

A guide to using Real Nappies



ACKNOWLEDGEMENTS

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- Women's Environmental Network, the Highland Real Nappy Project and Bromley's Real Nappy Campaign for allowing their publications to be used to aid the development of this Healthcare Professionals' Pack;
- Cambridgeshire and Peterborough Real Nappy Network and Orkney Islands Council for kindly permitting use of material from their publications;
- The Nappy Lady for providing a link to the nappy folding instructions on its website.

This booklet provides healthcare professionals, parents and parents-to-be with information about using real nappies.



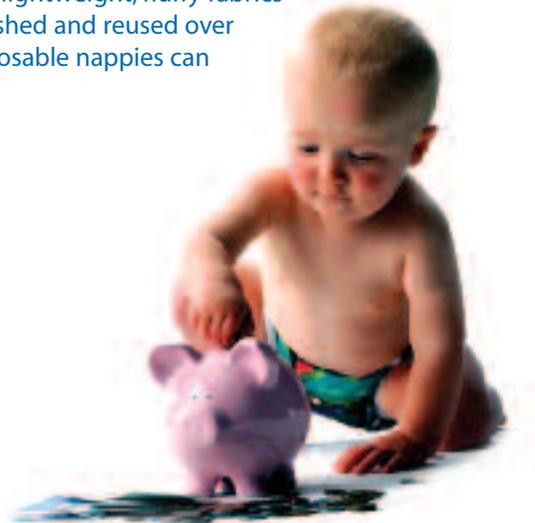
Zero Waste Scotland is the new programme created by the Scottish Government to support delivery of its Zero Waste Plan. Keep Scotland Beautiful is an operating name of Environmental Campaigns (Scotland). Scottish Charity Number SC030332.

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WHAT ARE REAL NAPPIES?

Modern real nappies are very practical and offer parents and parents-to-be an alternative to disposable nappies.

Real nappies are made of lightweight, fluffy fabrics which can be machine washed and reused over and over again, while disposable nappies can only be used once.



Benefits of using real nappies include:

- Can save you money - around £500*
- Convenient to wash and dry
- Easy to use and comfortable for baby
- Reduces your household waste, which goes to landfill sites
- Available in a variety of styles, materials and sizes - there is one to suit every pocket and lifestyle

This booklet is part of the Real Nappy Campaign in Scotland's Healthcare Professionals' Pack, which provides healthcare professionals, parents and parents-to-be with information about using real nappies. Samples of each of the main nappy types and accessories are included within the Pack. Parents and parents-to-be can ask their midwife or health visitor to see these samples. Most National Childbirth Trust antenatal teachers also have samples please visit www.nct.org.uk to find your nearest.

* Women's Environmental Network (WEN).

REAL NAPPY TYPES

Most real nappy systems consist of a soft, absorbent **nappy**, which is covered by a leak-proof, breathable **cover** (also known as a **wrap**). A one way **liner** is placed inside the nappy to catch solids. A booster liner (booster pad) can also be used with most nappies to soak up more wetness.

There are three main types of real nappies:

Shaped nappies

Shaped nappies are designed to fit the baby snugly and need no folding. They have elasticated legs and waist, and fasten with Velcro®, poppers, grips (Nappi Nippas) and even ties. They require a one way liner and a cover (wrap). Some shaped nappies can be used from birth to toddler and adjusted to fit as baby grows.



Advantages:

- Easy to put on
- Shaped to fit around legs
- Easy to wash and dry

Shaped nappy



One way liner to catch solids

Leak-proof breathable cover (wrap)

All-in-one nappies

All-in-one nappies are shaped, with the nappy and leak-proof cover (wrap) all in one piece. They should be used with a one way liner. **Pocket nappies** are a type of all-in-one, which have a pouch for adding an insert, such as a folded flat nappy or pre-fold pad (see below), to soak up the wetness.



Advantages:

- Easy to put on
- Adaptable, as you can add an insert in a pocket nappy to soak up the wetness
- Removing inserts when washing and drying pocket nappies saves drying time

Flat nappies

Flat nappies made of towelling are versatile and can be folded to make a variety of shapes (depending on boy or girl). Please refer to the manufacturer's instructions on folding or see the 'Practical Nappy Tips' section on The Nappy Lady website at:

www.thenappylady.co.uk/public/advice.aspx

These shapes are secured with a plastic grip called a Nappi Nippa or a safety pin, and covered with a wrap.

Flat nappies made of towelling or cotton can be folded to make a pad (pre-fold), which is held in place by a cover (wrap). An example is shown on page 7. Cotton pre-folds are commonly used by nappy laundry services - see pages 9 and 14 for details. A one way liner should be used with flat nappies.



Advantages:

- Low cost option
- Versatile - towelling nappies can be folded to make a variety of shapes
- Quick to dry after washing

Nappy Costs

Shaped nappies	All-in-one nappies	Flat nappies
£5.75 to £11.95 each	£6.75 to £17.99 each	£0.97 to £2.33 each

Covers (wraps)

Covers (also called wraps) need to be used with shaped and flat nappies to ensure a snug fit and stop wetness escaping onto clothes. Modern covers are available in a wide range of waterproof and breathable fabrics, with soft edges and easy-to-use fastenings, such as Velcro® and poppers.

Covers do not normally need to be changed at every nappy change unless they are soiled. It is important to use the right cover for the type of nappy and tuck the nappy properly inside the cover to prevent dampness. Some brands come in various sizes, while others "grow with baby" so that only one purchase is necessary.



Liners

There are two types of liners:

One way liners

One way liners are used to catch solids. They are placed inside the nappy (on top of the booster liner/pad, if used). The one way liner allows wetness to pass through, so the nappy can absorb it which keeps the baby's bottom drier.

Flushable liners, made of paper, can be lifted out of the nappy and flushed away when soiled (as long as the packet states they are biodegradable).

Liners made of fleece can also be used to catch solids. You can buy these or make them yourself from a piece of fleece. When soiled, they should be rinsed into the toilet, before being machine washed with the nappies for reuse.

Booster liners/pads

Absorbent booster liners (also known as booster pads) usually made of cotton can also be used inside the nappy to soak up more wetness, for example on long car journeys or overnight. They are easily washed with the nappies for reuse.

Flushable one way liners Washable booster liner/pad



Cover and Liner Costs

Covers (wraps)	Flushable Liners	Washable Liners
£5.99 to £10.50 each	£0.01 to £0.04 each	£0.60 to £3.33 each

WHAT DO YOU NEED TO GET STARTED?

If you are going to use real nappies most or all of the time, you will need:

- Around 20 nappies - this depends on how often you wash them. New babies generally need 6 to 8 nappy changes daily, while fewer changes are needed as babies get older.
- Around 4 covers (wraps), depending on age of baby.
- Liners - plenty of flushable one way liners (a perforated roll of 200 lasts for around a month) or around 25 washable fleece liners. If booster liners/pads are used, around 8 of these would be needed.



In addition, a lidded bucket or bin for storing soiled nappies and an out-and-about waterproof bag for clean and used nappies would be handy.

See the contacts list at the back of this booklet for details of your local real nappy retailers, consultants and advisors and trial services. There is a growing market for second-hand nappies and suppliers of these are also listed.

WHY

WHY USE REAL NAPPIES?

Real Nappies can save you money

You can save around £500* by using real nappies and washing them at home. And you can save even more if you use them for your second or third child or buy them second-hand. Some real nappies have a good resale value.

The total cost of using real nappies can be half that of using disposables. If washing your nappies at home, a one-off payment is needed to buy the supply of nappies.

A 2006 study* has estimated costs from birth to potty for real and disposable nappies as:

- Buying real nappies and washing them at home costs from £182.50 to £359
- Buying disposable nappies costs from £615.16 to £922.74*

These costs are based on nappies being used over two and a half years. They are average costs and depend on the type of nappy used and how often disposable nappies are changed. Visit www.wen.org.uk for full details of the study and the assumptions made.

Using a real nappy laundry service (see pages 9 and 14) is another option in many areas and typically costs around £6 - £11 per week.

Incentive schemes

In addition to these savings, some local authorities offer incentives such as cash back rewards, vouchers for the purchase of real nappies, free or discounted laundry trials or free sample packs of nappies.

To find out if there is an incentive scheme in your area visit www.wasteawareScotland.org.uk or call the **Real Nappy Campaign Helpline (Go Real)** on **0845 850 0606** (calls charged at local rate).

* Women's Environmental Network (WEN) 2006.

Real Nappies are convenient to wash and dry

Home washing

Please follow the manufacturer's advice on storing and washing nappies. Pre-soaking is not required with modern real nappies, although you may wish to soak them if they are heavily soiled. There is no need to boil wash real nappies; they can be washed easily at home in a 60°C washing machine cycle along with washable liners.

Brand new nappies should be washed several times before use, as this will increase their absorbency. Covers should be washed at 40°C where possible to protect their waterproof fabrics. If inserts are used, these should be removed from the nappy before washing both parts.

Choose from the quicker drying fabrics if you have concerns about drying time.

Nappy laundry services

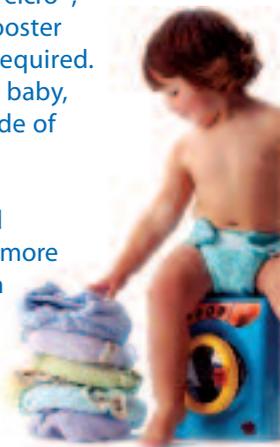
For extra convenience, nappy laundries offer a weekly service in many areas that collects used nappies from your doorstep in a bin supplied and provides a fresh supply of clean nappies, laundered to the thermal disinfection standards used in hospitals.

See the **contacts** on page 14 for details of nappy laundry services that may operate in your area.

Real Nappies are easy to use and comfortable for baby

Real nappies are soft and comfortable, and come in various colours and patterns with easy-to-use fastenings (e.g. Velcro®, poppers, grips). They are absorbent, and inserts or booster liners/pads can be used to soak up extra wetness if required. There are a variety of styles available to fit snugly to baby, with soft elasticated sides to prevent dampness, made of a range of fabrics including organic cotton.

Modern real nappies are made of specially designed breathable materials. This means that your baby is no more or less likely to get nappy rash from real nappies than from disposable nappies. With all nappies, to avoid nappy rash it is important to change them regularly and allow plenty of fresh air between each change.



Real Nappies mean less waste to landfill

Using real nappies will reduce your household waste, which goes to landfill sites. Reducing your waste saves the Earth's natural resources, saves energy and reduces the risk of global warming. It also reduces waste disposal costs, which fall on Local Authorities and Council Tax payers.

Top 10 Environmental Tips

There are lots of things you can do to help protect the environment when using real nappies:

- Do not boil wash - machine wash nappies and washable liners at 60°C.
- Machine wash covers (wraps) at 40°C.
- When purchasing laundry appliances, choose ones with a good energy rating to reduce energy and water consumption.
- Minimise tumble drying - line dry or use an airer.
- Don't use fabric conditioner - it is unnecessary and reduces absorbency.
- Use eco-friendly washing powders.
- Use organic and non-bleached products.
- Don't iron nappies.
- Use real nappies for more than one child.
- It is also possible to buy second-hand real nappies.



The Real Nappy Campaign in Scotland

This booklet has been produced by the Real Nappy Campaign in Scotland. The campaign in Scotland is delivered by Zero Waste Scotland in partnership with the Community Recycling Network for Scotland (CRNS). It is funded by the Scottish Government and has the support of Local Authorities throughout Scotland.

CONTACT DETAILS

To find out more about real nappies and related services (retailers, laundries, incentive schemes, networks/projects) that are available in your area visit www.wasteawarescotland.org.uk or call the **Real Nappy Campaign Helpline (Go Real) 0845 850 0606** (charged at local rate).

Women's Environmental Network (WEN) is a UK-wide charity that has been a leading player in the real nappy movement since 1988 and through its real nappy project works to raise awareness about the environmental impact of nappies and to ensure that parents have a fair choice. It runs a real nappy exchange (see Second-Hand Suppliers & Trial Services on page 14), and is a source of information and advice. Tel: **020 7481 9004**; Website: www.wen.org.uk

REAL NAPPY RETAILERS

You can buy real nappies from local retailers or from local consultants/advisors who can offer advice on choosing and using real nappies, often in your own home. Real nappies are available from selected branches of national retailers and a variety of Internet and mail/phone order retailers and can also be bought second-hand.

LOCAL RETAILERS

Local retailers that stock real nappies include:

Borders

Pride and Joy

3 Beaumont Street, Kelso, TD5 7JH
Tel: 01573 228 888

The Baby Shop

45-47 North Bridge Street,
Hawick, TD9 9PX
Tel: 01450 375 122

Dumfries & Galloway

Kid-Nap

67-69 Queensbury Street,
Dumfries, DG1 1BH
Tel: 01387 265 019

Fife

Little Peas

Castleblair Works,
Castleblair Lane
Dunfermline KY12 9DP
Tel: 01383 738 866
www.littlepeas.co.uk

Forth Valley

Peek a Boo

15 Bank Street, Falkirk, FK1 1NB

Stirling Pram Centre

42-44 Forth Street, Stirling, FK8 1UF
Tel: 01786 472 392

Grampian

Cherubs Baby Shop

22E Bridge Street, Banchory, AB31 5SX
Tel: 01330 825 522

Matheson Stores

3 Batchen Street, Elgin, IV30 1BH
Tel: 01343 542 349

Wisemans of Peterhead

40-44 Broad Street, Peterhead, AB42 1BX
Tel: 01779 479 334

Highland

Nursery Needs

9 Lamington Street, Tain, IV19 1AA
Tel: 01862 894411

Baby Dayz

3 Tulloch Street, Dingwall
Tel: 01349 862 333

Lothian

Earth Matters

67 High Street, North Berwick, EH39 4HG
Tel: 01620 895 401

Musselburgh Pram Centre

35 High Street, Musselburgh, EH21 7AD
Tel: 0131 665 2530
www.pramcentre.co.uk

Orkney Islands

John Scott & Miller Ltd.

15-19 Bridge Street, Kirkwall,
Orkney, KW15 1HR
Tel: 01856 873 146

Kiddi Winkles

17 Broad Street, Kirkwall,
Orkney, KW15 1DH
Tel: 01856 877788

Shetland Islands

Anderson & Company

60 Commercial Street,
Lerwick, ZE1 0BD
Tel: 01595 693 714

Cee and Jays

5 Commercial Road, Lerwick
Tel: 01595 639025

Helen Perry

Tel: 01595 890332
email: hperry40@aol.com

Jacqui Abernethy

Tel: 01595 810820
email: jacqui.mouat@ukonline.co.uk

Strathclyde

Carridges

Unit 7, New Cross Centre, Lamb Street,
Hamilton, ML3 8AH
Tel: 01698 458 080
www.carridges.co.uk

Cowans

61-69 Templehill, Troon,
Ayrshire, KA10 6BQ
Tel: 01292 311 211

Glasgow Pram Centre

25-29 McFarlane Street,
Glasgow, G4 0TL
Tel: 0141 552 3998

The Baby's Castle

13-15 Alloway Street, Ayr, KA7 1SP
Tel: 01292 262 003
sales@thebabycastle.co.uk

Tayside

Baby Bears

260 High Street, Perth
Tel: 01738 621913
info@babybears.org.uk

Jamesfield Organic Centre

Abernethy, Perth
Tel: 01738 850498
www.jamesfieldfarm.co.uk

Just4Baby.co.uk

7 Princes Street, Dundee, DD4 6AS
Tel: 01382 452 769

Kenmar

10-12 St Johns Street, Perth, PH1 5SP
Tel: 01738 629 476
www.kenmarkids.co.uk

The Nappy Pin

13-17 Commercial Street,
Dundee, DD1 3DG
Tel: 01382 221 181

The Nappy Pin

71-75 Gray Street, Broughty Ferry,
Dundee, DD5 2AU
Tel: 01382 477 944

REAL NAPPY CONSULTANTS & ADVISORS

You can also buy nappies from real nappy consultants and advisors, who offer advice on choosing and using real nappies, often in your own home. Some local contacts and the areas they cover are listed below. If there is no consultant/advisor listed in your area, please contact the Real Nappy Campaign for further information (see details at the top of page 11).

COMPANY & AREAS COVERED BY LOCAL CONTACTS	TELEPHONE	EMAIL ADDRESS
Team Lollipop www.teamlollipop.co.uk	01736 799 512	orders@teamlollipop.co.uk
Nationwide Babykind Agents	0845 094 2275	contact@babykind.co.uk
Sunshine Tots www.sunshinetots.co.uk	Glasgow, Inverclyde and Renfrewshire	01505 874 275 corinna@sunshinetots.co.uk
The Nappy Lady www.thenappylady.co.uk		info@thenappylady.co.uk
Clothnappymum www.clothnappymum.co.uk		clothnappymum@yahoo.co.uk
Fife	01383 623153 07849 337236	



We recognise that preparing to have a new baby may be an expensive time for parents and parents-to-be. You may like to take advantage of our new **Real Nappy Saving Scheme**. Just like saving for a new pram or cot, it gives you the peace of mind to save up at a pace that suits you and your family for the real nappies you want. (The sooner you start using real nappies on your baby, the more money you'll save compared to disposable nappies!). To find out if you have a **Real Nappy Saving Scheme** in your area, please visit: www.wasteawarescotland.org.uk

NATIONAL RETAILERS

Selected branches of national retailers stock real nappies. Some of these are listed below - please contact the company to check whether your local store sells real nappies.

Scottish Manufacturers

- Ella's House** Tel: 01955 641 358
www.ehnappies.co.uk
- Nappies by Minki** Tel: 01851 870662
www.nappiesbyminki.co.uk
- Nappy Makers** Tel: 0141 416 5540
www.nappymakers.com
- Tots Bots** Tel: 0141 778 7486
www.totsbots.com

National Retailers

- Asda** Tel: 0500 100 055
www.asda.co.uk
- Boots** Tel: 08450 70 80 90
www.boots.com
- Mothercare** Tel: 08453 30 40 30
www.mothercare.com
- Tesco** Tel: 0845 7225533
www.tesco.com
- Toys R Us** www.toysrus.co.uk

REAL NAPPY SECOND-HAND SUPPLIERS AND DISCUSSION FORUMS

- Good Green Fun CIC**
Unit 31 Stirling Enterprise Park,
Stirling, FK7 7RP
Tel: 01786 849216
Email: helen@goodgreenfun.co.uk
Website: www.goodgreenfun.co.uk
- The Nappy Trial Service** has a range of real nappy systems for hire and ex-trial nappies and covers for purchase.
Tel: 01833 640 400
Email: nappytrialservice@btinternet.com
Website: www.nappytrialservice.co.uk

Cloth Nappy Review
www.clothnappyreview.blogspot.com

Mumsnet
www.mumsnet.com

Net Mums
www.netmums.com

Parents Lounge
www.parentslounge.co.uk

The Nappy Site
www.thenappysite.co.uk

Used Nappies
www.usednappies.co.uk

LAUNDRY SERVICES

Laundry services offer weekly collections in many areas and deliver clean real nappies to your doorstep.

The Nappy Laundry Company
Covers Aberdeen, South Aberdeenshire, North Angus and surrounding areas.
Address: 73 Lily Loch Road, Stonehaven, Aberdeenshire, AB39 2WB
Tel: 01569 767342
Website: info@thenappylaundry.com

The Nappy Company Ltd
The Nappy Company Ltd covers the central belt of Scotland.
Address: Unit 44 Burnhouse Industrial Estate, Whitburn, Bathgate, Westlothian, EH47 0LQ Tel: 0800 567 7090
Email: enquiries@nappycompany.com
Website: www.nappycompany.com

REAL NAPPY NETWORKS & PROJECTS

Real nappy networks and projects offer impartial advice about buying and using real nappies. They often give talks and demonstrations to parents and parents-to-be using samples of various nappy types, starter packs and lending kits.

Ardnamurchan Nappy Club
Tel: 01967 402 453

Argyll & Bute Real Nappy Network (The GRAB Trust)
Tel: 01631 569188
Email: caroline.askew@argyll-bute.gov.uk
Website: www.grab.org.uk

Borders Real Nappy Network
Tel: 0870 143 0929
Email: info@brnn.co.uk
Website: www.brnn.co.uk

Dumfries & Galloway Real Nappy Project
Tel: 01387 260 139
Email: realnappies@dumgal.gov.uk
Website: www.dumgal.gov.uk/realnappies

Dundee Real Nappy Network
Tel: 07590 227155
Email: real.nappies@dundeecity.gov.uk

East Ayrshire Real Nappy Network
Tel: 01563 554 093
Email: lesley.scott@east-ayrshire.gov.uk

East Renfrewshire Real Nappy Promotion Scheme
Tel: 0141 577 3032
Email: realnappies@eastrenfrewshire.gov.uk

Edinburgh and Lothians Real Nappy Project
Tel: 0131 555 4010
Email: realnappies@changeworks.org.uk
Website: www.changeworks.org.uk

Fife Real Nappy Network
Tel: 0845 094 6243
Email: info@frnn.org.uk
Website: www.frnn.org.uk

Forth Valley Real Nappy Network
Tel: 01786 449215
Email: kelly@forthenvironmentlink.org
Website: www.forthenvironmentlink.org

Glasgow Real Nappy Network
Tel: 0141 416 5540
Email: info@grnn.co.uk
Website: www.grnn.co.uk

Grampian Real Nappy Project
Tel: 01224 560360
Email: info@abzforward.plus.com
Website: www.aberdeenforward.org

Highland Real Nappy Project
Tel: 0845 201 2609
Email: info@hrnp.org.uk
Website: www.hrnp.org.uk

Inverclyde Real Nappy Network
Tel: 01475 715902
Email: margaret.heron2@inverclyde.gov.uk

Orkney's Real Nappy Scheme
Tel: 01856 873 535 ext. 2315
Email: maria.cuthbertson@orkney.gov.uk
Website: www.orkney.gov.uk

Perth & Kinross Real Nappy Network
Tel: 01738 476 476
Email: nappies@pkc.gov.uk
Website: www.pkrnn.org.uk

Shetland Real Nappy Network
Tel: 01595 744 800
Email: anona.hughson@shetland.gov.uk
Website: www.shetlandrealnappies.org

West Dunbartonshire Real Nappy Project
Tel: 0845 111 0050
Website: www.west-dunbarton.gov.uk

Western Isles Real Nappy Project
Tel: 01851 709 900
Email: recycling@cne-siar.gov.uk
Website: www.cne-siar.gov.uk/recycling

The Wise Group
Tel: 0141 314 1450 Email: community_education@thewisegroup.co.uk