



# Real Nappy Case Studies - Ceredigion





# Real Nappies...

make changing time a bit more fun.

**Name of Parents: Rebecca & Peter Jones**

**Name of Baby: Dewi**

**1. Did you receive a Real Nappy Trial Pack from Ceredigion County Council?**

Yes, the nappy trial pack was extremely useful as it supplied a few different types and styles of nappies, we tested them out and then decided which nappies worked best for us and purchased more online. We chose the birth to potty all in ones – as they were quick to dry after washing and very straightforward to use, so our relatives wouldn't have any trouble changing nappies either.

**2. How long have you been using real Nappies?**

We started using real nappies exclusively from when our son was around 6 weeks old (around 10lbs) – when the birth to potty type nappies fitted him a little better, so we've been using them around 15 months now.

**3. Why do you use them?**

I'm quite mindful about the impact we have on the environment. I remember seeing a picture of the number of disposables a baby uses in a year compared to around 20 reusable nappies. This image has stayed with me and also as it takes around 500 years for a disposable nappy to breakdown, I feel better for not adding to the problem.

I'm also saving money as I don't purchase nappies on a weekly basis, and the nappies that I have got now can always be used on any future babies I may have.

**4. What do you like best about using them?**

I love all the special prints you can get, Dewi is quite fond of his dinosaur print nappies (makes nappy changing time a little bit more fun for both of us).

My son has sensitive skin and I feel that the less chemicals on his skin the better. I've noticed that from wearing his cloth nappies he is less likely to get aggravated skin and sore rashes too.

**5. How do you clean them?**

We have a nappy bucket that I store the dirty nappies and every few days I do a nappy wash. I use the same non-bio wash as I do with our normal clothes, except only use about half the recommended amount and use no fabric conditioner – as this can affect the absorbency of the nappy. If the nappies are just wet nappies I put them on a 40° wash, but for soiled nappies, I just tip the poo in the loo and I put them on a 60° wash. When the wash has finished I just hang them up to dry. The nappies that I tend to use on a daily basis are quick to dry, which is handy especially in the winter when I have to hang them up indoors.

## 6. How much money do you save (in comparison to buying disposables)?



I spent around £300 for my set of nappies (including the bucket for dry pailing, the reusable wet wipes for use at home and wet bags while out and about) and we also received some free samples from Ceredigion County Council.

In 2½ years it is estimated that parents will spend about £1300 on disposable nappies for one child, so just by taking the nappies into account I should save around £1000 by the time my son is 2 ½ - but as we also use reusable wipes at home the saving is even more. In the future if I do have any more children I can use the same nappies for them – therefore saving a further £1300 for each child.

## 7. How easy are they to use?

Real nappies are so easy to use, our birth to potty nappies fit a baby from around 10lbs to potty training and are exactly the same to use as a disposable as they are just one piece, are the same style and fasten the same way but with Velcro, the only difference is that I just put them in the nappy bin ready to wash rather than the bin (after tipping any poo down the loo). When its wash day I just tip the nappies into the washing machine. Just one extra load of washing for me!

## 8. Any tips to encourage other parents?

Give it a go, reusable nappies have changed so much in recent years. There are so many fun prints, my son enjoys changing his nappy now as he can choose which print or colour nappy he wants to wear, I also involve him in hanging up the nappies to dry after they've been washed and then putting them neatly away when they're dry.

When learning to walk Dewi had plenty of padding on his bum for his little falls! Much softer landing!

For me I've enjoyed using the nappies, but also feel like I'm doing my part for the environment too.





# Real Nappies...

are very absorbent and last overnight.

**Name of Parents: Vicki and Sean**

**Name of Baby: Charlotte (3 ½) and Freyja (20 months)**

**1. Did you receive a Real Nappy Trial Pack from Ceredigion County Council?**

Yes, for Charlotte in 2012.

**2. How long have you been using real Nappies?**

Since Charlotte was 7 months old in April 2012

**3. Why do you use them?**

They are much better for the environment, my bin doesn't smell of poo, they look much nicer, they feel much nicer and they are much better than disposable nappies!

**4. What do you like best about using them?**

They are very absorbent they last for 12 hours overnight, when I was lucky enough to have a child that slept that long, which is more than I can say about any disposable nappy I tried.

**5. How do you clean them?**

I put them dry into a bucket, within a mesh bag, and then wash every other day. I put the nappies on a cold rinse first to avoid any stains setting in and then I either was on a 60 degree wash, or if just wet nappies I will wash on a 40 degree wash. I use a powder called Rocking green which is designed with nappies in mind. Although Rocking green is expensive it lasts a few months.

**6. How much money do you save (in comparison to buying disposables)?**

I'm not sure how much money I save. The initial outlay for the nappies can be expensive but there are lots of reasonably priced nappies to start you off and then you can purchase one or two a week/month to build up your stash. The good thing is that I don't need to pay out weekly for disposables as most of the nappies I have now are ones that I bought when my eldest was in nappies.

**7. How easy are they to use?**

They work in the same way as a disposable. They are shaped like a disposable and have Velcro tabs. They are easy to put on and they are often adjustable so you don't need to buy a different size when your baby grows, you just alter the position of the poppers. Once the nappy has been used you put it in the nappy bucket ready to be washed.

## 8. Any tips to encourage other parents?



Washable nappies are much better than disposables. They look much nicer and are much nicer against your baby's skin. I use fleece liners that take the wetness away from baby.

My youngest gets less nappy rash than my eldest did when she wore disposables and they are much more breathable than disposables which are made out of plastic.

The nappies are easy to clean and contain even the biggest poo. The elastic at the back and around the legs prevents leakage up the back and out the sides.

Even though you might spend a bit of money to get some nappies to start once you have a stash then you don't need to keep buying more and don't need to factor nappies into your weekly budget!

There are lots of stores online that do nappies for those on a budget as well as custom made nappies where you can choose your design.

We're always being told that we need to think of the planet as it is our children's future and re-usable nappies is a good start. Most of the nappies that were around in the early 1980's are still out at sea as the plastic that is used takes so long to break down.

If you are planning on having more children then you will save even more as re-useable nappies are made to last and can be used on more than one child, they also have a good resale value if you choose to sell them on.

I also use re-useable wipes which make nappy changes much easier, I don't need to separate disposable wipes from washable nappies and everything goes into the machine together. Re-useable wipes are like little flannels which do a much better job of removing the poo than a disposable wipe which tends to just smear the poo around.





# Real Nappies...

are better for the environment and  
better for the child.

**Name of Parents: John Callow**

**Name of Babies: Camony, Willow, Maude and Wyn**

**1. Did you receive a Real Nappy Trial Pack from Ceredigion County Council?**

No.

**2. How long have you been using real Nappies?**

For 20 years although I've not had to change a nappy for the last 3 years as our youngest and last is out of nappies, so in actual time 4 children around 2½ to 3 years in nappies that adds up to 9 to 12 years of changing them!

**3. Why did you use them?**

Better for the environment, better for the child and they save lots of money. People would be shocked if all the nappies a child used were gathered together and given back to them, worse still they don't degrade so that baby could also still have those nappies back when they are 50 years old.

**4. What did you like best about using them?**

Terry nappies are simple and very adaptable; one size folded differently fits from birth to toddling. There are no chemicals in them, apart from what you use to wash them, just have a look at disposable nappies, (although they aren't disposable) and the water absorbing gel, the toxic smell would you want your baby near that.

**5. How did you clean them?**

We always had a nappy bin, so solid bits down the loo then leave them in a bucket of water and some nappy solution. Then after 24 hours soaking or a full bucket put on a hot wash with normal everyday washing powder. Then just dry them like any other clothes, have to say it is a lovely sight a washing line of clean nappies.

**6. How much money do you save (in comparison to buying disposables)?**

Don't know but must be hundreds as the Terry's have done all 4 children and sat in the loft for grandchildren. We had to replace plastic wraps as they fell apart but that is under £20 per child. However I think cost should not just be seen as individual but more in cost of landfill and how much it costs to manage the disposal of these so called disposable things.



### **7. How easy are they to use?**

Very, once you learn to fold them then that is all you need to know. The best improvement is no need to use nappy pins as the plastic grips save any risk of stabbing yourself or baby.

### **8. Any tips to encourage other parents?**

Give it a go and anything you do is better than nothing. Occasionally giving yourself less to carry, or going on holiday, then using disposable nappies might be easier. However my experience has always been positive and other people are very supportive.

Buy slightly larger trousers and clothes as modern baby clothes are no longer designed for the slightly bulkier cloth nappy but hopefully with more people using cloth nappies this will change. Good luck.





# Real Nappies...

help to toilet train children quicker.

**Name of Parents: Mr John and Mrs Lynda Williams**

**Name of Baby: Emily Rose (born 2002), Charlie (born 2004) and Ollie Williams (born 2011)**

**1. Did you receive a Real Nappy Trial Pack from Ceredigion County Council?**

Not with the first child, but I did with the last two children.

**2. How long have you been using real Nappies?**

Since 2002.

**3. Why do you use them?**

Disposable nappies are non-biodegradable and expensive to purchase.

**4. What do you like best about using them?**

The benefit to the environment, the cost saving and using real nappies, in my experience, helps to toilet train children quicker as they can actually feel when they are wet.

**5. How do you clean them?**

I used biodegradable, flushable liners which enables you to flush them straight down the toilet. I then put the used nappies in a nappy bucket then washed them in the machine. I liked to dry them on a clothes horse but you can put them in the tumble dryer if you wish (unless they have an integral waterproof liner which will deteriorate in the dryer).

**6. How much money do you save (in comparison to buying disposables)?**

I worked out that I spent about £180.00 on buying the actual nappies. I used the same nappies for all 3 children which adds up to an enormous cost saving compared with disposables! The only extras were a nappy bucket (a few pounds), which again, I used for all 3 children and the cost of the flushable liners which were about £3 a roll.

**7. How easy are they to use?**

I found them very easy to use. I bought terry squares as I personally preferred them, mainly due to the fact that you can make them any size you wish. It helped as my first 2 children were born quite small (6lbs 1oz and 6lbs 9oz) so you could just fold them to fit. I bought 2 different sizes and then used the smaller size terry square as additional padding when they moved up to the larger size squares. I would pre-fold the terry squares as they came out of the wash so that they were ready to use at any time. I also supplemented with the shaped nappies that came in the CCC pack as well as some that I had been given. I used a waterproof liner over the top.

## 8. Any tips to encourage other parents?

Just give it a go! You have got nothing to lose and you (and the environment) have everything to gain. They cost a lot less and you will be able to toilet train your children a lot easier. Mine were all out of nappies (day and night) by 2½ years old. Using real nappies is far more acceptable nowadays and almost every nursery / childcare centre will happily use them on your child. Plus when you are done you can pass them onto someone else and they can also benefit.





# Real Nappies...

look so much more comfortable  
than disposables.

**Name of Parents: Gemma and Jon Griffiths**

**Name of Baby: Frederick-James**

**1. Did you receive a Real Nappy Trial Pack from Ceredigion County Council?**

We didn't order the trail pack but we did have a leaflet with some information. I already knew a few mums that had used real nappies or were using them, so I went to them for advice.

**2. How long have you been using real Nappies?**

We started out using them just a couple of days a week from about three months. Once we got used to them and found a method that worked for us, we switched to using them every day (around five months). Freddie is now eight months and is getting on great.

**3. Why do you use them?**

Our main incentive was to save money whilst I was on maternity leave, but the fact that it's better for the environment was also a big factor.

**4. What do you like best about using them?**

To me they look so much more comfortable than disposable nappies. When Freddie was little some of them could be a little bulky but he was still able to roll over and wriggle around.

**5. How do you clean them?**

We have a waterproof bag that dirty nappies go into, then that bag gets tipped out into the washing machine every day and a half, or so. We now use fleece liners rather than flushable ones as we found Freddie used to get nappy rash with the disposable ones. The nappies dry really quickly and the liners come out of the machine already dry. Great for a quick turn around!

**6. How much money do you save (in comparison to buying disposables)?**

We still use disposable nappies over night but that means one pack will last us a month, so you can always buy them on offer. Most of our real nappies were passed on to us from a friend, who no longer needed them, so all we bought was a couple of extra waterproof covers and liners. I recently found some all-in-one nappies in Morrisons, which I added to our collection, they are Bambino Mio and so easy to use, all you need is the liner. In total we probably spent £35 on them and with more babies planned we'll save hundreds of pounds.

## 7. How easy are they to use?

I love using them, the only bit that can be a little awkward is the liners, as you have to go into the bathroom to clean out and flush them. Now I just leave the cleaning up until Freddie is dressed again and I have put him back in his cot. Problem solved.

## 8. Any tips to encourage other parents?

I've loved using real nappies and am looking forward to summer in them, Freddie won't be so hot with less plastic and synthetics on his bum and will look super cute crawling around with the cute and funky designs. If you're buying from scratch, I'd buy one of a few different types and see which one you get on best with before stocking up! There's more advice that you can have online, the best option is to find a friend who uses them or to try a couple out and decide for yourself.





# Real Nappies...

stay soft and comfortable.

**Name of Parents: Ben and Emma Sampson**

**Name of Babies: Oscar and Polly**

**1. Did you receive a Real Nappy Trial Pack from Ceredigion County Council?**

Yes.

**2. How long have you been using real Nappies?**

From birth until starting potty training (about 3 years), using disposables occasionally.

**3. Why do you use them?**

Environmental concerns, minimising waste, saving money.

**4. What do you like best about using them?**

Easy, saving money and no landfill!

**5. How do you clean them?**

Washing machine on 60° cycle.

**6. How much money do you save (in comparison to buying disposables)?**

Not sure of exact cost of using disposables either, but at an estimated 50p per day and an estimated 900 days in nappies per child, this gives a total of £900. There will be extra money spent on washing of course, around 3 washes per week, but we didn't tumble dry. We spent around £200 on nappies and wraps and were able to use the same set on both children, so will have saved several hundred pounds overall. We did occasionally use disposables for convenience, such as when on long trips away – no dirty nappies to lug around.

**7. How easy are they to use?**

Really easy. We used Tots Bots Fluffles which are made of fleece and shaped and fasten with a nappy nipper, then a waterproof wrap over the outside. They were totally adjustable so were suitable from birth to potty training, but we then moved to pull ups that the children could manage themselves. The nappies stayed soft and comfortable for both children and we were able to pass them on to a friend once we had finished with them.

**8. Any tips to encourage other parents?**

If drying is an issue, I would really recommend the fleece nappies, they dry really quickly, cotton and bamboo can take a long time without a tumble drier.

# Real Nappies...

cut down on waste and save money.



**Name of Parents: Kate and Lawrence Martin**

**Name of Baby: Ellen**

**1. Did you receive a Real Nappy Trial Pack from Ceredigion County Council?**

Yes.

**2. How long have you been using real Nappies?**

Seven weeks.

**3. Why do you use them?**

Because we have a baby. And we want to cut down on waste, save money, and we like the feel of them better. We think they work best at keeping what should be kept where it should be kept.

**4. What do you like best about using them?**

Convenience (if you have a good laundry routine in place). They're soft too. And no cost (but we never used disposables anyway so aren't aware of the weekly costs of those).

**5. How do you clean them?**

Stored in a (dry) bucket, then washed on a long wash with an extra rinse in the washing machine. On the washing line to dry or above the Rayburn. Sometimes a few minutes in the tumble drier to finish off.

**6. How much money do you save (in comparison to buying disposables)?**

We wouldn't know (don't know the cost of disposables). But we spend washing costs and initial purchase price.

**7. How easy are they to use?**

Very, if you have a good laundry routine.

**8. Any tips to encourage other parents?**

Try it. We certainly wouldn't want to use disposables in their place.



# Real Nappies...

## ensure my children remained chemical free

**Name of Parents: Chris Richards + Jade Wright**

**Name of Baby: Eden + Niall**

**1. Did you receive a Real Nappy Trial Pack from Ceredigion County Council?**

Yes with both children

**2. How long have you been using real Nappies?**

3 years

**3. Why do you use them?**

Because my daughter couldn't wear disposables and trying to ensure my children remained chemical free.

**4. What do you like best about using them?**

No nasty's and good for the environment.

**5. How do you clean them?**

Washing machine using *Eco Egg*.

**6. How much money do you save (in comparison to buying disposables)?**

About £10 a week compared with using disposable nappies.

**7. How easy are they to use?**

Very Easy.

**8. Any tips to encourage other parents?**

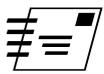
Try it, we did with the thought that I would hate them but didn't! Research, research, research on pros and cons of both you will soon change your mind.



If you would like to take part  
in the Real Nappy Case Study  
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