

Your guide to Real Nappies in Hertfordshire

Save up to
£500



Colourful
designs



Easy
to use



£50
reward



WasteAware
Hertfordshire Partnership
Reduce Reuse Recycle Recover



What are real nappies?

Otherwise known as cloth nappies these are nappies that can be washed and reused. They are easy to use and very similar to disposables, plus they come in exciting patterns, fabrics and colours!

Why choose real nappies?

There are lots of benefits to using real nappies:

Kinder to baby - there are no chemicals or oils involved, just the natural absorbency of the material.

Money saving - by using real nappies you can save up to £500 per child compared to constantly buying disposables.

Good for the environment - a baby will go through approximately 5,000 nappy changes before they are potty trained. If using disposables that's 5000 nappies sent to landfill.



Costs

Costing between £5 - £20 each, using real nappies equates to under 10p per use from birth to potty (and even less if they are used for more than one child) compared to around 15-25p per nappy for disposables.

As a thank you for reducing the amount of waste produced, the Hertfordshire Waste Partnership offers a financial reward of up to £50 for residents who use real nappies. **See back page for application form.**



Real nappy types

Essentially there are two different types of cloth nappy:

All-in-ones

These are most similar to disposables. They have a waterproof outer layer, absorbent middle layer and wicking fleece next to the baby's skin. They are shaped like disposables and are very easy to use.



Two-part

Like the name suggests these comprise of two parts: the waterproof wrap and a separate soft nappy inside, also shaped like disposables.



Cheaper options include:

Flat nappies

Sometimes referred to as 'terry' nappies or towelling. These are flat pieces of material which can be folded into shape to create a nappy the 'old-fashioned way' with a separate waterproof wrap placed over the top.



Prefolds

Consist of a flat piece of "prefolded" material stitched into three panels which sits within a separate waterproof wrap.

Liners

You use liners to catch the poo! Disposable liners that simply flush or can be thrown away are bought on a roll. This means that the main nappy itself isn't as dirty as you may think when it goes in your washing machine. There's also the option to use washable liners that can be reused.



Washing

New babies create a lot of washing whether you use real nappies or not! The good news is that real nappies are easy to wash and don't require any boiling or soaking.

- As with new towels it's best to pre-wash new nappies a few times before use (without any detergent) to build up their absorbency.
- Store nappies to be washed in a lidded bucket or waterproof nappy bag. A drop of tea tree oil will keep the contents smelling fresh until wash day - every 2-3 days.
- Nappies are usually washed at 60C (wraps go in with your other laundry).
- Only half the amount of non-bio is needed per wash, as any detergent build up reduces absorbency.
- Don't use fabric conditioner as it also reduces absorbency.
 - Line dry where possible.

Materials

Real nappies are available in different fibres:

- **Cotton:** soft and absorbent
- **Bamboo or hemp:** very absorbent, great for night nappies and for 'boosters'
- **Microfibre:** dries quickly, so you need fewer of them
- **Fleece:** used for the lining to wick away liquid from baby's skin

With a two-part system, the wrap is a waterproof plastic.

Sizes

Some real nappies are available in different sizes. These offer a good fit as your child grows and are very durable - perfect for use on more than one child. Sizes are generally:

Size 1: 6-20lbs

Size 2: 16-35lbs

Size 3: 35lbs +



Alternatively, 'birth to potty' nappies are a single size, designed to fit most babies through to potty training by adjusting poppers on the front. Fewer nappies are needed overall so it is a less expensive option, but they can be bulky when your baby is tiny.





Frequently Asked Questions

Can I use real nappies on a new born?

Yes - real nappies can be used from birth and are also available in premature sizes. You can start using real nappies at any stage.

What if my baby has sensitive skin?

Real nappies are a great option as they are so gentle on skin. There are no chemicals or oils, only the cloth fibre of the nappy.

Do real nappies leak more than disposables?

If it does, it may mean you need a different size, in the same way as disposables, but the first thing to check is whether the wrap is covering all of the cloth or if it is too loose around the leg holes. As your baby gets older, or at night, you may need to use a booster for additional absorption.

Is there support available to help me with real nappies?

There are several 'nappy libraries' in Hertfordshire that can offer you advice and support plus many friendly online forums of cloth-using mums to answer your questions. Real nappy sellers also offer fabulous guidance on their websites and are happy to answer questions on the phone.

How do real nappies affect potty training?

Often, parents who use real nappies say they can lead to potty training earlier as children identify when they are wet.

Do babies who wear cloth nappies get nappy rash?

Changing the nappy regularly is more important in keeping nappy rash away than the type of nappy you use. A baby in real nappies is no more likely to develop nappy rash than a baby in disposables.

Are real nappies compatible with nursery or other child care arrangements?

Yes! Many childcare facilities use real nappies. Some may not be used to them so might need a demonstration.

Do I need to use real nappies all the time?

It might not be convenient to use real nappies all the time, particularly if you're going on holiday. If you use real nappies, you can still use disposables every so often.





What will I need?

Item	Number required	Indication of Costs	Description / Notes
Nappies	15-24	£5 - £20 each.	Actual number depends on how often you wash and drying method.
Waterproof wraps/covers	At least 4	Around £6 -£12 each.	Not needed if you are using all-in-ones. If using sized nappies, you'll need 4 in each size.
Liners (washable or flushable)	At least 12 washable liners (2-part nappy) Approx 1 roll per month flushable liners	Washable liners are often supplied with the nappy. Flushable paper liners cost around £3 for 100 (around a month's supply)	Washable liners are generally made of fleece and are washed with the rest of the nappy. All-in-one nappies have the fleece layer built-in so a separate liner is not needed.
Optional extras			
Booster pads and inserts	At least 15	Often supplied with the nappy.	Bamboo is a great material for boosting as it is highly absorbent.
Nappy bucket (or a bin with a lid)	1 or 2	£10 - £16, but a basic lidded bucket works well and will be cheaper.	For putting used nappies in before being washed. The lid helps contain odours. Nappies don't need soaking.
Nappy mesh bag	2	From £4.50 each	These are put inside a nappy bucket to allow you to avoid handling nappies on wash day.
Nappy wet bag	1	From £8 up to about £20 for the 2-pocket 'wet and dry' bags	Sealable, waterproof bags handy whilst out and about.
Washable wipes	At least 20	Around £25 for a set, including a plastic box.	Material which can be used instead of disposable baby wipes and are washed with the nappies.

Our Reward Scheme

As a thank you for diverting waste from landfill, anyone that uses real nappies can claim up to £50 reward. Please see application form overleaf.

Alternatively, if you've never used real nappies and would like to give them a go we have a free starter kit available in partnership with Close and TotsBots.

Please note:
colours
may vary.



The kit worth over £100 contains: five all-in-one cloth nappies, one night nappy and wrap, one booster and one roll of disposable liners. To order the kit please fill out the form overleaf.



Contact us

For more detailed information about real nappies including where to buy them and the nappy library service please visit our website.



www.wasteaware.org.uk/realnappies



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Application form for £50 reward or real nappy starter kit



Fill out your contact details, select which option you are applying for and return this form along with any enclosed certificates/receipt to the recycling department of your local council (to find their address see the 'contact us' page of our website www.wasteaware.org.uk).

Name:

Address:

..... Postcode:

Email:

Tel no: Date:

How did you find out about this reward scheme?

Please tick which option you are applying for:

Real nappy reward

If you live in Hertfordshire and have a child under two in real nappies or use a nappy laundering scheme you can claim back up to £50. Fill in your bank details* below to receive the reward straight into your account and enclose a receipt of your nappy purchase or use of laundering service plus a copy of your child's birth certificate or MATB1 certificate*.

Bank name:

Branch address: Postcode:

Sort Code: Account no:

Name of account holder:

Real nappy starter kit

If you would like to receive the nappy starter kit please fill in your contact details at the top of the page and enclose a copy of your child's birth certificate or a MATB1 certificate.

Please note, our starter kit is suitable for babies 8lb and above. If you are planning to use real nappies on a smaller baby please let us know and we can provide a selection of smaller nappies in your kit.

* Birth certificate copies and bank details will be destroyed after verification. Information supplied may be recorded electronically and/or manually in accordance with the Data Protection Act 1998 and any subsequent legislation. Your data will only be used to ensure compliance with terms of this offer.

WasteAware may contact you from time to time with further information regarding real nappies. Please tick this box if you do not wish to receive this information.

