

# Babies

Ruskovilla's baby garments are made of soft merino **wool**, **silk**, **ecological cotton**, and **silk wool**.

Merino wool suits well for newborn babies whose own body temperature regulation is still developing. Clothes made of real silk care for the baby with sensitive skin as they contain nourishing sericin. Undyed and unbleached ecological cotton is a safe choice.

The natural fibres used by Ruskovilla are produced and processed in a manner respectful to humans and nature, avoiding the use of unnecessary chemicals. They are also clean and safe for a newborn with sensitive skin.



## See the guidebook Baby in Wool!

The guidebook provides more details about the importance of natural fibres in baby's clothing and wellbeing, about swaddling and cloth nappies. You can download this booklet from our home pages.





# Baby is happy in wool



Babies can be dressed from head to toe in soft wool, which is still containing skin-nurturing lanolin. Underwear or a body should be put on first, followed by rompers.

## **Wool warms comfortably when outdoors**

Babies take outside naps all around the year. Soft and breathable merino wool can be worn in every weather. Woollen bodysuits and a balaclava bonnet keep the child warm during winter and they are also good for a cool summer. The fingers and toes of small babies are often cold, but thumbless first mittens and socks guarantee that your little one's sleep is undisturbed.

## **A baby in wool – a happy baby**

The wellbeing and health of a baby depends on several factors. Proper clothing supports the child's wellbeing and development. Baby clothes made of wool help the child to remain suitably warm as wool has the quality to maintain a steady temperature and moisture protection on the child's body.

The temperature regulation of babies is not fully operating but a child dressed in genuine wool feels good.

## **Warmth has a significant role in baby care**

The temperature regulation system of newborns is not fully developed yet and their basic temperature drops easily. Keeping the small ones warm is vital for the development of their organs and thus it is one of the most important 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. Breathable natural materials that are gentle to the skin keep your child conveniently warm.



### Bodypants

Product no. **1540**

Sizes 60 and 70 cm



### Bodypants

Product no. **1540**

Sizes 80 and 90 cm



### Rompers

Product no. **1520**

Sizes 60 and 70 cm



### Baby shirt

Product no. **1200**

Sizes 60 and 70 cm



### Bodysuit

a full length zipper,  
with feet

Product no. **1550**

Sizes 60, 70, 80 cm



### Balaclava bonnet

Product no. **1030-0**

Size 0

Product no. **1030-1**

Size 0-1 yr



### Mittens

**without thumb**

with silk lining

Product no. **1140-0**



### Socks



Product no. Size

**1800-0** 15-16

**1800-1** 17-18

**1800-2** 19-21

### Sleeping sack

Product no. **1570**

for baby up to 1 year,  
with adjustable  
shoulder straps



#### 100 % MERINO WOOL

- the softest wool type of all
- feels good on the skin
- is pleasantly flexible
- warms comfortably
- breathes freely and does not cause perspiration
- absorbs moisture without feeling wet
- retains warmth even when damp
- is self-cleaning
- airing helps to remove odours
- is fireproof
- is suitable for machine wash with delicate wool-wash programs



Air clothes often, wash occasionally and protect against moths.  
Washing instructions on p. 70, washing and care products on p. 75.

## Babies

WOOL





### **Silk bonnet protects gently**

The silk bonnet protects the newborn's still-open crown area and also provides protection from the surrounding environment's noises, which can irritate the baby's sensitive hearing. The gentle surface of the silk bonnet massages soothingly the baby's head, very similarly to the effect of the mother's womb during pregnancy. The 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. **Always choose the correct size!** If the silk bonnet is too large for the newborn, the bonnet can be tied into a knot at the top of the head using a narrow silk or cotton ribbon.

# Lovely silk

Silk feels good on the small one's skin. Pure real silk cares for the sensitive and irritated skin. It contains silk gum or sericin: pure protein fibre that treats and cools irritations on the skin.

## Nicely warm or wonderfully cool

Thanks to its good temperature insulation capability, silk is warm in cold and cooling when the weather is hot. It breathes like a second skin.

## OUTFITS FROM REAL SILK

### Baby's silk bonnet

100 % real silk

(not manufactured in Finland)

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 -



### Baby shirt

100 % real silk

Product no. **2200**

Sizes 60 and 70 cm



### Balaclava bonnet

100 % real silk

Product no. **2030-1**

Size 0-1 yr



### 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
- contains sericin that has a therapeutic effect on skin problems
- absorbs moisture very well without feeling wet

# Babies

SILK





## Genuine ecological cotton

### Clean and soft

Cotton is smooth and breathable. Uncoloured ecologic cotton by Ruskovilla 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.

Read more on ecological cotton on page 63.

### 100 % ECOLOGICAL 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

### Baby shirt

100 % ecological cotton

Product no. **3200**

Sizes 60 and 70 cm



### Bodypants

100 % ecological cotton

Product no. **3540**

Sizes 60, 70, 80 and 90 cm



### Rompers

100 % ecological cotton

Product no. **3520**

Sizes 60 and 70 cm



### Nappy pants

100 % ecological cotton

Product no. **3460**

Sizes 60 and 80 cm



# WELEDA Calendula skin care products for children



CALENDULA skin care products elaborately mix soothing marigold, mild camomile, and other carefully selected ingredients: all absolutely natural. Weleda uses biodynamically or ecologically grown herbs or controlled wild plants as much as possible. No artificial additives are used in the products, such as perfumes, colouring or preserving agents, or mineral oil. Weleda products have not been tested with animal experiments.

## Note

The Weleda Calendula childcare range has been selected as the best product range by German midwives's association.

## Calendula Moisturising Body Lotion

For the daily care of your baby's skin. Absorbs very well, protects and softens delicate skin. Restores the skin's natural balance, prevents inflammation, and soothes irritated skin. Also very well suited for the care of the nappy area.

**Contains among others** almond oil, marigold and camomile extract, lanoline.

Product No. **C-9072** 75 ml

## Calendula Zinc Salve

Protects from abrasion and cares for irritated skin. Also suitable for armpits and hollows of the knees, in addition to the nappy area. It lets the skin to breathe.

**Contains among others** spring water, almond and sesame oil, zinc oxide, beeswax, lanoline, marigold and camomile extract.

Product No. **C-9071** 75 ml

## Calendula Oil

A soft basic baby oil that cleans, nurtures, and protects the skin. Well suited for use as a bathing oil, for cleaning of the nappy area, massaging the baby, and daily skin care. Protects skin from drying and irritation.

**Contains** sesame oil and marigold extract.

Product No. **C-9075** 200 ml

## Calendula Bodylotion

Suitable for use as a body lotion and cleansing lotion for sensitive skin. Helps to keep the skin soft and elastic. Absorbs fast.

**Contains** among others spring water, almond and sesame oil, glycerine, marigold extract, and genuine essential oil.

Product No. **C-9073** 200 ml

## Calendula Outdoor Cream

Protects the delicate facial skin from cold and wind during winter. Forms a natural protection and lets the skin to breathe.


**Includes** almond oil, beeswax, lanoline, and marigold extract.

Product No. **C-9074** 30 ml

# Babies

SKIN CARE





Ruskovilla is a pioneer of  
cloth nappies in Finland!

Read more from the guidebook Baby in Wool!

Babies

NAPPIES

100% COTTON  
100% SILK  
100% MERINO WOOL

# Combining practically cloth nappies and nappy pants

**Cotton nappies** and **woollen nappy pants** are a natural combination in which your baby feels good. It effectively absorbs moisture but remains still warm and feels dry. Cotton nappies transfer moisture to the woollen nappy pants that can absorb it even in amount of 40% of their weight thanks to the wool's capability to absorb moisture.

## Many alternatives

An extra flannel or wool nappy (as a suction layer) can be placed inside the cotton nappy for the duration of the night or when going out. You can use the same sized nappy cloths during the entire time of using nappies if you fold them differently. Woollen nappy pants should always be worn on top of the nappy:

short nappy pants for the summertime and indoor use or long-legged during cool weather.

When the baby grows and starts to move, we recommend putting on top of the nappy a pair of brisk cotton underpants that would keep it in place. Also, a bodysuit is well suited for babies wearing woollen pants, as it prevents the nappy to move from its place.

## Ecological and economic

Cloth nappies are economic, as their use will cost you only about one sixth compared to the disposable nappies, even when bought at reduced price. They are also an ecological solution. More information about the cloth diapers can be found in the guidebook *Baby in Wool*.

## Wool makes the Ruskovilla cloth diapers comfortable for the baby.

### Wool absorbs moisture very well

The unique capability of wool to absorb moisture makes it an excellent material for baby nappy pants. Cotton nappies will absorb the wee and then the moisture is transferred into the woollen panties. The baby will feel dry and warm.

### Wool generates warmth even when wet

Woollen nappy pants are warm even when moistened. Disposable nappies do absorb the mois-

ture but at the same time they form a cold wrapping around the baby's lower abdomen.

### Wool is self-cleaning

Wool has the ability to neutralise secretions: it is hygienic and does not form a breeding ground for bacteria. You will need to wash the baby's nappy pants very seldom: it is sufficient to air them for dissolving the smell. Of course, faeces will have to be washed out and this can be done very well with bile soap.

# Our ecological nappy products



## Rice paper

decreases soiling of the nappy  
100 pieces/roll,  
biodegradable  
Product no. **8705**



## Wool nappy

100 % wool  
3-layered  
size approx.  
12 x 32 cm  
Product no. **1710**



You can also knit nappy pants for your baby from flock yarn. Smaller pants require approximately 70 grams of yarn and larger pants approximately 100 g. Instructions are included for knitting various different models of nappy pants, and a bonnet and booties. (Instructions only in finnish and swedish).

## Flocky yarn

100 % wool  
Product no. **1900**  
100 g ball of yarn



Flocky yarn is an untwisted pre-stage of normal knitting yarn, it is soft and absorbent and is suitable for handknitting of e.g. nappy pants.



### 1. Cotton nappy

oxygen-bleached  
Product no. **3730**

Size approx. 80 x 80 cm

Weight approx. 100 g

6 nappies

### 2. Flannel nappy

soft, unbleached cotton flannel

Product no. **3710**

Size approx. 40 x 40 cm

3 nappies

### 3. Silk nappy

100 % bourette silk

Product no. **2700**

Size approx. 16 x 48 cm

### 4. Underpants

100 5 ecological cotton

Product no. **3460**

Sizes 60 and 80 cm

### 5. Nappy pants, long-legged

100 % wool

double-layered

Product no. **1500**

Sizes 60 and 80 cm

### 6. Nappy pants, short-legged

100 % wool

double layered

Product no. 1510

Sizes 60 and 80

### 7. Snappi diaper fastener, T-shaped

with grips on each end.

These grips embed in  
the nappy fabric to ensure  
a well fitting nappy

Product no. **8706**

### These will get you started:

- 24 cotton nappies (folded in triangular form)
- 9 extra flannel or wool nappies for the night or outdoor use
- two sets of long-legged and two sets of short-legged nappy pants
- wool-washing agent, bile soap, wool conditioner

### When your baby grows:

- the same cotton nappies (folded in rectangular form)
- 15 additional extra flannel or wool nappies  
(an extra nappy is always handy when the baby grows)
- 4 pairs of larger nappy pants
- underpants or bodysuits to keep the nappy in place.

Before use wash the nappy pants by hand. It is also recommended to wash new cotton nappies a couple of times by hand before use so that they reach the optimal absorption capability.





## The Tiny Collection for the smallest of all

A premature baby needs the safety and protection of warmth the most. For prematurely born babies we have designed our Tiny Collection that includes **a silk wool shirt** and **a bonnet** as well as **woollen nappy pants** and **a bonnet in real silk**. Silk wool combines the qualities of both of these natural fibres in a uniquely soft and caring way.

A warm sheep wool fleece that is particularly suitable for the baby completes the set. It is safe, continuously hygienic, and bears wet cleaning.

### Note

In many maternity hospitals around the world, genuine sheep wool fleece is used as a mattress overlay for premature newborns. It significantly enhances the sense of touch on the baby's skin. It has also been proven to improve the baby's weight gain if their mattress overlay is of sheep wool fleece.

The products are well suited for prematurely born babies and the size 50 is also suitable for newborn babies with regular weight.

# Babies

TINY / NEWBORN

# Helping the nursing mother

## Baby shirt

70 % wool, 30 % silk

Product no. **4200**

Sizes 40 and

50 cm



## Bonnet

70 % wool, 30 % silk

Product no. **4070**

Sizes 40 and 50 cm



## Silk bonnet

100 % real silk

Product no. **2060-0**

Size 40-50 cm

Other sizes see p. 41



## Nappy pants, long-legged

100 % wool,

double-layered

Product no. **1500**

Sizes 40 and 50 cm



## Sheep's wool fleece

washable

Honey-coloured

Product no. **7905**

White

Product no. **7904**

Size approx. 85 x 70 cm



For breast protection, Ruskovilla has designed 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 time of nursing and kept warm to avoid painful breast infection.

## Breast warmers

One side of breast warmers with double function is made of soft wool that, thanks to the unique ability of wool to absorb moisture, warms the breasts even when wet. 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 entire breast.

It is recommended to have two pairs. They are washed by hand and dried at room temperature; it takes a couple of hours for them to dry.



## Breast warmers

ø approx 20 cm

silk and wool

Product no. **2650**

## 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. 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, it is enough to have 5-8 pairs of them. You can also protect your breasts in frosty weather with an elastic waist warmer.



## Bra protectors

ø approx. 10 cm

100 % ecological cotton

Product no. **3650**

In freezing weather, you can also protect your breasts with an elastic waist warmer  
Product no. **1610** (page 13)  
(S, M, L)

## Nursing