

## Washing cloth nappies

Use your washing machine with normal washing powders to wash cloth nappies. Wash at no more than 60°C, you may well find that washing at 40°C is adequate for you. Do not use fabric conditioner as this will reduce the absorbency of the nappy. Line dry whenever possible.



## Top Tips:

- Invest in a nappy bucket to store dirty nappies before washing. Add a few drops of tea tree oil or lavender oil to keep the contents smelling fresh.
- Use washable or flushable liners. These are used inside the nappy and allow any solid waste to be easily removed from the nappy during a nappy change. Flushable liners can be flushed away down the toilet with any solid waste.

## Frequently Asked Questions

### How many nappies will I need?

You will need up to 24 cloth nappies - much better than 5,000 disposable nappies! The actual number needed will depend on the type of nappy, how often they are used and your washing routine.

### Do cloth nappies cause nappy rash?

Nappy rash is usually caused by not changing any kind of nappy frequently enough, teething, weaning or the baby being sick. As long as cloth nappies are changed regularly there should not be an increase in nappy rash.

### Can I use them at night?

Yes, cloth nappies can be used at night. Booster pads can be used inside the nappy to increase absorbency.

### Do they leak?

Cloth nappies do not leak any more than disposables. If you are using a nappy system with a separate waterproof outer, ensure the absorbent part is tucked inside the waterproof wrap.

### Is there a laundry service that will wash cloth nappies for me?

There are a few nappy laundry services covering Somerset. See further information for details.

## Where do I get them?

Washable cloth nappies can be bought from many outlets including baby equipment stores, health food shops and larger pharmacies. There are numerous sites on the internet which both sell nappies and offer advice. Second hand washable nappies can often be bought online or through adverts in local papers.

## Further information

### Somerset Waste Partnership

- 📄 [www.somersetwaste.gov.uk](http://www.somersetwaste.gov.uk)
- ✉ [enquiries@somersetwaste.gov.uk](mailto:enquiries@somersetwaste.gov.uk)
- ☎ 01823 625700

Somerset Councils' website providing information on cloth nappies.

### Somerset Waste Action Programme

- 📄 [www.somersetwaste.gov.uk/pages/education.asp](http://www.somersetwaste.gov.uk/pages/education.asp)
- ✉ [rf.swap@carymoor.org.uk](mailto:rf.swap@carymoor.org.uk)
- ☎ 01963 351350

Somerset's waste education team provides free visits to antenatal and postnatal groups.

### Go Real Campaign

- 📄 [www.goreal.org.uk](http://www.goreal.org.uk)
- ✉ [advice@goreal.org.uk](mailto:advice@goreal.org.uk)
- ☎ 0845 850 0606

National information service providing advice on washable cloth nappies.

### The Nappy Lady

- 📄 [www.thenappylady.co.uk](http://www.thenappylady.co.uk)
- ✉ [info@thenappylady.co.uk](mailto:info@thenappylady.co.uk)

Unbiased advice on choosing and using nappy systems.

### Lollipop Children's Products Ltd

- 📄 [www.teamlollipop.co.uk](http://www.teamlollipop.co.uk)
- ✉ [info@teamlollipop.co.uk](mailto:info@teamlollipop.co.uk)
- ☎ 01736 799512

Network of local advisors offering unbiased advice.

### Dinky Diapers

- 📄 [www.dinkydiapers.co.uk](http://www.dinkydiapers.co.uk)
- ✉ [info@southwalesnappies.co.uk](mailto:info@southwalesnappies.co.uk)
- ☎ 0117 986 6167

Independent nappy laundry expanding into the Frome area.



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# Washable Nappies

Cloth nappies will:  
Save you money  
Reduce waste  
Help our environment



## What are cloth nappies?

Washable cloth nappies are made from natural materials such as cotton, bamboo and hemp and also from man-made fabric such as fleece.

Washable cloth nappies are:

- Soft, absorbent and comfortable for your child.
- Designed to be washed in the washing machine and reused again.
- Waterproof. They have a waterproof cover to contain moisture within the nappy.
- Very good quality and can be used on a second or third child.



## Why use cloth nappies?

### Better for the environment

A typical baby will require about 5,000 nappy changes! If disposable nappies are used these nappies will go to landfill where they can take up to 300 years to breakdown! In Somerset alone it is estimated that 3,500 tonnes of nappy waste is sent to landfill for disposal every year.

Using washable cloth nappies instead of disposable nappies will significantly reduce your rubbish - it could reduce your waste by up to half!

### Save carbon emissions

Washable cloth nappies can save up to 40% carbon emissions compared to disposables. This carbon saving is greatest when cloth nappies are washed in full loads at no more than 60°C, line dried and reused on a second child.

### Save money

Although there is a high initial outlay for cloth nappies, you can save up to £500, compared to market leading disposable nappies. Further savings can be made by reusing nappies on subsequent children or selling them. The cost to home launder nappies is about £1 a week. Further savings can be made by using fleece liners rather than flushable liners, to save up to £75 or making your own wet wipes from material to save a further £250.



### Fun and attractive designs

Cloth nappies come in all sorts of amazing colours and patterns! Choose from a huge range of colours and styles to suit you and your child.



## Types of cloth nappy

Cloth nappies are made from many different materials and come in different shapes, sizes and designs.

All cloth nappies have two main sections:

Absorbent section - to absorb any moisture.

Waterproof outer - to contain moisture within the nappy and protect your child's clothing.

There are four main issues to consider when choosing your cloth nappy system:

### 1) Fabric type

Cloth nappies can be made from natural or man-made fibres. Different fabrics have different absorbencies and drying times.

- **Natural fibres:** including cotton, bamboo, hemp and wool. Cotton is absorbent, soft and relatively quick to dry. Bamboo is very soft and 40% more absorbent than cotton, allowing for a thinner nappy. Bamboo will take longer to dry than cotton.
- **Man-made fibre:** including polyester fleece. Synthetic fibres are very soft, very absorbent and dry incredibly quickly.

### 2) Design

There are two main designs:

- **Flat nappies:** These include flat terry towelling and pre-fold nappies. They require folding and often fasten with a nappi nipper or safety pin. These can be quickest to dry.
- **Shaped nappies:** Do not require folding and are shaped like disposable nappies. They fasten with poppers and or Velcro.



### 3) Size

- **Sized nappies:** These nappies come in different sizes. As your child grows you will need to buy the next size.
- **One size nappies:** These nappies come in only one size and will fit from birth until your child is potty trained. The size of the nappy can be changed by using a variety of poppers and or Velcro.

### 4) Waterproof outer

The waterproof section of the nappy can either be built into the absorbent part or be a separate item.

- **Separate waterproof cover:** The waterproof outer is a separate item from the absorbent nappy and is called a waterproof cover or wrap.
- **All in one nappies:** The waterproof outer is sewn into the absorbent part of the nappy.

