



The **Real Nappy** Handbook

for parents and carers

'Guiding you through your real nappy years'



Acknowledgements:

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Real Nappy Models:

Special thanks to all the Buckinghamshire real nappy babies, children and parents who gave their time and enthusiasm to help model all the nappies featured in this guide.

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What is



Buckinghamshire

Real Nappy Initiative?

Buckinghamshire Real Nappy Initiative is an initiative within the Recycle For Buckinghamshire campaign co-ordinated by the Waste Partnership for Buckinghamshire.

The Waste Partnership for Buckinghamshire is made up of all the district and county councils in Buckinghamshire: Aylesbury Vale District Council, Buckinghamshire County Council, Chiltern District Council, South Buckinghamshire District Council and Wycombe District Council.

PLEASE NOTE:

The information, advice and guidance in this handbook is intended to guide parents and carers during their child's real nappy years to help make real nappy usage enjoyable and sustainable. References to medical conditions and explanations are for reference only and should not be treated as a substitute for qualified medical advice from your doctor or other qualified medical practitioner. The reader is advised to consult a doctor or their health care professional regarding all aspects of individual health care for their child/ren.

The information presented in this handbook is accurate and current to the best of the author's knowledge. Due to the constantly evolving nature of this subject matter the information is subject to change. However, the authors, Buckinghamshire Real Nappy Initiative and the Waste Partnership for Buckinghamshire, make no guarantee, and assume no responsibility for any errors, omissions or changes in details given which have been presented in good faith.

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Nappy Laundry Services

Example of Prefold nappy system provided by laundry services



Isabella (22mths - Aylesbury) and Constance (7mths - Wooburn Green)



Contents:

- 1 So what do laundry services offer?
- 2 What equipment do they provide?
- 3 Troubleshooting Tips: Leaks!
- 4 EXTRAS! Additional services

Nappy laundry services are currently operating in Buckinghamshire.

Cost savings compared with disposable nappies are negligible, however what you don't save in money, you save in time and convenience along with all the additional benefits that real nappies offer.



1. So what do laundry services offer?

On making an initial contact with a laundry service, they will offer a free 'no-obligation' real nappy demonstration. A Laundry Nappy Adviser will visit you at your home at your convenience. The demonstration will show you the type of nappies, wraps and accessories that can be provided and how to use the nappies on your baby/toddler.

They will also discuss with you the weekly costs involved, if a minimum contract period is expected, if any discounts apply, additional costs of wraps, paper liners and/or accessories. They will also advise you of your weekly collection/delivery day should you take up the service. This is the time to ask any questions, so that you are fully aware of what the service offers and how it can be tailored to your families needs, along with information on how the nappies are used.

2. What equipment to they provide?

Laundries will generally provide the following equipment:

Prefold FLAT nappies – these are flat, rectangular shaped, absorbent cotton sheets, which have extra padding in the middle section. You 'pre-fold' the nappy into a pad and insert it into a WRAP (see below). The laundry should provide as many prefolds as you need for each development stage of your child. So for newborns – generally 50 prefolds are provided per week. As baby grows, the amount of prefolds will be reduced to approx. 42, as you will be changing less frequently. You should still be given enough prefolds to ensure that a minimum of 6 nappy changes are completed 24 hour period (as recommended by paediatricians). If your child has eczema, you might need to request extra prefolds (at no extra cost) as children with this condition generally need to be changed more frequently. Discuss this with the laundry to ensure that your needs will be met if this is the case. Note: even

though your prefolds may reduce in quantity, your weekly charge will remain the same!

Wraps – these are the waterproof cover that fit over the prefolds, to prevent moisture 'wicking/leaking' on to baby's clothes. Wraps also help to keep the prefold in place and contain everything! The laundry service will not wash the wraps for you, so you will need to wash the wraps at home. The wraps do not need to be washed after every nappy change so you will have less of these compared with your prefolds: generally between 4 & 8 depending on the age of baby and your preference! (See Fact File 6 for instructions on how to care for your wraps.) Laundry services differ in what they provide – some provide all the wraps you need at no extra charge, others will provide wraps for the newborn stage but they expect you to buy larger sized wraps as your baby grows, whilst others will provide a minimum of 3 or 4 wraps but ask you to buy additional ones if you need more than this. So remember to clarify this point during your nappy demo.

A tall 'Nappy Bin' with a lid that seals and a sturdy plastic bag to line the bin. This is where you will store your dirty prefold nappies during the week! Only prefolds should be stored in here, no washable wipes are allowed and paper liners should be removed and put in the toilet if soiled before the prefold goes into the bin. On your collection day tie the top of your bag to seal it from odours (generally only an ammonia smell as baby's poo should have been removed with the paper liner and/or sluiced into the toilet). Pop the nappy bag outside your front door or in a designated area.

Your laundry service will generally provide you with a label to attach to your bag stating 'Dirty Nappies' etc to prevent your local charity receiving a nasty shock and valuable stock going missing!

Paper liners – as previously mentioned, these are used to line the prefold to make it easier to remove baby's poos and put into the toilet, introducing excrement into the sewerage system where it

should be! Most laundries will expect you to buy these as extras. You can buy them direct from the laundry or you can shop around. Be aware of high street baby retailers, that generally only stock liners that do not biodegrade and can not be put into the toilet – which defeats the object of the exercise – avoid these types if you can. If you are breastfeeding, you generally won't need to use liners as poos are watery anyway. However, there are slightly thicker liners that are exclusively used for breastfeed poo and absorb them better – these are available from Real Nappy Advisers as opposed to the laundry services but it is down to your preference.

Fleece liners – alternatively you can line your prefolds with a fleece-only booster. You will have to purchase these from a real nappy supplier as laundries do not sell them. These must not be put in your laundry collection bag though so you will have to wash these with your wraps at home. The benefits of fleece is that it allows urine to soak through to the prefold underneath but the fleece fibres stay dry. Poo sits on top of the fleece making it easy to sluice off as the fibres refuse to absorb it. If your child experiences eczema then fleece will provide a dry air-cushion between baby's bottom and the wet prefold making it more comfortable. If you prefer to use fleece all the time consider purchasing fleece-lined 'pocket/stuffable' wraps that you can stuff your prefold into (see below).

3. Troubleshooting Tips: LEAKS!

If you find the wrap supplied doesn't suit your baby's shape and you are experiencing leaks, consider purchasing 'Pocket/stuffable wraps'. These are lined with fleece and have a pocket which you can slip your prefold into. These wraps fit more snugly than the standard wrap and hold the prefold in place, preventing it from moving around. Pocket wraps are better suited for boys and heavy wetters as they redirect the moisture towards the prefold to be

absorbed more fully. Prefolds can be more difficult to use at night with the standard wrap but, again, if you use with a pocket wrap for nighttimes they will work much better and are easier to change in the middle of night.

4. Extras! Additional Services And Accessories

- Some laundries also offer wonderful baby accessories from washable wipes to natural nappy change creams, lotions, soaps, shampoos and bubble baths that care for baby as well as the environment.
- Alternative disposable nappies like Tushies and Moltex to compliment your real nappies usage, can also be delivered direct to your door.
- Cotton 'swim nappies/pants' to keep your local swimming pool clean and reduce the need for disposable swim nappies and potty training pants, for when you come to the end of your nappy years.

If you like the sound of using a nappy laundry, see the information sheet:

'Where to see, borrow a library kit, purchase or launder real nappies in Bucks' (in the Nappy Information Pack or online at www.recycleforbuckinghamshire.co.uk to find the contact details of laundry services operating here. Contact the laundry direct to confirm that they will deliver to your area and arrange a free 'no-obligation' demo.

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For a free Nappy Information Pack or additional Fact Files call: 01296 382539
or email: realnappy@buckscc.gov.uk or visit www.recycleforbuckinghamshire.co.uk to download.