



Reusable Nappies – A Quick ‘How To’.

There are 4 basic types of reusable nappies, which fall in to two categories.

- **One Part Nappy Systems** – may need to be put together once clean & dry but, when they’re ready to go on to baby, they go on in one piece. These include:
 - **Pocket Nappies** – waterproof outer & fleece type lining creates a pocket between the two layers. Usually supplied with the absorbent inserts (that you insert into the pocket). The inserts & outer shell come apart for washing & drying. Very easy to use, quick to dry.
 - **All-In-One** – waterproof outer, with attached absorbent material. Absorbent material may fold out to speed the drying time. Very easy to use.
- **Two Part Nappy Systems** – Comprised of an absorbent part with a separate waterproof cover. The waterproof cover can be used for up to 12 hours unless soiled, simply change the nappy inside.
 - **Flat Nappies** – Squares or rectangles of fabric, usually cotton, which can be folded into a simple rectangular absorbent pad & added to a waterproof cover. They can also be folded to fit the baby in a more traditional ‘terry square’ fashion & fastened with a clip (Nappi Nippa).
 - **Fitted (or shaped) Nappies** – These are fabric & absorbent, just as above but, they are shaped like a nappy, have elastic at the legs & waist, & fasten with velcro or poppers. Coupled with a waterproof cover/wrap, these offer the best containment.

Nappies can be made in different sizes to fit babies of different ages/weight ranges, or One Size (Birth-To-Potty). Most Birth-To-Potty nappies will fit from around 9-10lbs/4-4.5kgs to 35lbs/16kgs. They are usually adjusted by a series of poppers on the front, which helps to reduce the height (rise) of the nappy.

Dealing with Poo - Placing a disposable or washable liner inside the nappy, makes it easier to deal with your baby’s poo. Change the baby as you would usually, setting the wet/soiled nappy to one side, until Baby is dressed & settled, in a clean nappy. If Baby had done a poo in the nappy you have just removed, simply lift out the disposable liner, tie it up in a Nappy Sack & bin it. If you are using a fleece (washable) liner rather than a disposable one, remove it from the nappy & rinse it. Breastfed baby poo is very easy to rinse off, either with a shower head, into the toilet, or under a tap, followed by a little sink/bath cleaner. Once there’s a more solid poo on a fleece liner, simply stretching the liner over a toilet, will allow the poo to ‘plop off’ into the toilet to be flushed away, before you add the liner to your bucket to await wash day. Wet liners, washable or disposable can be added straight to the bucket. A good quality disposable liner will survive 1-2 washes & can then be composted/recycled.

Reusable Wipes – Another great way to save money, reduce your waste & avoid the chemicals associated with disposable wipes! Reusable wipes are rectangles (about the size of your hand) of cotton, or a similar type of material & can be simply rinsed under a warm tap & used to wipe your baby’s skin. Some people choose to make their own wipes solution.

Washing Nappies – Lining your bucket with a laundry mesh makes nappies very easy to deal with. Remove your laundry mesh, containing your nappies, from your bucket & put it into your washing machine, taking care to ensure the mesh is open enough to allow the nappies to come out in the wash. Run a cold rinse cycle to rinse the nappies out first, & then simply run your usual wash cycle, at 60c. Check your detergent packaging & use enough detergent for a heavily soiled load & the correct water hardness level. There is no need to soak your nappies prior to washing them, as modern detergents & washing machines are perfectly up to the job. The Environment Agency have confirmed that washing at 60c & air/line drying nappies, reduces your carbon footprint by up to 40%, compared to using disposable nappies. Most nappies can be tumble dried, on a low heat, although it is generally unnecessary & not ecologically or economically ideal.

Costs - You could spend as little as £200 on reusable nappies (average £300-£350), to last from birth to potty training, which can then be used with additional children. Whereas, disposable nappies can cost £800 for a Supermarket brand from birth to 2.5yrs, £1200 for a premium brand or £1500 for an Eco Disposable – all of which goes straight into the bin & could spend an indeterminable amount of time in landfill.

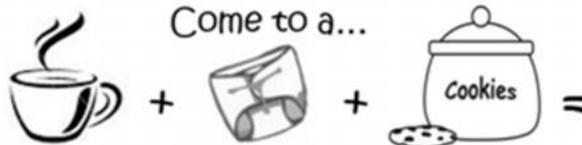
For More Information - If you would like more information, or a chance to look at & discuss the different types of nappies in more detail, contact Sarah (details below) to arrange a free, no obligation, Home Nappy Demo (based in SE London – please ask if we can travel to your part of London), or book a space at a Nappuccino Session, in Hither Green, London, SE13.

TOP TIP!!

Regardless of which types of reusable nappies you want to use, buy a couple of packs of disposables & **don't panic!** When you have a new baby, you have so many things on your plate – nappies can wait! Once you've found your feet as a family, you can start to try 1 or 2 of the reusable nappies you like & see how they work for you & your baby.

Want to know more about reusable nappies?

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