



# Ceredigion Real Nappy Project



The aim of Ceredigion County Council's Real Nappy Project is to provide you with information to enable you to make an informed choice about the nappies which are best for you.

## Your Real Nappy Pack

The aim of this pack is to show you some of the reusable, washable, "real" nappies available on the market and the reasons the Council is encouraging you to use them rather than disposables.

The advice we have received from real nappy campaigners is that no single nappy is best for everyone. "Different people have different requirements, expectations, likes, budgets – and differently shaped babies." That's why we have provided you with a pack containing three different nappies, one of each of the three main types. The aim is to show you what's available so that you are able to buy the right nappies for you.

This pack contains:

- A flat nappy & cover
- A shaped nappy & cover
- An all-in-one nappy with integral cover
- A roll of flushable liners
- A washable fleece liner

Each nappy type will offer you different benefits in terms of absorbency, speed of drying, ease of use, containment and price. We're sure that you will find the type that best suits you.

I hope that you like the nappies in this pack, if you need any more help in using them, please do not hesitate to contact me or one of the other advisors given on the back page.

*Mererid Jones*

Mererid Jones  
Waste Minimisation Assistant  
Ceredigion County Council



## Ceredigion County Council

### Did you know?

- ☺ 200 million disposable nappies are thrown away in Wales each year.
- ☺ Disposable nappies could take up to 500 years to break down
- ☺ There is a natural, easy to use alternative...
- ☺ Modern washable "real" nappies can save you money, reduce the impact on the environment and be better for your baby.

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## Why choose real nappies?



200 million disposable nappies are thrown away each year in Wales, amounting to 60,000 tonnes of waste. Most of this waste ends up in a landfill site.



Parents can save hundreds of pounds by using cotton nappies - the savings could be even greater for a second or third child.



The cost to Local Authorities of dealing with this waste is estimated to be around £1.8million.



Washing cotton nappies is easy - there's no need to boil or soak - just wash at 60 degrees in your machine.



No disposable nappy is really disposable - once they reach landfill sites they could take up to 500 years to break down.



Real nappies are comfortable for your baby. Would you prefer to wear cotton or paper underwear?



It is estimated that one baby's disposable nappy waste from its nappy years will fill 156 black rubbish bags.



A child in real nappies knows when they are wet, and so makes the connection between bladder release and a wet nappy. Real nappies can therefore help with toilet training.



A family with one baby could cut their waste in half by switching to cotton nappies.



Real nappies are often more reliable than disposables, meaning fewer leaks. Using real nappies can therefore reduce your number of washing loads.



Research shows there is no greater risk of nappy rash for babies in cotton nappies than in disposables - nappy rash can be caused by many factors, including diet and allergies



Ceredigion County Council is committed to encouraging residents to reduce their waste, to helping to protect the environment and to offering services which benefit residents. That's why it is promoting real nappies



Modern cotton nappies come in a variety of shapes and styles with Velcro and popper fittings making them easy to use

## Eco-disposables

Some disposables are produced according to the most eco-friendly principles and are unbleached. These eco-friendly nappies are therefore better for the environment than standard disposables. However from a landfill point of view, there are no advantages to any other disposable nappy and the County Council does not therefore offer incentives to residents who choose to use eco-disposables.

Other manufacturers make eco-disposables which are bio-degradable. Again this has no advantage in terms of waste production or landfill issues, unless you are happy to compost them at home.

Anything which biodegrades, either in your compost bin or in a landfill site will produce methane or carbon dioxide when it breaks down. These two gases are major contributors of global warming.

## Nappies and health

A wet real nappy is often an easy way to check that your baby is healthy and therefore provides a fast way of alerting you to any problems.

### Breathability

Real nappies and waterproof wraps are breathable, made from natural fibres and allow air flow, reducing the risk of nappy rash.

### Chemicals in disposables

Most disposables contain a layer of super-absorbent gel in the fluff pulp and it is this gel which absorbs wee. Real nappies are made from natural fibres and are free from chemicals.

### Nappy rash

According to research at Bristol University, nappy rash is not related to the type of nappy used. The frequency of nappy changing, diet and allergies can cause nappy rash.

### Scrotal Temperature

Research in 2000 suggested that disposables keep baby boy's testicles at temperatures which are higher than normal, indicating a possible link to the fall in male fertility rate.

### Public Health

A large percentage of throwaway nappy waste is human excrement. Using real nappies ensures that the nappy contents go where they should go - down the loo where they are treated in the sewerage system and not in landfill where live viruses could pose a risk to human health.

### Bulky is good

Some parents think that real nappies can look bulky. However, real nappies, particularly the old-fashioned terries, provide an additional form of protection when your toddler learns to walk. Some paediatric specialists in the USA believe that the increase in hip dysplasia and other spinal injuries is related to the lack of padding and support provided by disposables – which is getting worse and worse, as they get ever slimmer in design. Bear in mind that most toddlers will fall repeatedly on their bottom as they learn to walk, and the extra padding provided by real nappies can soften the blow considerably.



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## Nappies and the environment

- Disposable nappies contribute to the amount of waste that has to be sent for disposal at landfill. This can pose a threat to health due to the nature of the nappy contents. In addition, as the nappy contents break down they release gasses into the atmosphere which contribute to global warming. Since disposable nappies have only been available for a relatively short time, it is not yet known how long they will take to break down, but estimates vary from 200-500 years. There is also a cost implication to the Local Authority, and therefore also to residents, of collecting and disposing of this and other waste.
- Disposable nappies often end up as litter on beaches, streets and parks.
- Nappies however do not just have an environmental impact once they have been discarded, the manufacture and use of nappies (both “real” and disposable) have an impact. When we take into account the full environmental effects of manufacturing, transporting, using and finally disposing of nappies, including the use of energy, materials, water and other resources, (including the effects of laundering real nappies) real nappies are shown to have almost half the environmental impact of disposables. ([www.wasteonline.org.uk](http://www.wasteonline.org.uk))
- Using real nappies offers you the opportunity to reduce the environmental impacts of using nappies because you decide which ones to buy (organic, fair-trade and unbleached nappies are all available), you decide how often to wash them, at what temperature, what detergent to use, how to dry them and you can sell them on when you’ve finished with them.

## Basics about Real nappies

There are lots of companies making and selling washable nappies and the range available is enormous. This is great for choice but can be a bit bewildering. The following information should help you understand what's available:

The **NAPPY** provides the absorbency. It can be either **SHAPED** or **FLAT** (for you to fold as appropriate).

The **WRAP** or pant (nappy cover) is the waterproof outer, which stops clothing getting wet.

Inside the nappy, you can have a **LINER**, which is designed to catch the poo while urine passes through to the nappy. Liners can be disposable, flushable or washable. They are not theoretically essential, but make dealing with real nappies much easier.

For sleeping through the night, you might need extra absorbency for the nappy, in the form of a **BOOSTER**. Some boosters have a fleece top, so they have the liner built in. Some children need no boosting at all, while very heavy wetters might need day nappies as well as night nappies boosting.

In an **ALL IN ONE** nappy, the nappy and wrap parts are built together into one item.

A **TWO PIECE** nappy system means there is a separate nappy and wrap.

A nappy system can be either **SIZED**, in which case there will be two or maybe three sizes from birth to toilet training, or a **BIRTH TO TODDLER nappy**, in which case there is only one size of nappy, although there will normally be more sizes for the wrap.

**Flat nappies** (like terry squares) are the simplest type of nappy and can be folded in different ways to maximize absorbency. Flat nappies also include "prefolds" which have seams sewn in, making folding easier. Flat nappies are held in place by the cover but you can also use a pin or "nipa" to secure them in place, which can improve performance and reduce leaks. Flat nappies are simple in design and so cost less than other nappies, they are also quick to dry but might lack absorbency, particularly on a newborn baby. Because these nappies are held in place by the wrap, they will only ever be as effective as the wrap you use.

**Shaped nappies** are shaped to fit around the baby and usually have elasticated waist and legs to prevent leaks. They usually come with poppers or Velcro fasteners. Flat nappies and shaped nappies will need a separate waterproof **wrap**. The wraps are secured in place with Velcro or poppers. Shaped nappies are more expensive than flat nappies and often take longer to dry, but they are easy to use, absorbent and fit

well.

**All-in-one nappies**, as the name suggests, these have an absorbent nappy and waterproof cover in one. All-in-ones are easy to use but can be quite expensive and take longer to dry.

A note about the Ceredigion real nappy pack

The nappies in this pack have been chosen to give you a good idea about the types of nappy available. Each of the nappy types are available from a number of manufacturers. We have tried to select good quality nappies and have taken advice from nappy suppliers as to what to include in the pack, as well as testing many different brands and types for ourselves.

Our pack contains a sample of:

- **An all-in-one nappy**
- **A flat nappy and wrap**
- **A shaped nappy**
- **A roll of flushable liners**
- **A washable fleece liner**

The nappies in the pack are sized (but can be used as a birth to toddler nappy) and you will have been sent the size appropriate to your child based on the information you provided when you requested the pack. If for some reason, the nappies are the wrong size for your child, please contact Ceredigion County Council (contact details on back page).

# How to use your real nappies

## Flat nappy and cover

This nappy, made by Junior Joy, is simply a flat piece of cotton with sewn in seams which is held in place by the cover. The cover supplied is the Little Lamb Sized Wrap. There are several ways to fold the nappy, here is the quickest and easiest way. Other methods are further down the page.

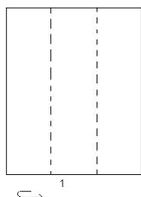


turn over about 2" of the pad so that it is the same size as the wrap. Add a liner if required.



1 Lay out the waterproof wrap.

2 Fold the flat nappy into three lengthways along the seams so that you have a pad shape and place this onto the wrap. You may need to



3 Lay the nappy and wrap (& liner) underneath the baby.

4 Bring the front of the nappy and wrap up together between the baby's legs.



5 The nappy is held in place by the wrap, which fastens with Velcro.

## Other folds for pre-folded flat nappies

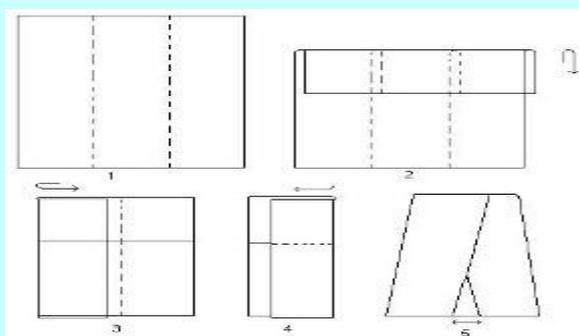
You can fold a flat nappy any way that gets it to the pad shape you like, or you find easiest. However, the centre panel of the prefold nappy is thicker than the other two panels and the nappy can therefore be folded in different ways to increase absorbency depending on whether the nappy is for a boy or a girl. Regardless of the sex of your child, go with the method that suits you best. Girls actually wee towards the front as well, so the boy version might be just as suitable for them. Pad folding instructions for boys are given below, those for girls are over the page



### The Boy Fold

Provides the bulk at the front, making it especially good on boys

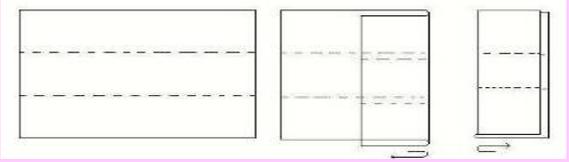
- 1 Lie the prefold in front of you with centre panel in the middle
- 2 Fold over around 2" towards you
- 3 Fold over the left hand panel of the prefold towards the right hand side
- 4 Fold over the right hand panel of the prefold towards the left hand side and tuck into the opposite fold. This keeps the pad folded shape secure.
- 5 Fan the edges so that there is a larger area of prefold under baby's bottom. Turn the whole thing over, place into wrap, and place a liner on top





## The Girl Fold

This gives a thicker section in between the legs, and so is especially suitable for girls. Folding a prefold this way means that there is no fanning of the prefold under the bottom area (as with the boy fold) so is probably better kept for heavier wetting girls, and use the boy fold for better bottom comfort with average wetter's.



## Shaped nappy and cover

The Little Lambs bamboo nappy can be used in the day but also your night time option from the kit. The size 1 contains a loose booster so that it can be removed to make it trimmer for smaller babies. It is inbuilt in the size 2 when babies need more absorbency.



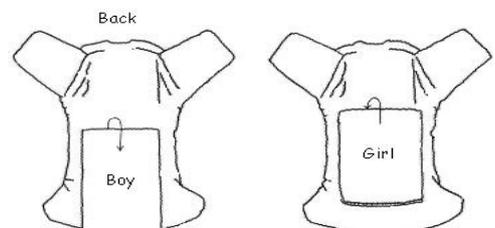
The nappies have long wings that you are able to overlap and fasten with the Aplex. This makes the nappy very good for skinny and chubby babies. There are fold back laundry tabs on the wings to prevent aplex hooks sticking to other nappies in the wash.

Little Lamb Bamboo nappies are very soft and are incredibly absorbent. Bamboo is a very environmentally friendly crop and does not require any pesticides or fertilizers, it is also extremely quick growing; it is probably one of the most sustainable crops on the planet. Bamboo is also a naturally antibacterial fabric so it is very good for sensitive skin.



You need to use a waterproof wrap over the top of this nappy. This makes the containment of this nappy superb as you have two layers of containment. This nappy, made by Little Lamb, is shaped and elasticated around the legs and waist, it fastens with Velcro and has a loose booster for increased absorbency if required. You use the Little Lambs wraps provided in the kit over this nappy.

- 1 Lay the wrap out with the nappy laid out on top.
- 2 Simply lay the booster and liner out on top of the nappy.
- 3 Pull up the nappy between baby's legs and bring over the Velcro tabs to fasten.
4. Bring the wrap up between baby's legs. Fasten the cover this doesn't have to be really snug at the legs as the inner nappy is the key part for containment.. Ensure that the entire nappy is covered by the wrap and gently tuck in any bits of booster, liner or nappy which stick out.



## Increasing absorbency

Bamboo fabric is amazingly absorbent and bamboo fabric soaks up liquid quicker than other fabrics too. This makes the nappy ideal for night time too. For night time you will need to add in an extra booster as well as the bamboo booster that comes with the nappy. You can use a muslin, the prefold nappy in the pack or the pads from the Bumgenius nappy. Lay out the wrap and nappy as in 1 above.

Fold over the booster so that it is double thickness in the middle of the nappy for a girl, or to the front for a boy, as shown. Lay the liner on top of the booster. Fasten nappy and wrap as above.

## All-in-One/Pocket Bumgenius V4 nappy

This is a birth to potty nappy that fits from approx 7-35lbs. There are three rows of poppers on the front of the nappy to adjust the length of the nappy as your baby grows. The Bumgenius nappy comes with 2 absorbent Microfibre pads which you put inside the pocket of the nappy.



The large pad has poppers on it, this pad can be folded over and fastened to make it shorter to match the length setting of the nappy. The smaller pad is ideal for newborn babies as it can be used on its own only in the first couple of weeks and this makes a very neat nappy. Later on this small pad can be used as an additional booster for a heavy wetter. If further absorbency is required you can use the prefold nappy that comes in the pack as a booster instead of the pad.

The Bumgenius is fully fleece lined so you don't have to use a paper liner, however using a paper liner does make nappy changes easier. This nappy is also suitable to use as a potty training pant.

This is made up of an absorbent microfibre cloth nappy with an integral waterproof layer. It also has an additional bamboo booster to increase absorbency for an older baby.

- 1 If required lay the booster inside the nappy and lay the whole nappy underneath the Baby.
- 2 Reduce the length of the nappy using the poppers on the body of the nappy if required.
- 3 Bring the front of the nappy up between the baby's legs. Bring round the sides and fasten the Velcro tabs at the waist.
- 4 Use the poppers on the front of the nappy to reduce the length of the nappy to fit a smaller baby if required.



## The Little Lamb wraps

This wrap is used over the Little Lamb bamboo shaped nappy and with the prefold nappy in the kit. The Little Lamb wrap is very versatile and can be used over most shaped nappies and pad folded prefolds and terry squares. The wrap can be washed up to 60 degrees and tumble dried on a low heat but not dried directly on a radiator as this can affect the waterproofing.

## Terry Squares

The cheapest and most versatile real nappy to use is the terry square. These are readily available from a number of outlets including Mothercare and Boots. Because these nappies are readily available we have decided not to include them in this pack. Please either check out *The Nappy Lady* website for folding suggestions, or contact us here at the County Council. You can use the Little Lamb wrap supplied with this pack when using terries.



Nappy nippa

The best fastening to use with a Terry Square is a Nappi Nippa.

## More about the nappies in your real nappy pack

### Econobum flat nappy

These nappies are made from 100% cotton. They consist of a simple layered rectangle of cotton, with a thicker layer in the centre. The Econobum have 4 layers of cotton in the two side panels and 8 in the thicker centre panel. Prefolds are the cheapest of the three nappy systems provided in this pack. These are suitable from birth to potty and cost around £4.



### Little Lambs Bamboo shaped nappy

Made from 5 layers of Bamboo and available in 3 sizes and cost about £10.

Size 1: 7-18lbs

Size 2: 18-35lbs

Size 3: 35lbs+



### All-In-One / Pocket Nappy— Bum-genius Version 4

Birth to potty 8-35lbs.

This is a birth to potty nappy that fits from approx 8-35lbs. There are three rows of poppers on the front of the nappy to adjust the length of the nappy as your baby grows. The Bum-genius nappy comes with 2 absorbent Microfibre pads which you put inside the pocket of the nappy. There is the main large pad which also has poppers on it, the pad can be folded over and fastened to make it shorter to match the length setting of the nappy. The smaller newborn pad can be used on its own only in the first couple of weeks and this makes a very neat nappy. Later on this small newborn pad can be used as an additional booster for a heavy wetter.





If further absorbency is required you can use the prefold nappy that comes in the pack instead. This nappy isn't suitable for night-time. The microfibre pads are very quick drying so if you have limited drying facilities a microfibre nappy will be the best choice for you. The Bum-genius is fully fleece lined so you don't have to use a paper liner, however using a paper liner does make nappy changes easier. This nappy is also suitable to use as a potty training pant and cost around £16.

## Little Lamb wraps

Little Lamb wraps are very versatile and come in white or lots of other colours. These wraps come in 3 sizes and cost around £9.

Size1: 7-20lbs

Size2: 20-35lbs

Size3: 35lbs+



The sample pack usually include white wraps, but may be exchanged for a colour wrap if requested when ordering the sample pack.

## Weighing up the costs

Real nappies should be considered as an investment, they might sound expensive to start with, but you will save money in the long term compared to buying disposables. Unlike disposable nappies, you have some control over the costs of your real nappies, you decide which type of nappy to buy, how often to wash, what temperature to use and how to dry the nappies. There are other ways to save money on real nappies

- 1 Consider using nappies from a friend or relative or buying second hand nappies.
- 2 Ask family and friends to buy real nappies as gifts when your baby arrives.
- 3 Use your sure start grant (if eligible). For more information about this social fund phone 01267 422103.
- 4 Some suppliers will offer payment deals when buying nappies so that you spread the cost.
- 5 Spread the cost yourself by buying one nappy per week until you have a full set.

## Trial packs

These offer you the chance to try out some more brands of real nappies before buying. Some companies will hire you a trial kit of nappies which you specify. You are charged the full price of the nappies as a deposit. Once you decide which is the one for you, you wash and return the nappies. If you place an order with the same company there is no charge for hiring the nappies and your deposit will be deducted in full from the cost of the nappies purchased. Otherwise you will be charged a small amount for the hire (£1/item hired) and this is deducted from the returned deposit. This service is available from *Plush Pants*, *baby Kind* and *Cuddlebabes* (see specific company details for more information)

## Hints and tips

### Eliminating leaks

Any real nappy which is the right size and fit for your child and is worn correctly should not leak.

**To reduce leaks** - when using any of the nappy systems, make sure that the **entire cotton nappy and liner** are fully enclosed in the waterproof wrap. Have a quick check all the way around the legs and waist and tuck in any bits of nappy sticking out. Otherwise moisture can wick past the wrap and leak onto clothes. If you still experience problems, please contact **The Nappy Lady** for more advice.



### Liners

We recommend that you use the disposable biodegradable liners provided in the pack. They keep your baby drier and make it easier to wash your nappies. You can use the liners with all of the three nappies.

Simply place a liner between the nappy and the baby's skin (the liner may need cutting in half lengthways so that it is the same size as the nappy). When you come to change the nappy you can simply flush the liner (and its contents) down the loo.

The liners provided in the pack are fully biodegradable and can be flushed down the loo, they can also be used with septic tanks. If you are choosing paper liners in the future, please note that many brands are not designed to be flushed and will need to be disposed of in the bin. Check the label before buying.

You can also buy fleece liners which can be sluiced in the loo to remove contents and washed with the rest of the nappies. We have included one of these in the pack for you to try.

### Essential accessories

Besides the nappies and wraps you will need a lidded bucket to store the nappies in until you are ready to wash, cloths or wipes to clean the baby, washing detergent and access to a washing machine.

There are lots of products on the market which aim to "make life easier", however many of these products are unnecessary and can add to the amount of waste we produce. To avoid creating waste, please avoid products such as disposable nappy sacks and non-flushable wipes. Try using a cloth and water to clean baby's bottom and putting it in the wash instead of buying disposables wipes.

### Boosters

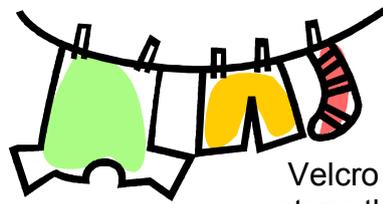
It may be necessary to increase the absorbency of the nappies, particularly if the baby is a heavy-wetter or the nappy is in place for a long time, overnight for example. Simply place the booster on top of the nappy as you would a liner.



### Out and about

There is no reason why you can't use real nappies while away from home or on holiday, just plan in advance (like you would if using disposables). Before you leave the house remember to pack nappies, wraps and wipes/cloths and a bag to bring dirty nappies home in. There is no need to buy fancy nappy sacks, an old carrier bag will cope with a wet nappy for a little while or try reusing an old drawstring bag used for cotton wool to put your wet nappy in until you get home. Reusable washable nappy bags are also available. If you are away on holiday, then you will need to think about taking your nappy bucket with you and make sure that you have access to washing facilities. Some areas of the country have nappy laundering facilities which will deliver clean laundered nappies to your door and take the dirty ones away, so you can have a holiday from washing too (this service is currently unavailable in Ceredigion)

# Caring for real nappies



The instructions below contain general care information and some which is specific to the items in this pack.

**ALWAYS REFER TO MANUFACTURERS WASHING INSTRUCTIONS BEFORE LAUNDERING**

## Before use

New nappies should be washed a couple of times before use. It will take about 5 washes before they become fully absorbent, but you can use them after a couple of washes.

## Changing baby

You should change your baby's nappy when soiled or every 3-4 hours in the day, the trial nappies may need a booster during the night time, please contact **The Nappy Lady** for more details.

## Storing soiled nappies

Soaking is not necessary or recommended. Flush away the paper liner and sluice the nappy if necessary (shake off any solids into the loo and hold the item in the flush water to rinse). Wet nappies can simply be stored in a covered bucket, this is called drypailing.

If you do wish to soak your nappies, you should only use plain water, Sanitising powders, vinegar, Nappisan, Milton, Bleach or harsh stain removers can cause considerably damage to nappy fabric and will invalidate any product guarantee.

You can use a couple of drops of tea-tree oil to the water – though do be aware that in a few, very rare cases children can be sensitive to this.

## Wraps

A used wrap will be damp but probably not soiled. There is therefore no need to wash wraps after each use, only when soiled or after about 4-6 changes or 12 hours use. After changing the nappy, simply lay the damp wrap out to air dry and reuse until washing is necessary.

Soiled wraps can be stored and washed with nappies as long as you are drypailing. Wraps must never be soaked as it will effect their waterproofing

## Detergents

Nappy manufacturers now request that non bio detergent is used. It has been found the biological detergents can degrade the bamboo fabrics. Whichever detergent you use, it is very important to use *half* the recommended dose to avoid a build up of powder in the nappies as this can affect absorbency and cause irritation.

## Fabric softeners

**BEWARE:** commercial fabric conditioner will reduce the absorbency of your nappies and should never be used

## Washing

Before washing, fasten all the

Velcro tabs on nappies, this stops the Velcro getting tangled up with the rest of the wash. Fasten covers and turn inside out to protect the print designs from wear. A hot wash cycle at 60°C will adequately cleanse nappies. Boiling your nappies may reduce the life of the nappy so is not generally recommended by manufacturers.

It is important to thoroughly rinse the nappies before drying. The Bambino Mio prefold flat nappy can be washed at 95°C but this is generally unnecessary and a 60°C wash is recommended.

The Little Lamb shaped nappy and the all-in-one nappy can be washed at 60°C maximum. The Little Lamb wraps can also be washed at 60°C, it is not however necessary to wash the wraps at 60°C and a 40°C cycle is recommended.

There is no need to wash separately from other clothes, unless soiled.

## Drying

Sunshine will deodorize, sanitize and naturally bleach nappies, so hang outdoors if possible or line dry indoors. Most nappies can also be tumble-dried. All three nappies in your real nappy pack can be tumble dried however the all in one and Little Lamb Bamboo must be tumble dried on low.

The wraps supplied in this pack should not be tumble dried, it is recommended to air dry instead. The wraps dry very easily (even in Wales) and tumble drying should not be necessary.

## Buying nappies

### How many nappies do I need ?

Heavy wetters will need more nappies and the number of nappies you need will reduce as the baby gets older. As a general rule, 15-20 nappies and 4 or 5 covers will be sufficient if washing every 2 days.

### How do I choose the right type of nappy?

- 1 Use the samples provided in this pack to get an idea of which type of nappies you like the best.
- 2 **We strongly recommend that you speak to a nappy supplier or real nappy organisation before making your final decision.** You can get some free tailored advice from the nappy lady.
- 3 If still unsure, why not borrow a few different brands from friends or buy a selection of second hand nappies to try out
- 4 You could hire a sample pack. Some companies offer a wide range of different brands of real nappies which you can hire for a couple of weeks, wash and send back in the post. (see page 12 for more details)
- 5 Please try as many different brands as possible before buying and it is best to get some advice from an expert rather than buying in the high street.

### Sizing

Some nappy brands come in several sizes, which ensures the nappy fits well at each stage of your baby's growth. Other brands are one-size-fits-all; these have the advantage that you will only need to buy one set for the whole time your baby needs nappies. The disadvantage is that they may be bulky for your new born baby and a bit tight by potty training. Sized nappies will also be good for the second or third child, whereas one sized nappies may be too worn

### Fabrics

Real nappies are made from a range of natural materials such as bamboo, cotton, wool or silk or man-made fabrics such as microfibre. There are also unbleached cotton and organic cotton nappies for the more ecologically minded.



### Wraps

The wrap is the barrier between the wet nappy and your child's clothes. It is therefore critical, because if it loses its waterproofing, you've got problems! So choose your wrap carefully, using performance and durability as your main criteria. Lots of wraps look pretty, but that does not necessarily make them a good choice.

Decide what type of wrap you need, based on the type of

nappy you have underneath - a pad folded nappy, for instance (prefolds or terries) will need a snugger-fitting wrap than a shaped or pinned nappy, because it is the wrap which is holding the nappy in place. Equally, a wrap designed to go with a specific shaped nappy will almost certainly go over pretty much any shaped nappy, because the nappy is held in place independently of the outer.

More advice is available from the Nappy lady

### Fasteners

Velcro is very easy to use, but babies soon learn how to undo the Velcro! Other fasteners include ties, poppers and "nappi nippas".

### Before you use them

When you have chosen your real nappies, it is recommended to wash them a couple of times to increase the absorbency before use, but please don't wash them all-unwashed ones can usually be returned if you realise they aren't the right ones for you after all.

### Wait until the baby arrives

**Because the size and proportions (thin leg, chubby tummy etc) of your baby will effect which nappy is the best one for you, please wait until he or she arrives before you buy real nappies.**

# Where to buy real nappies

## Local Agents

### **Ella Parkin “Bum Deal Nappies”**

Home visits available, advice and sales

☎01239 712880

☎07810808083

www.bumdealnappies.co.uk  
nelliesnappies@hotmail.co.uk

### **Charlotte Thorpe “Mamigreen”**

For sales, advice, nappy trial kits and home visits in south

Ceredigion

☎02920219248

www.mamigreen.co.uk

### **Sarah Hyde “Nappy Go Lucky”**

☎07827431613

www.nappygolucky.co.uk

sales@nappygolucky.co.uk

### **Kate Lewis “Nappy Central”**

Home visits available, advice and sales

☎01559 360942

www.nappycentral.co.uk

## Local stores

**Treehouse tlc**, 3 Eastgate, Aberystwyth

☎01970 625116.

www.treehousewales.co.uk

**Mothercare** available in larger stores or by mail order. Visit [www.mothercare.com](http://www.mothercare.com) for more details

**Boots the chemists** available in larger stores or by mail. Visit [www.boots.com](http://www.boots.com) for more information

## Mail order - suppliers of various brands

### **Babykind**

☎0845 0942275

www.babykind.co.uk

### **Cuddlebabes**

☎01430 425257

www.cuddlebabes.co.uk

### **Easy Peasy Nappies**

☎01235 529632

www.easypeasynappies.co.uk

### **Green Jelly**

☎0845 2698521

www.greenjellyshop.co.uk

### **Lollipop Children's Products**

☎01736 791452

www.teamlollipop.co.uk

### **Plush Pants**

☎01865 408040

www.plushpants.co.uk

### **Soft Bots**

☎07914216438

www.softbots.co.uk

### **Terry Nappies**

☎01865 408040

www.terrynappies.co.uk

### **Twinkle Twinkle**

☎0118 9695550

www.twinkleontheweb.co.uk

## Mail order - suppliers of single brand

### **Bambino-mio**

☎01604 883777

www.uk.bambinomio.com/uk

### **Close Parent**

☎01992554045

www.closeparent.com

### **Little Green Earthlets**

☎0845 0724462

☎01435811555

www.earthlets.co.uk

### **Nature Babies**

☎01509889502

www.naturebabies.co.uk

### **Perfectly Happy People**

☎08448264188

www.thebabycatalogue.com

### **Tots Bots**

☎0141 7787486

www.totsbots.com

✉hello@totsbots.com

## **Don't panic!**

If you have any problems with using your real nappies please don't give up.

If the nappies leak there is good reason for it, you probably have the wrong sized nappies.

Nappies work less effectively with newborn children so if you experience problems in the first few weeks, try again in a couple of weeks.

You are reducing the amount of waste produced in Ceredigion and helping the environment every time you use a real nappy, so even if you can't use them all of the time, please don't chastise yourself.

If you have problems, there are lots of dedicated real nappy users available to help you, please pick up the phone and get some advice. More details on the back page.

# More help and advice



## Ceredigion County Council

☎01545 572572 e-mail: [hpw@ceredigion.gov.uk](mailto:hpw@ceredigion.gov.uk)  
[www.ceredigion.gov.uk](http://www.ceredigion.gov.uk)

## The Nappy Lady

☎0845 652 6532  
[www.thenappylady.co.uk](http://www.thenappylady.co.uk)  
E-mail: [info@thenappylady.co.uk](mailto:info@thenappylady.co.uk)

## Sustainable Wales Real Nappy Campaign

[www.realnappies-wales.org.uk](http://www.realnappies-wales.org.uk)

## The Women's Environmental Network

☎02074 819004 [www.wen.org.uk](http://www.wen.org.uk)

## This pack was supplied by The Nappy Lady

**The Nappy Lady** offers a free advice service to help make your cloth nappy choice a success. If you have any questions about how to launder the items in this pack, or have any problems in using them, please contact:

### **The Nappy Lady.**

Wendy Richards, PO BOX 632, Farnham, GU9 1HP

E-mail: [info@thenappylady.co.uk](mailto:info@thenappylady.co.uk)

[www.thenappylady.co.uk](http://www.thenappylady.co.uk)



### Videos available online too

<http://www.youtube.com/user/thenappylady>

**The performance of these nappies should be at least equal to disposable nappies – if not, there is something which needs to be resolved, so please get in touch!**

The Ceredigion Real Nappy Pack is provided by Ceredigion County Council to residents in the county.

The project is funded by the Welsh Government.

The project is in association with the Sustainable Wales Real Nappy Project.



This booklet is also available in Welsh, Please call Ceredigion County Council for further details

Printed on 100% recycled paper

January 2012

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