



# A guide to using Real Nappies Presentation

The Real Nappy Campaign in Scotland is grateful to Women's Environmental Network for permitting use of its show cards to aid the production of this presentation.



# WHAT ARE REAL NAPPIES?

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- Modern & very practical.
- Offer parents an alternative to disposables.
- Made of lightweight, fluffy fabrics.
- Can be machine washed and reused again and again.



# SOME BENEFITS OF REAL NAPPIES

- Can save you money – around £500\*, and even more if you use them for your second or third child.
- 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.

\* Women's Environmental Network (WEN) 2006.



# THE REAL NAPPY SYSTEM

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Most real nappy systems consist of:

- A soft absorbent **nappy**.
- A leak-proof, breathable **cover (wrap)**.
- A one way **liner** used inside the nappy to catch solids.  
A booster liner (booster pad) can also be used with most nappies to soak up more wetness.



# REAL NAPPY TYPES (1)

There are three main nappy types:

## 1) Shaped nappies:

- Designed to fit snugly, with elasticated legs and waist.
- Easy to fasten - no folding required.
- Used with a one way liner and a cover (wrap). A booster liner/pad can also be used to soak up more wetness if needed.

### Advantages:

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



## REAL NAPPY TYPES (2)

### 2) All-in-one nappies:

- Shaped, with the nappy and cover (wrap) in one piece.
- Used with a one way liner.
- Pocket nappies have a pouch for adding an insert 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.



## REAL NAPPY TYPES (3)

### 3) Flat nappies:

- Made of towelling or cotton. Used with a one way liner.
- Towelling nappies need to be folded to fit the baby, secured and then covered with a wrap.
- Flat nappies can also be folded to make a pad (pre-fold), which is held in place by a cover (wrap).

#### **Advantages:**

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



## COVERS (WRAPS)

- Should be used with shaped and flat nappies.
- Breathable and waterproof, to stop wetness escaping.
- Only need to be changed when soiled, not at every nappy change.
- Various sizes available; some “grow with baby”.
- Important to use the right cover for the type of nappy and tuck the nappy properly inside the cover.



# LINERS

## There are two types of liner:

- **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 flushed away. Fleece liners are washed with the nappies for reuse.
- Absorbent **booster liners (also known as booster pads)** usually made of cotton can also be used to soak up more wetness, and are easily washed with the nappies for reuse.

## Flushable one way liners



**One way liner  
to let wetness  
pass through  
and catch solids**

## Washable booster liner/pad



**Booster liner/pad  
can also be used,  
to soak up more  
wetness**

## REAL NAPPY COSTS (in 2006)

Shaped nappies:	£4.75 to £10.99 each
All-in-one nappies:	£7.90 to £14.50 each
Flat nappies:	£1.75 to £3.50 each
Covers (wraps):	£0.43 to £9.95 each
Flushable liners:	Approx £0.02 each
Washable liners:	£0.60 to £2.10 each



## WHAT WILL YOU NEED?

- Around 20 nappies (depends how often you wash them).
- Around 4 covers (wraps), depending on age of baby.
- Liners - plenty of flushable one way liners or around 25 washable fleece liners. If booster liners/pads are used, around 8 of these would be needed.
- A lidded bucket or bin for storing soiled nappies and an out-and-about waterproof bag would be handy.

**Contact the Real Nappy Campaign (see last slide) for information on where to buy real nappies.**



# WHY USE REAL NAPPIES? (1)

## Real Nappies can save you money

- Can save around £500\* by using real nappies and washing them at home.
- Take advantage of **incentive schemes** where available: some Councils provide cash back rewards, money-off vouchers, free or discounted laundry trials or free sample packs.

**Contact the Real Nappy Campaign (see last slide) to find out if there is an incentive scheme running in your area.**

\* Women's Environmental Network (WEN) 2006.



## WHY USE REAL NAPPIES? (2)

### **Real Nappies are convenient to wash and dry**

- **Home washing:**

- Follow the manufacturer's advice.
- No need to pre-soak or boil wash real nappies.
- Machine wash nappies and washable liners at 60°C and covers at 40°C.

- **Nappy laundry services:**

- For extra convenience, nappy laundries offer a weekly service in many areas that collects and delivers to your door.

**Contact the Real Nappy Campaign (see last slide) to find out about laundry services that may be available in your area.**



## WHY USE REAL NAPPIES? (3)

### **Real Nappies are easy to use and comfortable for baby**

- Soft and comfortable, with easy-to-use fastenings.
- Absorbent, and inserts or booster liners/pads can be used to soak up extra wetness if required.
- Variety of styles available to snugly fit baby, with soft elasticated sides to prevent dampness.
- Made of specially designed breathable materials, so baby is no more or less likely to get nappy rash from real nappies than disposables. With all nappies, to avoid nappy rash it is important to change them regularly and allow plenty of fresh air between each change.



## WHY USE REAL NAPPIES? (4)

### **Real Nappies mean less waste to landfill**

- Reduces 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.
- 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 it reduces absorbency.



## TOP 10 ENVIRONMENTAL TIPS (cont)

- 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.



# CONTACTS

- The **Real Nappy Campaign Helpline** and online **Nappy Finder** service provide information on real nappy retailers, incentive schemes and laundries, as well as contact details for local networks and projects offering impartial advice.

Helpline: **0845 850 0606** (charged at local rate)

Website: **[www.realnappycampaign.com/nappyfinder](http://www.realnappycampaign.com/nappyfinder)**

- Women's Environmental Network (WEN) is a source of information and advice on real nappies.

Tel: **020 7481 9004**

Website: **[www.wen.org.uk](http://www.wen.org.uk)**



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[www.wasteawareScotland.org.uk](http://www.wasteawareScotland.org.uk)

