



Child & Personal Care Resources

DIAPERS

Buying Pre-Made Diapers

- <https://clothdiaper.com/collections/osocozy-prefolds>
- <https://www.greenmountaindiapers.com/collections/quantity-discounts>
- <https://www.cottonbabies.com/>
- https://www.amazon.com/s?k=cloth+diapers&ref=cs_503_search

Homemade Diapers

- <https://www.survivalsullivan.com/make-homemade-diapers/>
- <https://sewguide.com/cloth-diaper-patterns-for-babies/>
- <https://www.wikihow.com/Make-Cloth-Diapers>
- <https://howtoadult.com/how-to-make-homemade-adult-diapers-5690974.html>

Homemade Soakers & Diaper Covers

- <https://babybearbums.wordpress.com/2008/08/27/what-is-a-soaker/>
- <http://www.borntolove.com/pattern.html>
- <https://www.eucalan.com/products-1/delicate-wash/natural>
- <http://dirtydiaperlaundry.com/1-00-diy-no-sew-fleece-cloth-diaper-cover-video/>

In an Emergency

- <https://www.wikihow.com/Make-a-Homemade-Diaper>
- <http://dirtydiaperlaundry.com/cheap-and-easy-make-two-t-shirt-flats-from-1-xxl-shirt/>
- <https://www.youtube.com/watch?v=DnqLgtU6TPw>

BABY FOOD

Making Your Own Baby Food

- <https://www.youtube.com/watch?v=9GvPj6L8JqY>
- <https://www.youtube.com/watch?v=9GvPj6L8JqY>
- https://www.amazon.com/green-sprouts-Seperates-electricity-Dishwasher/dp/B002F9MUL6/ref=sr_1_2?dchild=1&keywords=Baby+food+grinder&qid=1623118265&sr=8-2
- <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/how-to-make-homemade-baby-food>

Breastfeeding

- <https://wellnessmama.com/377452/increase-milk-supply/>
- <https://wellnessmama.com/76418/nursing-mom-tea/>

Breastfeeding Products to Buy

- <https://mountainroseherbs.com/nurse-me-rhyme-tea>
- <https://www.mountainmausremedies.com/mommy-and-me-herbal-tea-nursing/>

Child & Personal Care Resources *(continued)*

PERSONAL CARE

For Menstrual Periods

- <https://www.youtube.com/watch?v=iV2TgwjjhOE>
I Tried Using an 18th-Century Menstruation "Pad". Instructions start at 14:00.
- <https://www.youtube.com/watch?v=OjZ93pDKmWs>
- <https://www.littlehouseliving.com/homemade-cloth-pads-tutorial-and-pattern.html>
- <https://abundanceonadime.blogspot.com/2011/01/how-to-make-your-own-menstrual-pads-in.html>

Bathroom Necessities

- <https://urbansurvivalsite.com/ways-to-wipe-your-butt-when-the-toilet-paper-is-gone/>
- <https://www.survivalsullivan.com/toilet-paper-plants/>
- <https://www.primalsurvivor.net/bucket-toilet/>
- https://www.survivorjane.com/index.php?option=com_content&view=article&id=263:preptorial-how-to-make-a-survival-bidet&catid=61&Itemid=71
- <https://www.youtube.com/watch?v=ZWQ3UG6hGzo>

Tooth Care

- <https://www.youtube.com/watch?v=YcZVtyi9EU0>
- <https://www.youtube.com/watch?v=Vlwt0i-5BWw>
- <https://www.cbc.ca/life/video/surviving-in-the-wild-how-to-transform-campfire-charcoal-into-a-teeth-cleaning-powder-should-you-need-to-1.5181928>
- <https://www.youtube.com/watch?v=aBTU1tD8KEA>
- <https://www.youtube.com/watch?v=DtFzd3TBYil>

Lotions & Creams

- <https://bumblebeeapothecary.com/how-to-make-tallow-balm/>
- <https://jesspryles.com/whipped-beef-tallow-body-butter/>

Lip Balm

- <https://www.youtube.com/watch?v=TskjE1iMNvI>
- <https://www.youtube.com/watch?v=7Sv7WujNmXI>

Deodorant

- https://www.youtube.com/watch?v=hx_Ddh0ReEQ
- <https://www.youtube.com/watch?v=3lt3FO2x1ql>
- <https://www.youtube.com/watch?v=4Z7-Oa7vArE>

Soap

- <https://www.youtube.com/watch?v=IU7bfuCvavA>
- https://www.youtube.com/watch?v=Z55_9ATfEU0
- <https://www.youtube.com/watch?v=IU7bfuCvavA>



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LAUNDRY/WASHING

- <https://www.youtube.com/watch?v=RtbkXyWFFm8&t=11s>
- <https://www.youtube.com/watch?v=kE5OQA6L-Xo&list=PL-4AwcQXbB3xiCiEDt4dhZUtLRyRlndDc&index=18>
- <https://letscampsmore.com/washing-machine/>
- <https://letscampsmore.com/washing-machine/>
- <https://momwithaprep.com/how-to-wash-clothes-without-electricity/>
- <https://www.youtube.com/channel/UCSi64g0azbv5ULkDLxMN9tw>
- <https://www.youtube.com/watch?v=t-3p7uqZZ1k>
- <https://www.youtube.com/watch?v=BaBLq0YJ9NM>
- <https://www.youtube.com/watch?v=CzjEVXNizUQ>
- <https://www.bestdryingrack.com/drying/>

How to Make Washing Soda From Baking Soda

If you cannot find washing soda in your area and don't want to place an online order, you can make your own by slowly heating baking soda. Baking soda (sodium bicarbonate NaHCO_3) is plentiful and inexpensive. By heating baking soda you will release the carbon dioxide and water molecules, leaving you with dry sodium carbonate or washing soda.

- Place about 2 cups of baking soda in a shallow baking dish or on a shallow baking sheet. Working in smaller quantities is easier to monitor and control.
- Place the dish in a 400 degrees Fahrenheit oven for one hour.
- Stir the baking soda and smooth back out to an even layer.
- Bake an additional hour at 400 degrees Fahrenheit.
- Allow the baking soda (now washing soda) to cool completely. It will look more yellow and be much more coarse in texture.
- Store in an airtight container.
- Label the container and store out of reach of children and pets.

Laundry Soap Recipe

One can make a year's worth of laundry soap for a large family for well under \$10. This recipe requires a bar of Fels-Naptha (heavy duty) or Zote soap (general laundry use). Both are available for around a dollar at Walmart, many farm-and-fleet stores, and many grocery stores in the laundry aisle. You will also need a box of Washing Soda (NOT baking soda; costs about \$4 at Walmart), a box of Borax (also about \$4 at Walmart) and a bucket that holds at least 2 gallons. A lid for the bucket would be helpful.

Here are the directions:

- Take 1/3 of the bar of Fels-Naptha soap and grate it with a cheese grater. Put it in a pan with 4-6 cups of water.
- Heat it and gently stir it until the soap is dissolved. Do not boil or simmer.
- Once the soap is dissolved, add 1/2 cup of Washing Soda and 1/2 cup of Borax to the pan. Stir until dissolved.



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- Next, add about a gallon of hot (not boiling) water to your bucket.
- Then pour in the hot soap/Borax/Washing-Soda mixture, and stir.
- Add more hot water to the bucket until you have a total of 2 gallons.
- Stir well, put the lid on the bucket, and then let the mixture sit for 24 hours (during which time the mixture will sort of "gel"; stir it a few times during the 24 hours, if possible).
- When it is ready, you use it just like any other liquid laundry soap. Use about 1/4 cup per load.

WATER FILTERING

Buying Water Filters

- <https://www.amazon.com/Katadyn-Personal-Backpacking-Emergency-Preparedness/dp/B0007U00YE>
- <https://www.sawyer.com/>
- <https://pleasanthillgrain.com/berkey-water-purifier-filter>
- <https://www.usaberkeyfilters.com/product-category/factory-blemished-berkey-systems/>

DIY Water Filters

- https://www.youtube.com/watch?v=_gx2nDtEDXo
- <https://www.askaprepper.com/building-the-three-5-gallon-bucket-bio-water-filter/>
- <https://theselfsufficientliving.com/homemade-water-filters-purified-water/>
- <https://www.popularmechanics.com/home/outdoor-projects/a28848441/how-to-make-charcoal/>
- <https://www.youtube.com/watch?v=IN0fT1Uvcsw>
- <https://buyactivatedcharcoal.com/granular-activated-charcoal-coconut-8x16-mesh.html>

In an Emergency

- <https://www.cdc.gov/healthywater/emergency/making-water-safe.html>

Homemade Well Pump

- <https://www.motherearthnews.com/diy/pvc-manual-well-pump-zmaz00jjzgoe>

