



# The **Real Nappy** Handbook

for parents and carers

'Guiding you through your real nappy years'



## Acknowledgements:

© **The Real Nappy Handbook** – for parents and Carers  
text written by: Janice O’Flynn-Mundin March 2008

© **Natural Infant Hygiene text written by:**  
Rachel Richardson, Knee High and Dry Ltd. August 2007

© **Nappy Folding Instructions and additional extracts** – courtesy of Eva Fernandes,  
BORN: 0117 955 881

### Photography:

© Matt Fowler Photography ([www.mattphoto.co.uk](http://www.mattphoto.co.uk))

### Additional Photography:

© Janice O’Flynn-Mundin

© Recycle Now

### Design:

© 600 Inhouse Design, County Hall, Walton St Aylesbury 01296 382717

### 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.

**Please reuse this guide by passing on to a friend or recycle by returning to a paper recycling bin.**

### Printed On Recycled Paper!

No part of this publication may be reproduced by any means (including photography, or electronically by fax, email or internet without the written permission of the authors.



# Contents

<b>Fact File No.</b>	<b>Title</b>	<b>Page No.</b>
Fact File 1	Natural Infant Hygiene	5
Fact File 2	Real Nappy Library Kits	17
Fact File 3	Nappy Laundry Services	21
Fact File 4	Newborn Nappies	25
Fact File 5	Nappy Change Routines and Treating Nappy Rash Episodes	39
Fact File 6	Equipment, Washing Instructions, TOP TIPS and Troubleshooting	45
Fact File 7	How to Use Real Nappies at Night	55
Fact File 8	Daytime Toilet Training	67
Fact File 9	Night-time Toilet Training	85
Fact File 10	Suggested Real Nappies for Night-times and during Toilet Training	99
Fact File 11	Taking Real Nappies on Holiday!	103
Fact File 12	Childminders, Nurseries and Nappies	107
Fact File 13	Alternative Disposable Nappies	115



# 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.

**Buckinghamshire Real Nappy Initiative contact details are:**

**Telephone number:** 01296 382539

**Email:** [realnappy@buckscc.gov.uk](mailto:realnappy@buckscc.gov.uk)

**Website:** [www.recycleforbuckinghamshire.co.uk](http://www.recycleforbuckinghamshire.co.uk)



# Equipment, Washing Instructions, TOP TIPS and Troubleshooting

40°/60°



## Contents:

1. Suggested equipment to have in your nappy kit
2. How to 'process' your nappies and wraps after a nappy change
3. Washing and Drying instructions
4. TOP TIPS and Troubleshooting
5. Optional Accessories



This fact file suggests what equipment to have in your nappy kit along with information on how to store, rotate, wash and care for your real nappies.

The Troubleshooting TOP TIPS section details how to effectively manage any stained, smelly or hard nappies, to keep them looking and feeling soft'n'fresh!

## 1. Suggested equipment to have in your nappy kit

### Essential:

- 18-24 Absorbent Nappies
- 4-8 sized wraps
- A lidded bucket to store used nappies
- A nappy net
- Paper liners (flushable) or Fleece liners (washable)

### Optional Accessories:

- Nappy Change Bag
- Small 'pump' spray bottle
- Small sock/underwear hanger
- Vest extenders
- Washable wipes
- Waterproof changing mat
- Waterproof 'wet' nappy bag for journeys away from the home

## 2. How to 'process' your nappies and wraps after a nappy change

<p><b>Absorbent Nappies:</b></p> <p><b>How often do you wash them?</b></p> <p><b>New nappies and absorbency</b></p> <p><b>NEVER use fabric conditioner...</b></p>	<p>You will generally need between 18 and 24 'absorbent cores' of nappies at any one time. This can be made up of a mixture of boosters, shaped or flat nappies depending on your preference.</p> <p>18 absorbent nappies will give you 3 days supply and 24 will give you 4 days supply, meaning you will launder them just once or twice a week, without ever running out. If you have less than this, expect to launder more frequently.</p> <p>When you buy your new nappies, remember it can take 2-3 washes before the nappy reaches full absorbency. The more they are washed the better they absorb.</p> <p>NEVER use fabric conditioner of any kind on your nappies or wraps. Conditioner will coat the fibres which reduces their absorbency.</p>
<p><b>Fleece-lined nappies:</b></p>	<p>For nappies that are fleece lined, paper liners are not used at all (see below). Fleece is a water repellent and allows pee to soak through to the absorbent core underneath and poo will sit on the top as the fleece will not allow it to be absorbed into its fibres. When baby poos on this type of nappy, simply hold the nappy over the toilet basin and allow the poo to fall into the toilet and flush.</p> <p>If poo is runny or hasn't completely fallen off, sluice the nappy in the toilet. To do this, simply lower the nappy into the toilet basin with the fleece part facing towards the toilet flush stream and flush the toilet. If your toilet is close enough to the bath with a detachable shower head, use the shower-head to wash the poo off the fleece into the toilet basin.</p> <p>Secure any Velcro tabs to prevent snagging during laundering, leave nappy open (poppered nappies should be left undone) and put in the nappy net + bucket to be washed later: soiled at 60°, urine-soaked at 40°.</p>

<p>Biodegradable Paper Liners Or Washable Fleece Liners</p>	<p>If you don't have a 'fleece-lined' nappy, you can line your nappy with either a paper liner or a detached fleece-liner to make 'poo' removal easier the next time you change the nappy. The liners act as one-way barriers, allowing moisture to soak through to the absorbent cotton underneath, stopping most of the wetness seeping back onto your child's skin. Fleece also acts like an air-cushion.</p> <p>When you next change your child, poo can be lifted off more easily with the paper liner and flushed down the toilet together - paper liners are biodegradable. If using a fleece-liner, 'sluice' the liner in the water stream as you flush the toilet to remove soiling but don't let go of the fleece! Pop the fleece-liner into the nappy bucket to wash with the nappies ready to be reused when dry.</p> <p>By adopting this practice, you will be introducing your child's waste into the toilet system to be treated as sewerage. It will also make washing more hygienic and effective.</p>
<p>*Remember to line your disposable nappies too!</p>	<p>If you return to using disposable nappies at any point, continue to line your disposable nappy with a paper liner so you can remove the poo and put it in the loo, prior to disposing of the nappy in the bin. Again, by continuing to adopt this practice even when away from home, you are disposing of faeces properly. If you use disposables at home you will remove raw sewerage from your bin reducing odours during storage prior to waste collection.</p>
<p>Wraps</p>	<p>You will need less wraps than nappies. This is because wraps are less likely to be heavily soiled and so wash/dry really quickly. Most real nappy parents only use between 4-8 wraps at any one time but this is dependent on personal preference and on the age of the child: more wraps are needed during the newborn stage with less being needed by toddler-hood.</p>
<p>How to rotate and manage the wraps</p> <p>*(Pocket wraps should be fully washed after every nappy change so can't be rotated in this way – see below)</p> <p>***(Pocket wraps should be fully washed following every nappy change, so follow these instructions)</p>	<p>At nappy change time, separate the wrap from the soiled nappy.</p> <p>*If the wrap only has 'pee' on it, either:</p> <ul style="list-style-type: none"> <li>• wipe the inside of the waterproof wrap with a clean cloth or sponge and towel-dry to remove any dampness. This wrap can then be reused on the next clean nappy OR</li> <li>• hand rinse the entire wrap under warm running water to remove any pee (urine), towel-dry well, then air-dry (outside on the line, inside on a clothes-horse, above the bath/shower or in an airing cupboard but NOT on a radiator) – this wrap will be dried in a couple of hours and should be ready in time for the next nappy change.</li> </ul> <p>Keep a separate towel, old terry nappy or muslin set aside especially for this job.</p> <p>**If the wrap has been soiled with poo:</p> <ul style="list-style-type: none"> <li>• remove any excess poo either with toilet tissue or allow the wrap to be held in the water flush of the toilet (sluice). If your toilet is close enough to a detachable shower head, use the shower to wash the poo into the toilet basin. **Close the wrap securing the Velcro tabs (poppered wraps can be left undone) turn Velcro wraps inside out and put in the nappy net + bucket to be washed later at 60°.</li> </ul>

<p>Pocket wraps (Fleece-lined)</p>	<p>If you prefer to use fleece-lined Pocket wraps all the time, you may find you need more than the average amount of wraps detailed above. This is because they can't be rotated (see above) and have to be washed after every use. However, once fully washed they dry in only a couple of hours so are ready to be reused quickly.</p>
<p>Lidded Nappy Bucket</p> <p>To soak or not to soak?</p> <p>Keeping your bucket clean...</p>	<p>Purchase a bucket with a good lid, which seals tightly closed to prevent odours from escaping! Because you will have taken off the majority of the poo and put it in the toilet where it should be, the only smell from your dirty nappies will be ammonia.</p> <p>Urine is sterile when it leaves the body, but as soon as it is exposed to the air a natural gas called ammonia is released from the urine. The lid will prevent this smell from escaping whilst you store the dirty nappies and will only be noticeable when you add another nappy or when you transfer the nappies to your washing machine.</p> <p>Nappies can be put in the bucket without the need of soaking. However if you prefer to soak you can use a commercial 'nappy soak' solution which is non-biological to prevent deterioration of the elastic used in nappies/wraps. Or you can make your own 'home-made' soaking solution (see TOP TIPS for recipes).</p> <p>Whichever solution you use, you must change the solution every day.</p> <p>If you wish to avoid bleaches, disinfectants or cleaning fluids (which could be absorbed into the nappy fibres and ultimately irritate your child's skin), you can disinfect by wiping/rinsing your bucket with either one of the following: bicarbonate of soda, white vinegar (to disinfect), and/or 2 drops of diluted tea tree oil or lemon juice to deodorise. Rinse thoroughly with water to remove any residue.</p>
<p>Nappy Net</p> <p>When you're ready to wash....</p>	<p>The nappy net is used to line the lidded nappy bucket and make the transfer of soiled nappies from bucket to washing machine easier. Plus you don't have to handle the soiled nappies directly!</p> <ul style="list-style-type: none"> <li>• Before you put your soiled nappies into the nappy net, make sure that the poo has been effectively removed – this will prevent excessive odours and staining of the nappies.</li> <li>• Separate the cotton, absorbent part of the nappy from the wrap (unless it is an All-In-One nappy in which case you can't separate it!).</li> <li>• Wraps and nappies that have Velcro fastenings: make sure you fasten the Velcro strips to the wrap/nappy then turn the whole wrap inside out. This will stop the Velcro attaching itself to another nappy and cause damage by 'snagging' other materials during the wash.</li> <li>• Wraps and nappies that have poppers can be left undone in the wash.</li> <li>• Fleece boosters can also be put in the nappy net, along with washable wipes and even paper liners (that have only been peed on) if you opt for these in the future.</li> </ul> <p>When you are ready to wash the nappies take the nappy bucket to your washing machine, lift the net out and put everything in the washing machine – net as well. Open the top of the net, do not pull the string tight, you need the nappies to tumble out during the washing process so that the nappies are cleaned thoroughly. If you leave the net shut you may find that the nappies aren't cleaned properly.</p>

### 3. Washing And Drying Instructions

<p>What laundry detergent should you use?</p> <p>How much laundry powder/liquid do you need to wash your nappies?</p>	<p>Use a non-biological laundry liquid or powder to prevent your nappies deteriorating over time. If using powder make sure that this fully dissolves in the wash. If it doesn't the powder could 'clog' cotton fibres resulting in skin irritation on your child and hard nappies. Most laundry detergents have 'optical brighteners' or bleaches which will actively 'whiten' your nappies, even if you have purchased 'natural' unbleached ones.</p> <p>If you would like to use an environmentally friendly laundry detergent, you could try laundry eco-balls that use no detergents whatsoever or Ecover - both help to reduce environmental impact during laundering.</p> <p>Ecover has been manufactured in an ecologically sustainable way. It has a plant-based formula with no petrochemicals or optical brighteners to aggravate sensitive skin or degrade materials in the nappies. It has a high level of biodegradability, has minimal impact on aquatic life, hasn't been tested on animals and is suitable for septic tanks.</p> <p>The amount you need is printed on the package. If you do not have enough nappies to fill a complete washing load, reduce the amount of powder accordingly otherwise you will end up with bubbles at the end of the wash – the absorbency and the hardness of the nappies will be affected if this is the case. If this happens, give the nappies an extra rinse in water only to remove the excessive detergent.</p>
<p>Do not use fabric conditioner Of any kind!</p>	<p>Fabric conditioner will reduce absorbency of the nappies over time, as the conditioner coats the fibres making them waterproof! If the nappies become slightly harder over time, there are a number of 'softening' tips that you can try.</p>
<p>Water softeners</p>	<p>If you have a water softener installed you will need even less laundry liquid/powder.</p>
<p>Washing temperatures:</p> <p>60° if soiled with poo</p> <p>40° if soiled only with pee</p>	<p>When you have a full load of nappies, select a 60° temperature wash if all or some of the nappies/wraps have poo on them. This temperature is high enough to kill any bacteria or viruses present.</p> <p>Select a 40° temperature if all the nappies/wraps only have pee on them.</p>
<p>Full or half loads?</p>	<p>Ideally a full load of nappies, wraps, boosters and wipes is best to effectively reduce your impact on the environment. However, if you only have enough for half a load, give these a pre-wash to rinse away any urine/poo, and then add extra items such as towels or bedding that need to be washed at the same temperature. This way you will have a full load, utilising your washing machine efficiently and keeping un-necessary washes to a minimum.</p>

<p>Washing wraps</p>	<p>Wraps need special care and attention to keep them waterproof. On the wrap will be laundering instructions, do not exceed the maximum washing temperature listed. Wash wraps in a non-biological laundry powder/liquid to prevent deterioration of the waterproofing and elastic.</p> <p>Wraps are best hand-washed, towel-dried to remove excessive moisture then air-dried either outside on the line, inside in an airing cupboard or on a clothes horse etc. This will increase their lifespan.</p> <p>If wraps are machine washed, remember to secure any Velcro tabs to prevent snagging. Turn inside out for thorough cleaning. Tumble-dry only when necessary and if the label specifies that it can be. NEVER dry wraps on a radiator, this will lead to the waterproof coating cracking and leaks!</p>
<p>How to dry your nappies and wraps</p>	<p>Either line-dry the nappies/wraps outside in your garden or on a balcony or inside on a clothes-horse; in an airing cupboard or above the bath/shower. Use a nappy hanger where space is limited.</p> <p>Wraps will be dry within 2 hours and most nappies should be dry in 12 hours. Thicker nighttime nappies like Tots Bots and Bumbles can take up to 24 hours to dry.</p> <p>Sunshine is the best antibacterial bleaching agent there is and is the natural way to kill off any bacteria/ viruses (if any are left!). Over time, sunshine naturally bleaches away any staining that is left.</p> <p>DURING THE WINTER: Line-drying over night in the frost is a perfect way to kill any bacteria/viruses left and has the added benefit of softening up the nappies by breaking down lime-scale and detergent build up. Equally stains will be broken down as well.</p> <p>RAIN: Hanging them out in the rain also washes away lime-scale or detergent build-up leaving the nappies softer.</p>
<p>Tumble drying</p>	<p>Tumble dry the cotton part of the nappy only AND ONLY if absolutely necessary i.e. you do not have a garden or space indoors is limited to dry clothes.</p> <p>DO NOT tumble-dry wraps or pocket nappies or dry them on a heated radiator under any circumstance, as this will crack the waterproof layer. Wraps and pocket nappies will dry in a matter of hours so please find space (perhaps above your bath or shower) to hang these up to air dry.</p>
<p>Do not iron!</p>	<p>Real nappies and wraps DO NOT need to be ironed. Save your energy as well as the environment</p>

## 4. Top Tips And Troubleshooting

### Hard nappies?

After time and no fabric softeners (fabric softeners are not recommended as they coat the fibres of the nappy which reduce the nappy's absorbency), nappies may need softening up a little especially as we live in a hard water area. When you originally buy new cotton/hessian/bamboo nappies, they feel wonderfully soft but are not as fully absorbent as they should be. 3 to 4 complete washes later, your nappies will have reached fully absorbency power, enabling the fabric to absorb to its full capacity. Over time with continued use of hard water, laundry detergents used to clean them will eventually result in a potential build up of lime scale and cleaning residue.

If this has happened to your nappies, first monitor how much washing detergent you are putting in with each wash. At the end of the wash, if you notice that foam is left over in the drum or on the glass door, then you have put too much detergent in. Put the wash on to a 'rinse only' cycle, to rinse out the remaining foam – in the next wash, reduce the amount of detergent by a third. If you use washing tablets, then it is a fixed amount of detergent and it is difficult to break up the tablets – perhaps consider a change to laundry liquid or powder where you can control the amount of liquid used in each wash.

### Top tips to soften your nappies

Try a small cupful of clear vinegar in the fabric softener compartment; this will help soften the nappies in the final rinse. Don't worry your nappies won't smell of vinegar – unless you use too much of course!

Whilst we don't encourage the use of tumble dryers, on occasion, soften nappies by tumble-drying them when still a little damp. If you don't have a tumble dryer then give nappies a shake before you hang them up to dry, or rub the nappy together in your hands when dry (as if scrubbing a stain out by hand) this breaks down lime scale build up in the nappies.

During winter, a top tip from grandparents is to hang your nappies out in the frost on the line! This again breaks up the lime scale and kills any viruses/bacteria that happen to be left after the wash!! Equally, hanging your nappies out in the rain has a similar action of rinsing the lime scale away.

### Water softeners Children with eczema

Installing a water softener will naturally soften your nappies and reduce the amount of laundry liquid/powder you use. As water softeners soften all the water in the house (except the drinking water supply), children with eczema may benefit too. This is because the soft water prevents lime-scale build-up in the water, which in turn prevents the skin from drying out and cracking.

Water softeners can be expensive to buy, so you will need to weigh-up the benefits/disadvantages for your family. Some companies provide a free months trial of the softeners with no obligation, so if you feel that a water softener may be of use to your family try to find a company that offers this option to 'try before you buy'. Some companies also offer the option to rent a system and portable systems are available to take with you if you move house.

### Smelly nappies?!

Most parents won't experience this but for those who do, this is generally caused by a build up of ammonia from urine. Poo should be removed immediately following a nappy change – excrement should be put in the toilet to be treated in the sewerage system. Urine is sterile (free of bacteria) on leaving the body, however on hitting the air bacteria starts to colonise it and the gas ammonia is released causing the ammonia smell which strengthens over time. Here are some top tips to deal with smelly nappies!

- Nappies need to be dried and aired for longer or soaked in a bucket full of water with 2-3 tablespoonfuls of clear (or white) vinegar or a few drops of tea tree oil. Alternatively the vinegar or tea tree can be added to the final rinse (put in the fabric softener compartment of the machine).
- OR nappies can be washed on a cold cycle first to get rid of urine thoroughly before the usual hot wash, which can set the smell. The pre-wash cycle is not always a cold cycle so don't use this instead.
- Add half a lemon to the wash! Or put a few drops of lavender and/or tea tree oil on a hanky and pop in the tumble dryer.
- After washing, hang out on a clothes line or horse outside either in the sunshine, rain or frost to add that fresh outdoor smell!

### Stained nappies?

By using a nappy liner, either a paper liner or a fleece liner in the nappy, will catch most of baby's/toddler's poos and stop it coming into contact with the nappy and prevent staining. The paper liner can then be flushed, along with the excrement into the toilet (allowing the waste to be treated in the sewerage system where it belongs!). Fleece liners also work very well at preventing poo from coming into contact with the nappy, and because fleece repels moisture the fleece liner and the poos can be sluiced into the toilet efficiently. Remember to keep hold of the fleece liner and prevent it from going down the toilet! Fleece lined nappies very rarely stain as fleece doesn't allow anything to be absorbed into the fibres.

However, protein staining can sometimes occur on cotton, bamboo or hesian nappies and the best way of getting stains out is to hang nappies out on a sunny day and the stains literally disappear. Sunlight is the best natural bleach there is: not just dissolving protein stains away but killing off any bacteria or viruses that remain after the wash. Daylight on a cloudy day will work but takes longer. Stains that remain will usually wash out in time.

To stop stains from setting, you can try squirting lemon juice on stains before storing in your nappy bucket or rinse the nappy/wrap in COLD water (not warm or hot as this will open the fibres and set the stain). Alternatively, you can soak nappies during storage prior to washing if you prefer – see below.



<p>To soak or not to soak?</p>	<p>If you want to, you can soak your nappies to help prevent stains setting, although this is not essential. Modern washing machines reach the optimum temperature needed to effectively remove stains and sanitised nappies. However, if there has been illness such as diarrhoea you may wish to disinfect the nappies during storage prior to washing. Commercial nappy sanitisers are available, select one that is non-biological to help prevent deterioration in your nappies.</p> <p><i>Remember to change the solution every day and keep the bucket stored out of reach of any mobile child.</i></p>
<p>Disinfecting nappies before washing</p>	<p>If you wish to avoid commercial sanitiser, here are suggestions for a home-made disinfectant.</p> <p>Remember to change the solution every day and keep the bucket stored out of reach of any mobile child.</p> <p>Add <b>ONE</b> of the following to a full bucket of water to dilute:</p> <ul style="list-style-type: none"> <li>• 1 tbs bicarbonate of soda</li> <li>• 2-3 tbs white vinegar</li> <li>• 1 tbs of Nappy Fresh</li> <li>• 2 tbs lemon juice</li> </ul> <p>Before putting your nappies into the washing machine, pour out the water into the toilet.</p> <p>Soaking/disinfecting your nappies first can mean that you wash at a lower temperature.</p>

## 5. Optional Accessories

<p>Washable wipes</p>	<p>Washable wipes are available to buy. These wipes can be washed with your nappies. They are made from cotton and contain no chemicals. Cotton, washable wipes make an inexpensive, effective alternative to harsh, expensive Wet Wipes that contain many chemicals and ultimately end up in the bin. Even cotton wool can be expensive to buy as the months go on and it's very annoying when your last batch starts to run out.</p> <p><i>If your child has eczema or sensitive skin, washable wipes allows you to control what goes on their skin. As they move away from babyhood and cotton wools aren't big enough to wipe a larger area so washable wipes are a handy alternative.</i></p>
<p>Small 'pump-action' spray bottle</p>	<p>To use with washable wipes when away from home. If there are no nappy change facilities, carry a small 'pump' spray bottle filled with warm water. Spray onto a washable wipe, which becomes a wet wipe instantly – don't just use for bottoms! Superdrug sell empty 'pump-action' spray bottles or recycle an old, glass one (make sure there is NO residue left from previous product as it could affect your child's skin).</p>

<p>Nappy Hangers (sock/underwear hanger)</p>	<p>A handy accessory to have, especially where drying space is limited. A Nappy Hanger has a hook to attach to the ceiling at the top of an airing cupboard or above the bath/shower and has small pegs to attach a drying nappy/wrap to. Most hangers can hold more than 10 nappies/wraps at a time. They can be purchased from any hardware store, via real nappy advisers or nappy suppliers.</p>
<p>Waterproof 'wet' nappy bags</p>	<p>When you are away from home, you can still use real nappies. Just change your child as normal, remove poo and put in the loo then store used nappies in a waterproof, fabric nappy bag. Return home, place in your nappy bucket ready for the next wash. Cost: approx £5</p>
<p>Vest extenders</p>	<p>Vest extenders are just stretch-cotton with poppers to attach to the bottom of baby vest making them longer, so nappies are comfortably accommodated. An easy solution to a common problem of slim-fitting baby clothes. Can be purchased from nappy suppliers or Perfectly Happy People: <a href="http://www.perfectlyhappypeople.co.uk">www.perfectlyhappypeople.co.uk</a> direct. Cost: approx £3 for 2.</p>
<p>Clothes to fit real nappies</p>	<ul style="list-style-type: none"> <li>• Look for stretchy trousers like jogging pants, especially those with extendable waist bands. Tesco baby/child clothing nearly all have extendable waist bands (at time of print). Failing this, go up 1 size and fold the bottom of trousers up.</li> <li>• Skirts and dresses look wonderful with real nappies underneath and easily accommodate real nappies. Tights can go over real nappies too, just buy the next size up.</li> <li>• Another option is to use slim-fitting real nappies such as Pocket nappies which have no padding on the hips.</li> </ul>
<p>Nappy change bag What to include:  When away from home for the day  Or  For childminders or grandparents</p>	<ul style="list-style-type: none"> <li>• <b>2-3 real nappies</b> - in your change bag at all times, ready for you to shoot out the door at a moments notice! These will give you approx 9 hours for 1 child - before you run out of nappies.</li> <li>• Choose a Pocket or an All-In-One nappy design as these are quick to put on and take off for everyone. If fleece-lined then no need for a paper liner, speeding up nappy changes on the move. If Grandparents suffer with arthritis on the hands, select Pocket or All-In-One nappies with Velcro fastenings instead of poppers.</li> <li>• <b>Waterproof 'used' nappy bag</b>, to store wet nappies – these can hold up to 4 nappies at a time.</li> <li>• <b>Washable wipes and 'pump-action' water spray bottle</b></li> <li>• <b>Waterproof nappy change mat</b> – for extra comfort lined with a cotton prefold/muslin/terry.</li> </ul>

