

# REAL NAPPY HEALTHCARE PROFESSIONALS' PACK – CONTENTS & SUGGESTIONS FOR USE

The pack is supplied in a cloth bag and contains the following resources:

RESOURCE	SUGGESTIONS FOR USE
<b>'A guide to using Real Nappies' booklet (several copies)</b> for use by Midwives and Health Visitors.	<b>Every Midwife and Health Visitor should have a booklet</b> to use for their personal reference and for signposting when parents enquire about real nappies.  <b>N.B. 3 booklets should also be kept in the pack for use as a teaching aid with the nappy samples.</b>
<b>Sample real nappies and accessories</b> These have been labelled for ease of use when demonstrating to parents and correspond to the information in the above booklet.	The samples are a teaching aid and can be used when required, for example during ante- and postnatal classes. As the "touchy feely" experience is very effective, we encourage you to pass the samples round to parents and expectant parents.
<b>A set of A4 presentation cards in a stand-up folder</b> , which correspond to the information in the 'A guide to using Real Nappies' booklet.	To be used as a teaching aid, for example in antenatal and postnatal classes. Designed to reinforce the demonstration of the nappy samples and accessories (see above).  The folder fits together to make a lectern shape. The cards are flipped over as the presenter gives the presentation, so the audience can see the corresponding images on the other side.
<b>A4 poster (several copies)</b>	To be displayed in patient waiting areas and Maternity Wards as appropriate.
<b>Information booklets to give to all new and expectant parents</b> - you will be sent a supply of these in a separate delivery.	These information booklets support the pack. One booklet should be given to every parent-to-be and new parent. They can go out in booking-in packs. We have supplied enough booklets to give one to every expectant parent in your area until August 2007 (based on births per annum). Please let us know if you need a further supply.

## A few tips on keeping the message clear and simple when demonstrating nappy use

### There are 3 parts to a real nappy system:

1. A soft, absorbent **cloth nappy** to soak up wetness.
2. A breathable waterproof **cover (wrap)** to stop the wetness wicking into the clothes.
3. A **liner** to keep the baby's bottom drier and also catch solids.

### There are 3 (main) types of real nappies:

1. Shaped nappies.
2. All-in-one nappies (including pocket nappies).
3. Flat nappies.

**CONTACT DETAILS** – If you have any questions about the pack or the Real Nappy Campaign, please contact: **The Real Nappy Campaign Co-ordinator (Scotland)** on **01506 840665** or email: **helen.brown@wrap.org.uk**

You can also visit the Campaign website: **www.realnappycampaign.com** or call the Real Nappy Helpline on **0845 850 0606** (charged at local rate) for more information.