

Real Nappy Fact-sheet

What are Real Nappies?

Real Nappies are reusable washable cotton nappies, they come in a variety of sizes, shapes and styles to suit all babies bottoms.



Types of nappies.

One size

These nappies fit from birth to potty training, 7.5lb - 35lb approx. The most economical nappy choice. Boosters can be added to increase absorbency

Sized

These nappies generally come in two sizes 8lb -18lb and 18lb-35lb These can be a more expensive option as you will need to buy two lots of nappies to fit your baby from birth to potty training. Boosters can be added.

Pocket

These nappies have waterproof outer and a fleece inner which makes the pocket. Allowing absorbent inserts to be stuffed inside to the required absorbency. Fleece wicks away wetness from the skin, and are quick to dry.

Flat Nappies

A more traditional nappy, generally a terry material that needs folding.

All-in-ones

These nappies have the absorbent material and outer cover combined. This makes it as convenient as a disposable. The down side is that they take longer to dry as they cannot be separated and they are more expensive per nappy.

Wrap/covers

The wrap is the outer waterproof cover; these make sure the nappy doesn't leak. Wraps usually can come in different colours and designs.

Choosing the right nappy.

There are lots of different styles and makes of real nappies around so it can be confusing choosing the right option for you.

Various factors may influence which nappy suits you and your baby such as if you have a girl or boy, if you prefer velcro or poppers, the washing instructions, price etc.

The best idea is to shop around and maybe try a few styles before you make a bulk purchase. There are also lots of organisations that can give you advice, demonstrations and in some cases loan the nappies to try out.

Benefits of Real Nappies.

Save Money

If you use real nappies you will only need 20-30 real nappies. The total cost of using real nappies can be half that of using disposables, saving as much as £500, further savings can be made by using the nappies on a second or third child.

Real nappies cost on average £7 - £15 each. You can get a full set of real nappies cost between £140 - £300.

Reduce Waste

Disposable nappies make up 4% of household waste, in one year alone the average baby can fill 12 wheelie bins with just disposable nappies.

Disposable nappies have a real impact on the environment as they are sent to landfill and can take up to 500 years to degrade. In Leeds there are over 8000 births per year that equates to over 5000 tonnes of nappy waste.

An average baby needs changing 4000-6000 times, that's a lot of nappies if you use disposables. Real nappies are reusable so will help to reduce your household waste.

Looking after your real nappies .

Storage

Place the dirty nappy in a lidded nappy bucket. Nappies can be left in the bucket for up to 48 hours before washing without soaking.

Washing

Real nappies can easily be washed at home in the washing machine. A cycle of 40°C will effectively clean the nappies. No need to boil wash, as this reduces the life of the nappy. The use of fabric conditioner is not recommended as coats the material and effects the absorbency. All nappies come with their own care instructions.

Drying

The nappies can be hung out to dry on the washing line. The sunshine deodorises, sanitises and naturally bleaches the nappy.

If your in a rush or its rainy day most nappies can be tumble dried or placed on a radiator, or clothes horse.



Laundry Services.

If you want to use real nappies but don't want to do the washing there are companies that provide a nappy laundering service. They usually provide a clean batch of nappies on a weekly basis and collect the dirty nappies from your home to be laundered.

For more information visit www.leeds.gov.uk/nappy