

## Real Nappies

The real nappy campaign is one of a number ways that you can do your bit to reduce the amount of waste produced in your home.

### Nappy Facts:

- Each day the UK disposes of approximately eight million disposable nappies in landfill sites.
- We dispose of approximately three billion per year.
- That is the same weight as almost 70,000 double-decker buses.
- By choosing real nappies you could reduce your household rubbish by half.
- Disposable nappies make up about 2.6% of the average household rubbish per year.
- One disposable nappy can take between 200 – 500 years to decompose fully.
- By using real nappies parents can save up to half the cost on disposable nappies for one baby, more if they use them again on another baby.

### How practical are real nappies?

Real nappies have improved a lot over recent years and are now so much easier to use. There are over 30 different types and patterns available. New designs fit snugly and nappy pins have been replaced with Velcro fastenings, poppers and plastic grips for quick and easy fastening!

The nappies are made of lightweight, fluffy materials and are easily washed and dried.

Using real nappies does not have to be an all or nothing option. Perhaps you could use disposables when travelling or when it is impractical to use the real nappies.



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### What are the choices with real nappies?

Apart from the many different colours and designs now available there are three main styles also available:

- All-in-ones: A cotton inner permanently attached to a waterproof cover fastened with Velcro. The whole nappy can be washed and tumble dried.
- Two-part shaped: A piece of cotton cut and sewn to fit the baby snugly, usually fastened with Velcro, a waterproof cover fits over this. The cover does not need to be washed every nappy change.
- Two-part flat: A square of cotton is folded to fit inside a waterproof cover. The cover does not need to be washed every nappy change. Pre folds, muslins, terry squares and stuffable/pocket nappies fall into this category.

### What do I need to get started?

- All you need is nappies, liners and wraps.
- The nappy is the absorbent part; you will need about 25-30 of these.
- The inner liner catches solids and helps keep moisture away from the baby's skin; these can be made of paper so that they can be flushed away, alternatively a reusable, flat cotton washable pad is available. The outer wrap or cover is the fun part with the range of patterns and colours. The wrap sizes alter as your baby grows. Initially you will need about three wraps.

### Is my baby more at risk from nappy rash?

Your baby is no more or less likely to get nappy rash from real nappies than they would from wearing disposables. Frequent changing is the key to avoiding this.

### Do real nappies leak more than disposables?

This is not necessarily the case. It is important to ensure that the baby is wearing the right nappy size. You can buy booster pads to increase absorbency if needed.

### Where in Northern Ireland can I buy real nappies?

There are a number of retailers who will sell real nappies, check with your local nursery store or mothercare, alternatively you can look up the internet and purchase online.

### Useful links:

[www.realnappycampaign.com](http://www.realnappycampaign.com)  
[www.cuddlebabes.co.uk](http://www.cuddlebabes.co.uk)  
[www.wen.org.uk/nappies](http://www.wen.org.uk/nappies)  
[www.bloomingbabies.com](http://www.bloomingbabies.com)  
[www.kittikins.co.uk](http://www.kittikins.co.uk)