

A GUIDE FOR USING REUSABLE NAPPIES

**Make the switch - reduce your baby's
nappy waste and save up to £1,000**



What are reusable nappies?

Reusable nappies, also known as 'real nappies' or 'cloth nappies' are modern, washable nappies that can be used again and again; removing the need for single-use, disposable nappies, and the related waste.

This guide will explain the benefits of using reusable nappies and provide some information about the different types of reusable nappies available.

Why choose to reusable nappies?

There are many benefits to reusable nappies. Whether you use them full or part time, you'll be...



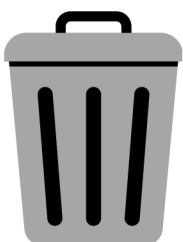
Saving money

Save £500+ over 2.5 years when used with one baby and even more if used for another child!



Helping the planet

Producing 25% less carbon emissions (and even more when using preloved reusable nappies).



Creating less waste

8,000,000 disposable nappies are thrown away every day in the UK!



Kinder to baby's skin

Made from natural or synthetic materials, reusable nappies are free from chemicals.

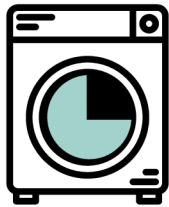
Washing guide

It's easier than you might think! Here's our simple 5-step guide:



Step 1

Store used nappies in a bucket or wet bag for 2-3 days before washing. No need to soak



Step 2

Load the machine 3/4 full



Step 3

Run a cold rinse or quick wash without any detergent



Step 4

Run a full wash at 40 to 60° using a powered detergent



Step 5

To maintain nappy absorbency and for a lower environmental impact, air dry on the line or airer

Different types of reusable nappy

Like jeans or shoes, each style of nappy offers a different fit. Some will work better for your baby than others, so it's worth trying a few styles.

Nappy Sizes

Nappies called 'birth-to-potty' offer a 'one size' fit, where you use the attached poppers or Velcro to adjust the fit to suit your baby. These usually fit until your baby is out of nappies (around 3 years).

There are also different sizes of reusable nappy available, which also tend to be adjustable to fit for several months as your baby grows:

Size 1: Newborn to 15-18lbs

Size 2: 3-18 months

Size 3: Toddler 1.5-3 years

All in One Nappies



A single piece nappy with a built in waterproof wrap and absorbent inner layer.

Options of poppers or Velcro to fasten it.

Can be quick to change, but takes longer to dry and can be more expensive than other types.

Good for day-time use and childcare settings.

Pocket Nappies



These have a waterproof outer wrap with a 'pocket' sewn to the inside. Cloth 'booster pads' (which absorbs the wee) are put in the pocket.

This option can be quick-drying (depending on material of the boosters) and can be adapted to suit your baby's needs by adding more pads as they grow.

Good for day or night as additional boosters can be added for more absorbency overnight.

Two Part Nappies



These nappies come in two separate parts - an outer waterproof wrap and an inner absorbent nappy. Both the nappy and wrap are fitted using Velcro or popper fastenings. The outer wraps are quick drying and don't need changing each time, so it is recommended to have one wrap for every three inner nappies. They can be an economic option. Good for night time use as are often more absorbent than other types.

Prefold or flat nappies



Pre fold nappies are another two-part option. Instead of having a fitted/shaped inner nappy, you use rectangular material which is folded into a pad shape. This goes inside a waterproof outer wrap. The prefolds are very versatile as can be folded in different ways to suit each baby. They cost the least and can be quick drying.

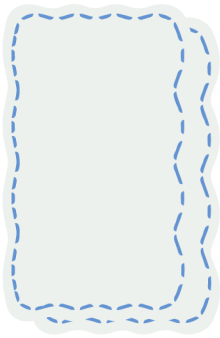
Fabric types

Reusable nappies are made from different types of fabric. The most common are: bamboo, hemp, cotton or microfibre, or a combination of these fibres.

- • • Bamboo and hemp are the most absorbent but take longer to dry.
- • Cotton is very versatile for both absorbency and drying.
- Microfibre is synthetic. It dries quickest but means more frequent changes.

Accessories

Boosters



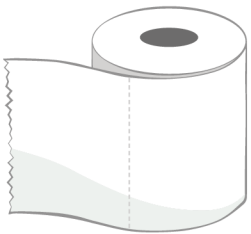
Additional layer added to your nappy for greater capacity to hold wee. Choose from cotton, bamboo or microfibre.

Reusable wipes



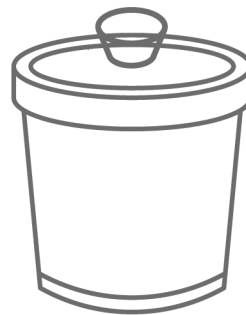
Cloth squares for use instead of wet wipes. Just dip in water and wipe. Easy to use, value for money, no chemicals, no waste, and very effective!

Paper liners



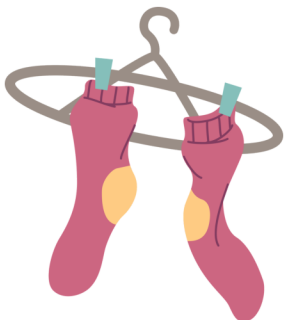
Thin disposable layer placed next to your baby's skin to keep nappies cleaner and bottoms dryer.

Nappy bucket



Use to store used nappies and wipes until wash day. No need to soak nappies. Lid helps contain odours.

Sock hanger



Useful for drying nappies, wipes and boosters in a small space. Hang near an open window for quicker drying.

Vest extender



Useful item to help clothing to fit over the extra bulk of a reusable nappy. Attach to the poppers of a babygrow.

Top Tips

- Pre-wash your nappies by putting in a standard wash 2-3 times. This increases the absorbency by loosening the fibres.
- Start small - just pick up a reusable nappy and try it.
- Expect to change reusables every 2-3 hours. They will be saturated on the inside - that's what happens!
- Reusable nappies can take a while to get the hang of. Seek support from a nappy library. They offer dedicated events to help with reusable nappies. Find your nearest one: <https://nappynetwork.co.uk/>
- Avoid fabric conditioner - it reduces nappy absorbency.
- Go at your own pace; use them at home to start with.
- You can still use disposables! A mix of both nappies will help to save money and reduce your carbon footprint.





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