



SCOTTISH EXECUTIVE

Real **h**appy babies - the benefits

Real nappies are an easy to use, cost effective and funky alternative to disposables.



For more information

- Ask your midwife, health visitor or GP for an information booklet and to have a look at sample nappies
- Call the local rate Real Nappy Helpline on **0845 850 0606** or use the online Nappy Finder service at **www.realnappycampaign.com/nappyfinder** to find real nappy retailers, laundries and incentive schemes that may be available in your area.



Reduce Reuse Recycle let's get it sorted
www.wasteawarescotland.org.uk

