.

Suitable for hand- and machine-washing at temperatures up to 40°C

Product no. **S-4725** Size: 500 ml

Product no. **S-4724** Size: 120 ml



SONETT - GALL SOAP for stain removal

Ingredients: soap boiled from palm and coconut fat, bovine gall, chlorophyll.

An incredibly effective stain remover, suitable for removing grease, blood, berry, fruit, wine, ink, or chlorophyll stains. Use for pre-treating shirt collars and sleeves before placing them in the washing machine. Will not harm fibres, will not leave a white ring, will not cause colours to fade, will not cover stains.

Product no. **S-4701** Bar of soap 100 g

Product no. **S-4702** Liquid 120 ml



SONETT - WOOL CARE AGENT

Ingredients: wool grease, olive soap, sugar tenside, lecithin, plant-derived starch, genuine volatile lavender oil, balsam. The wool care agent softens wool garments whose wool grease has disappeared (e.g. frequently washed nappy pants) and protects the wool fibres from premature wear.

Wool will thus maintain its original properties, such as softness and the ability to draw in moisture.

Product no. **S-4721** Size 120 ml



RUSKOVILLA - OLIVE OIL SOAP

Olive oil content > 81 %. For handwashing of wool and silk wear.

Suitable for cleaning of leather and felting. Excellent for handwashing and shower.

Product no. **S-4730** bar of soap 100 g



MOTH TRAP - GLUE TRAP for clothes moths

Product no. **S-8703** 1 pc

CEDAR RINGS

To protect your woollens against moths and beetles. A genuine natural product, non-toxic and harmless for children and pets.

Product no. **S-8701** 5 rings / package





BABY PRODUCTS BY RUSKOVILLA

Organic wool p. 8-9

- Baby shirt 60 and 70 cm
- Rompers 60 and 70 cm
- Body 60, 70, 80 and 90 cm
- Sleeping sack

Wool silk p. 10

- Baby shirt 40, 50, 60 and 70 cm
- Body short sleeve 50, 60, 70, 80 and 90 cm
- Body long sleeve 50, 60, 70, 80 and 90 cm
- Underpants long-legged 60 and 70 cm
- First set 50 cm

Silk p. 12

- Silk bonnet
- Balaclava bonnet
- Baby shirt 60 and 70 cm
- Underpants long-legged 60 and 70 cm

Organic cotton p. 14

- Baby shirt 60 and 70 cm
- Body 60, 70, 80 and 90 cm
- Rompers 60 and 70 cm
- Underpants 60 and 80 cm

Outdoors p. 16

- Body suit 50, 60, 70 and 80 cm
- Balaclava bonnet
- First mittens
- Socks

Bed clothes p. 21

- Woollen teddy underlay
- Silk duvet
- Millet husk pillow
- Baby blanket wool
- Swaddle cloth, cotton flannel
- Sheep wool fleece

Ecological nappy products p. 24-27

- Woollen nappy pants, long-legged 40, 50, 60, 80 and 90 cm
- Woollen nappy pants short-legged 60 and 80 cm
- Cotton nappies
- Flannel nappies
- Wool nappies
- Rice paper
- Underpants cotton 60 and 80 cm
- Flocky yarn for hand knitting of nappy pants

Other products

- Breast warmers and bra protectors for nursing mother on p. 33
- Products for washing and care of natural fibres on p. 35