



ACKNOWLEDGEMENTS

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- Cambridgeshire and Peterborough Real Nappy Network and Orkney Islands Council for kindly permitting use of material from their publications;
- The Nappy Lady for providing a link to the nappy folding instructions on its website.



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www.wasteawarescotland.org.uk





SCOTTISH EXECUTIVE

A guide to using Real Nappies



This booklet provides healthcare professionals, parents and parents-to-be with information about using real nappies.



WHAT

WHAT ARE REAL NAPPIES?

Modern real nappies are very practical and offer parents and parents-to-be an alternative to disposable nappies.

Real nappies are made of lightweight, fluffy fabrics which can be machine washed and reused over and over again, while disposable nappies can only be used once.



Benefits of using real nappies include:

- Can save you money - around £500*
- Convenient to wash and dry
- Easy to use and comfortable for baby
- Reduces your household waste, which goes to landfill sites
- Available in a variety of styles, materials and sizes - there is one to suit every pocket and lifestyle.

This booklet is part of the Real Nappy Campaign in Scotland's Healthcare Professionals' Pack, which provides healthcare professionals, parents and parents-to-be with information about using real nappies. Samples of each of the main nappy types and accessories are included within the Pack. Parents and parents-to-be can ask their midwife or health visitor to see these samples.

* Women's Environmental Network (WEN) 2006.

REAL NAPPY TYPES

Most real nappy systems consist of a soft, absorbent **nappy**, which is covered by a leak-proof, breathable **cover** (also known as a **wrap**). A one way **liner** is placed inside the nappy to catch solids. A booster liner (booster pad) can also be used with most nappies to soak up more wetness.

There are three main types of real nappies:

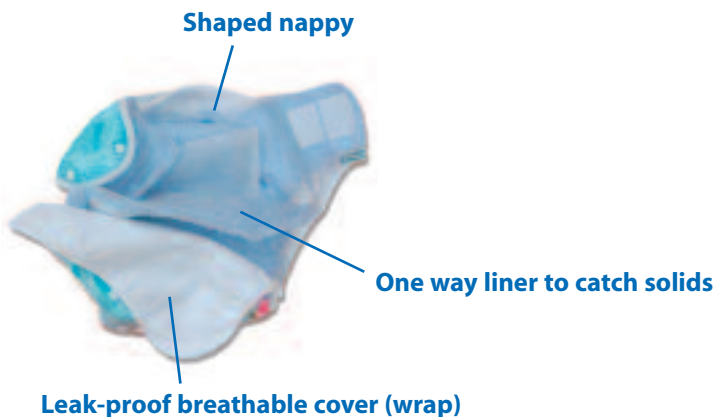
Shaped nappies

Shaped nappies are designed to fit the baby snugly and need no folding. They have elasticated legs and waist, and fasten with Velcro®, poppers, grips (Nappi Nippas) and even ties. They require a one way liner and a cover (wrap). Some shaped nappies can be used from birth to toddler and adjusted to fit as baby grows.



Advantages:

- Easy to put on
- Shaped to fit around legs
- Easy to wash and dry



All-in-one nappies

All-in-one nappies are shaped, with the nappy and leak-proof cover (wrap) all in one piece. They should be used with a one way liner. **Pocket nappies** are a type of all-in-one, which have a pouch for adding an insert, such as a folded flat nappy or pre-fold pad (see below), to soak up the wetness.



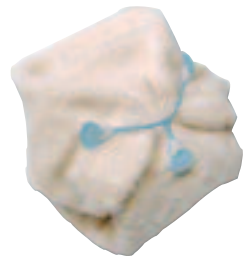
Advantages:

- Easy to put on
- Adaptable, as you can add an insert in a pocket nappy to soak up the wetness
- Removing inserts when washing and drying pocket nappies saves drying time

Flat nappies

Flat nappies made of towelling are versatile and can be folded to make a variety of shapes (depending on boy or girl). Please refer to the manufacturer's instructions on folding or see the 'Practical Nappy Tips' section on The Nappy Lady website at: www.thenappylady.co.uk/advice. These shapes are secured with a plastic grip called a Nappi Nippa or a safety pin, and covered with a wrap.

Flat nappies made of towelling or cotton can be folded to make a pad (pre-fold), which is held in place by a cover (wrap). An example is shown on page 7. Cotton pre-folds are commonly used by nappy laundry services - see pages 9 and 14 for details. A one way liner should be used with flat nappies.



Advantages:

- Low cost option
- Versatile - towelling nappies can be folded to make a variety of shapes
- Quick to dry after washing

Nappy Costs (in 2006)

Shaped nappies	All-in-one nappies	Flat nappies
£4.75 to £10.99 each	£7.90 to £14.50 each	£1.75 to £3.50 each

Covers (wraps)

Covers (also called wraps) need to be used with shaped and flat nappies to ensure a snug fit and stop wetness escaping onto clothes. Modern covers are available in a wide range of waterproof and breathable fabrics, with soft edges and easy-to-use fastenings, such as Velcro® and poppers.

Covers do not normally need to be changed at every nappy change unless they are soiled. It is important to use the right cover for the type of nappy and tuck the nappy properly inside the cover to prevent dampness. Some brands come in various sizes, while others “grow with baby” so that only one purchase is necessary.



Liners

There are two types of liners:

One way liners

One way liners are used to catch solids. They are placed inside the nappy (on top of the booster liner/pad, if used). The one way liner allows wetness to pass through, so the nappy can absorb it which keeps the baby's bottom drier.

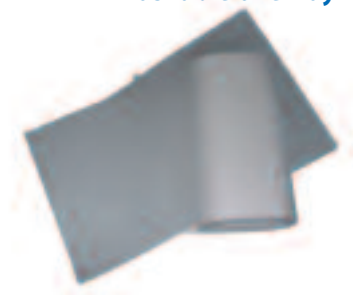
Flushable liners, made of paper, can be lifted out of the nappy and flushed away when soiled (as long as the packet states they are biodegradable).

Liners made of fleece can also be used to catch solids. You can buy these or make them yourself from a piece of fleece. When soiled, they should be rinsed into the toilet, before being machine washed with the nappies for reuse.

Booster liners/pads

Absorbent booster liners (also known as booster pads) usually made of cotton can also be used inside the nappy to soak up more wetness, for example on long car journeys or overnight. They are easily washed with the nappies for reuse.

Flushable one way liners Washable booster liner/pad



Cover and Liner Costs (in 2006)

Covers (wraps)	Flushable Liners	Washable Liners
£0.43 to £9.95 each	Approx £0.02 each	£0.60 to £2.10 each

WHAT DO YOU NEED TO GET STARTED?

If you are going to use real nappies most or all of the time, you will need:

- Around 20 nappies - this depends on how often you wash them. New babies generally need 6 to 8 nappy changes daily, while fewer changes are needed as babies get older.
- Around 4 covers (wraps), depending on age of baby.
- Liners - plenty of flushable one way liners (a perforated roll of 100 lasts for around a month) or around 25 washable fleece liners. If booster liners/pads are used, around 8 of these would be needed.



In addition, a lidded bucket or bin for storing soiled nappies and an out-and-about waterproof bag for clean and used nappies would be handy.

See the contacts list at the back of this booklet for details of your local real nappy retailers, consultants and advisors and trial services. There is a growing market for second-hand nappies and suppliers of these are also listed.

WHAT

WHY USE REAL NAPPIES?

Real Nappies can save you money

You can save around £500* by using real nappies and washing them at home. And you can save even more if you use them for your second or third child or buy them second-hand. Some real nappies have a good resale value.

The total cost of using real nappies can be half that of using disposables. If washing your nappies at home, a one-off payment is needed to buy the supply of nappies. However you can save up for this and it means that you are not constantly paying for single use disposable nappies on a weekly basis.

A 2006 study* has estimated costs from birth to potty for real and disposable nappies as:

- Buying real nappies and washing them at home costs from £182.50 to £359
- Buying disposable nappies costs from £615.16 to £922.74*

These costs are based on nappies being used over two and a half years. They are average costs and depend on the type of nappy used and how often disposable nappies are changed. Visit www.wen.org.uk for full details of the study and the assumptions made.

Using a real nappy laundry service (see pages 9 and 14) is another option in many areas and typically costs around £6 - £11 per week.

Incentive schemes

In addition to these savings, some local authorities offer incentives such as cash back rewards, vouchers for the purchase of real nappies, free or discounted laundry trials or free sample packs of nappies.

To find out if there is an incentive scheme in your area call the **Real Nappy Helpline** on **0845 850 0606** (charged at local rate) or use the online **Nappy Finder** service at: www.realnappycampaign.com/nappyfinder

* Women's Environmental Network (WEN) 2006.

Real Nappies are convenient to wash and dry

Home washing

Please follow the manufacturer's advice on storing and washing nappies. Pre-soaking is not required with modern real nappies, although you may wish to soak them if they are heavily soiled. There is no need to boil wash real nappies; they can be washed easily at home in a 60°C washing machine cycle along with washable liners.

Brand new nappies should be washed a couple of times before use, as this will increase their absorbency. Covers should be washed at 40°C where possible to protect their waterproof fabrics. If inserts are used, these should be removed from the nappy before washing both parts. Choose from the quicker drying fabrics if you have concerns about drying time.

Nappy laundry services

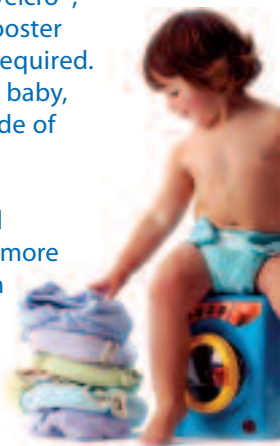
For extra convenience, nappy laundries offer a weekly service in many areas that collects used nappies from your doorstep in a bin supplied and provides a fresh supply of clean nappies, laundered to the thermal disinfection standards used in hospitals.

See the **contacts** on page 14 for details of nappy laundry services that may operate in your area.

Real Nappies are easy to use and comfortable for baby

Real nappies are soft and comfortable, and come in various colours and patterns with easy-to-use fastenings (e.g. Velcro®, poppers, grips). They are absorbent, and inserts or booster liners/pads can be used to soak up extra wetness if required. There are a variety of styles available to fit snugly to baby, with soft elasticated sides to prevent dampness, made of a range of fabrics including organic cotton.

Modern real nappies are made of specially designed breathable materials. This means that your baby is no more or less likely to get nappy rash from real nappies than from disposable nappies. With all nappies, to avoid nappy rash it is important to change them regularly and allow plenty of fresh air between each change.



Real Nappies mean less waste to landfill

Using real nappies will reduce your household waste, which goes to landfill sites. Reducing your waste saves the Earth's natural resources, saves energy and reduces the risk of global warming. It also reduces waste disposal costs, which fall on Local Authorities and Council Tax payers.

Top 10 Environmental Tips

There are lots of things you can do to help protect the environment when using real nappies:

- Do not boil wash - machine wash nappies and washable liners at 60°C.
- Machine wash covers (wraps) at 40°C.
- When purchasing laundry appliances, choose ones with a good energy rating to reduce energy and water consumption.
- Minimise tumble drying - line dry or use an airer.
- Don't use fabric conditioner - it is unnecessary and reduces absorbency.
- Use eco-friendly washing powders.
- Use organic and non-bleached products.
- Don't iron nappies.
- Use real nappies for more than one child.
- It is also possible to buy second-hand real nappies.



The Real Nappy Campaign in Scotland

This booklet has been produced by the Real Nappy Campaign in Scotland. The Campaign in Scotland is delivered by WRAP (the Waste & Resources Action Programme) and the Scottish Waste Awareness Group (SWAG). It is funded by the Scottish Executive and has the support of Local Authorities throughout Scotland.

CONTACT DETAILS

To find out more about real nappies and related services (retailers, laundries, incentive schemes, networks/projects) that may be available in your area, call the **Real Nappy Campaign Helpline** on **0845 850 0606** (charged at local rate) or use its online **Nappy Finder** service at: www.realnappycampaign.com/nappyfinder

Women's Environmental Network (WEN) is a UK-wide charity that has been a leading player in the real nappy movement since 1988 and through its real nappy project works to raise awareness about the environmental impact of nappies and to ensure that parents have a fair choice. It runs a real nappy exchange (see Second-Hand Suppliers & Trial Services on page 14), and is a source of information and advice. Tel: **020 7481 9004**; Website: www.wen.org.uk

REAL NAPPY RETAILERS

You can buy real nappies from local retailers or from local consultants/advisors who can offer advice on choosing and using real nappies, often in your own home. Real nappies are available from selected branches of national retailers and a variety of Internet and mail/phone order retailers and can also be bought second-hand.

LOCAL RETAILERS

Local retailers that stock real nappies include:

Borders

Pride and Joy

3 Beaumont Street, Kelso, TD5 7JH
Tel: 01573 228 888

The Baby Shop

45-47 North Bridge Street,
Hawick, TD9 9PX
Tel: 01450 375 122

Dumfries & Galloway

Kidnap

67-69 Queensbury Street,
Dumfries, DG1 1BH
Tel: 01387 265 019

Fife

Keddie's Pram Shop

6-10 Victoria Road, Kirkcaldy, KY1 1DU
Tel: 01592 597 020
20 Maygate, Dunfermline, KY12 7NH
Tel: 01383 622 766

The Nappy Pin

62-64 Bonnygate, Cupar, KY15 4BU
Tel: 01334 653 160

Forth Valley

Peek A Boo Ltd

15 Bank Street, Falkirk, FK1 1NB
Tel: 01324 670 502

Pure Nappies Laundry & Retail

Unit 7, Block 5, Munro Road,
Springkerse Industrial Estate,
Stirling, FK7 7UU
Tel: 0870 803 4634

Stirling Pram Centre

42-44 Forth Street, Stirling, FK8 1UF
Tel: 01786 472 392

Time2change

106 Wallace Street, Falkirk, FK2 7DX
Tel: 01324 888 810

Grampian

Babycare

6 The High Street, Kemnay, AB51 5NB
Tel: 01467 643 059

Bumps 2 Babes

22 South Street, Elgin, IV30 1LE
Tel: 01343 547 770

Cherubs Baby Shop

22E Bridge Street, Banchory, AB31 5SX
Tel: 01330 825 522

Itsakinderworld.com

42 Coppice Court, Grantown-on-Spey,
PH26 3LF
Tel: 01479 870 384

Matheson Stores

3 Batchen Street, Elgin, IV30 1BH
Tel: 01343 542 349

Wisemans of Peterhead

40-44 Broad Street, Peterhead, AB42 1BX
Tel: 01779 479 334

Highland

Lilliput

109-113 Academy Street,
Inverness, IV1 1LX
Tel: 01463 715 565

Lothian

Earth Matters

67 High Street, North Berwick, EH39 4HG
Tel: 01620 895 401

Musselburgh Pram Centre

35 High Street, Musselburgh, EH21 7AD
Tel: 0131 665 2530

Nippers

131 Bruntsfield Place, Edinburgh, EH10 4EB
Tel: 0131 228 5086

Seesaw

109 Broughton Street,
Edinburgh, EH1 3RZ
Tel: 0131 556 9672

Orkney Islands

John Scott & Miller Ltd.

15-19 Bridge Street, Kirkwall,
Orkney, KW15 1HR
Tel: 01856 873 146

Shetland Islands

Anderson & Company

60 Commercial Street, Lerwick, ZE1 0BD
Tel: 01595 693714

Strathclyde

Babykins

438 Hillington Road, Glasgow, G42 4BL
Tel: 0141 883 3332

Carridges

Unit 7, New Cross Centre, Lamb Street,
Hamilton, ML3 8AH
Tel: 01698 458 080

Cowans

61-69 Templehill, Troon,
Ayrshire, KA10 6BQ
Tel: 01292 311 211

Glasgow Pram Centre

25-29 McFarlane Street,
Glasgow, G4 0TL
Tel: 0141 552 3998

The Baby's Castle

13-15 Alloway Street, Ayr, KA7 1SP
Tel: 01292 262 003

The Scottish Nappy Company

The Olympic Business Park,
Drybridge Road, Dundonald, KA2 9BE
Tel: 0800 0155570

Tayside

Just4Baby.co.uk

7 Princes Street, Dundee, DD4 6AS
Tel: 01382 452 769

Kenmar

10-12 St Johns Street, Perth, PH1 5SP
Tel: 01738 629 476

Mums the Word

29 George Street, Perth, PH1 5LA
Tel: 01738 639 629

The Nappy Pin

13-17 Commercial Street,
Dundee, DD1 3DG
Tel: 01382 221 181

71-75 Gray Street, Broughty Ferry,
Dundee, DD5 2AU
Tel: 01382 477 944

REAL NAPPY CONSULTANTS & ADVISORS

You can also buy nappies from real nappy consultants and advisors, who offer advice on choosing and using real nappies, often in your own home. Some local contacts and the areas they cover are listed below. If there is no consultant/advisor listed in your area, please contact the Real Nappy Campaign for further information (see details at the top of page 11).

COMPANY & AREAS COVERED BY LOCAL CONTACTS	TELEPHONE	EMAIL ADDRESS
BabyKind www.babykind.co.uk		
Fife and Edinburgh	01383 850 549	baznlou@cruicky.freemove.co.uk
Perthshire	01738 813 365	mail@ecomama.co.uk
Orkney Islands	01856 861 376	donna@tankerness.plus.com
Aberdeenshire and South Moray	07799 101 642	hornejc@yahoo.co.uk
bonnie-babies www.bonnie-babies.com		
Dundee	01382 524 366	info@bonnie-babies.com
Lollipop Children's Products Ltd. www.teamlollipop.co.uk		
Aberdeenshire	01561 361 842	lorraine_carless@yahoo.co.uk
Dundee and Tayside	01382 732 631	morven.walter@tiscali.co.uk
Fife and Edinburgh	01383 623 153	clothnappymum@yahoo.co.uk
Scottish Borders	01721 720 674	
South Lanarkshire	01357 523 230	mwilberforce@ricsonline.org
Dumfries & Galloway	01387 247 317	anna82@tesco.net
Nappies by Minki www.nappiesbyminki.co.uk		
Western Isles	01851 890 402	minki@nappiesbyminki.co.uk
Nappies Naturally www.nappiesnaturally.co.uk		
Edinburgh, Fife, Forth Valley, Perth & Kinross	01577 861 678	alison@nappiesnaturally.co.uk
Nappy Times www.nappytimes.co.uk		
Dundee, Angus, North East Fife and parts of North Perthshire	01241 855 312	info@nappytimes.co.uk
PurPur Nappies www.purpur.co.uk		
Borders	01890 860 289	vicki@purpur.co.uk
Dunbar	01368 860 292	lucy@purpur.co.uk
Edinburgh and West Lothian	01506 419 083	morag@purpur.co.uk
Forth Valley	01324 711 741	stepharbuckle@hotmail.com
Midlothian and East Lothian	0131 445 1341	sharon@purpur.co.uk
Sunshine Tots www.sunshinetots.co.uk		
Glasgow, Inverclyde and Renfrewshire	01505 874 275	corinna@sunshinetots.co.uk
The Nappy Lady www.thenappylady.co.uk		
Edinburgh and West Lothian	0131 333 4482	ally@thenappylady.co.uk
Aberdeen and Aberdeenshire	01467 633 167	laura@thenappylady.co.uk
The Natural Baby Resource www.thenaturalbabyresource.com		
Glasgow, Inverclyde and Renfrewshire	0141 561 6659	alison.haughton@ntlworld.com

NATIONAL RETAILERS

Selected branches of national retailers stock real nappies. Some of these are listed below - please contact the company to check whether your local store sells real nappies.

Asda Tel: 0500 100 055
Boots Tel: 08450 70 80 90
John Lewis Tel: 08456 049 049
Mothercare Tel: 08453 30 40 30

INTERNET & MAIL/PHONE ORDER RETAILERS

The following Scottish real nappy manufacturers sell real nappies:

Ella's House
Tel: 01955 641 358
Email: sales@ellashouse.co.uk
Website: www.ehnnappies.co.uk

Nappies by Minki
Tel: 01851 890 402
Email: minki@nappiesbyminki.co.uk
Website: www.nappiesbyminki.co.uk

Tots Bots
Tel: 0141 550 1514
Email: info@totsbots.com
Website: www.totsbots.com

For details of other retailers that sell real nappies online or by mail/phone order, please contact the Real Nappy Campaign (see contact details at the top of page 11).

SECOND-HAND SUPPLIERS & TRIAL SERVICES

Seesaw has a second-hand nappy board at its Edinburgh shop – see page 12 for details.

Women's Environmental Network (WEN) runs a Second-Hand Nappy Exchange
Tel: 020 7481 9004
Email: nappies@wen.org.uk
Website: www.wen.org.uk

The Nappy Trial Service has a range of real nappy systems for hire and ex-trial nappies and covers for purchase.

Tel: 01833 640 400
Email: nappytrialservice@btinternet.com
Website: www.nappytrialservice.co.uk
Second-hand nappies can also be purchased on the eBay website: www.ebay.co.uk

LAUNDRY SERVICES

Real nappy laundries offer weekly services in many areas that collect and deliver clean real nappies to your doorstep in a bin provided. See below for details of laundries and the areas they cover (at the time of publication).

Nappy Times
Covers Dundee, Angus, North East Fife and parts of North Perthshire
Address: Westfield, Main Street, Barry, Carnoustie, Angus, DD7 7RP
Tel: 01241 855312
Email: info@nappytimes.co.uk
Website: www.nappytimes.co.uk

Pure Nappies Laundry & Retail
Covers Edinburgh and Lothian, Glasgow, Forth Valley, Central, Fife, Perthshire, Dundee and parts of the Scottish Borders
Address: Unit 7, Block 5, Munro Road, Springkerse Industrial Estate, Stirling, FK7 7UU
Tel: 0870 803 4634
Email: info@pure-nappies.com
Website: www.pure-nappies.com

The Scottish Nappy Company
Covers the Central Belt of Scotland
Address: The Olympic Business Park, Drybridge Road, Dundonald, KA2 9BE
Tel: 0800 0155570
Email: enquiries@scottishnappy.co.uk
Website: www.scottishnappy.co.uk

REAL NAPPY NETWORKS & PROJECTS

Real nappy networks and projects offer impartial advice about buying and using real nappies. They often give talks and demonstrations to parents and parents-to-be using samples of various nappy types and lend out free trial kits.

Ardnamurchan Nappy Club

Tel: 01967 402 453

Borders Real Nappy Network

Tel: 0870 143 0929

Email: vicki.prentice@farmline.com

Website: www.brnn.co.uk

Dumfries & Galloway Real Nappy Project

Tel: 01387 260 139

Email: realnappies@dumgal.gov.uk

Website: www.dumgal.gov.uk/realnappies

Dundee Real Nappy Network

Tel: 07903 001 802

Email: lorna.ward@dundeecity.gov.uk

East Ayrshire Real Nappy Network

Tel: 01563 554 093

Email: lesley.scott@east-ayrshire.gov.uk

East Renfrewshire Real Nappy Promotion Scheme

Tel: 0141 577 3032 / 07814 685 542

Email: realnappies@eastrenfrewshire.gov.uk

Edinburgh and Lothians Real Nappy Project

Tel: 0131 538 5381

Email: realnappies@changeworks.org.uk

www.changeworks.org.uk/reusablenappies

Edinburgh Real Nappy Network

Tel: 0870 991 3236

Email: info@ernn.org.uk

Website: www.ernn.org.uk

Forth Valley Real Nappy Network

Tel: 01786 443 016

Email: helwigk@stirling.gov.uk

Grampian Real Nappy Project

Tel: 01224 774 177 / 07921 971 417

Email: nappysouth@abzforward.plus.com

Website: www.aberdeenforward.co.uk

The GRAB Trust (Group for Recycling in Argyll & Bute)

Tel: 01546 600 165

Email: info@grab.org.uk

Website: www.grab.org.uk

Highland Real Nappy Project

Tel: 0845 201 2609

Email: info@hrnp.org.uk

Website: www.hrnp.org.uk

Inverclyde Real Nappy Network

Tel: 01505 874 275

Email: corinnagregory@btinternet.com

Orkney's Real Nappy Scheme

Tel: 01856 873 535 ext. 2327

Email: gael-isola.orr@orkney.gov.uk

Website: www.orkney.gov.uk

Perth & Kinross Real Nappy Network

Tel: 01738 476 476

Email: nappies@pkc.gov.uk

Website: www.pkrnn.org.uk

Renfrewshire Real Nappy Network

Tel: 01505 874 275

Email: corinnagregory@btinternet.com

Shetland Real Nappy Network

Tel: 01595 744 800

Website: www.shetlandrealnappies.org

South Aberdeenshire Real Nappy Network

Tel: 01569 767 992

West Lothian Real Nappy Network

Tel: 0870 991 4000

Email: info@wlrnn.org.uk

Website: www.wlrnn.org.uk

West Dunbartonshire Real Nappy Project

Tel: 0845 111 0050

Website: www.west-dunbarton.gov.uk

Western Isles Real Nappy Project

Tel: 01851 709 900

Email: recycling@cne-siar.gov.uk

Website: www.cne-siar.gov.uk/recycling