

## 'Your Space' Real Nappy Feedback Board

### What helped you explore using real nappies?

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

DATE	NAME	FEEDBACK
Apr 2009	Kirsty Northey Bucks  (For Kirsty's full feedback see also Real Nappy Stories)	<p>We have twin boys and we considered the cost of real nappies as opposed to disposable and the saving was huge. I also hoped to help reduce the amount going to landfill which is of concern to me. We found it difficult to decide which to go for as I think you really need to work with a full set to get to grips with them and see how they work for you...not something you can do with the trial kits or nappy library*. We decided to wing it and buy a full set of little lamb nappies and we have found the microfibre nappies suit us best as they dry far faster than the cotton or bamboo. Our boys are fine in them. My thoughts are that we will continue using the microfibre through to potty training.</p> <p><i>[*The Bucks Real Nappy Initiative's library kit contains enough nappies for a full 3 days use, which demonstrates how real nappy parents rotate washing and usage. This kit is available by contacting our Real Nappy Adviser volunteer at <a href="mailto:telecasterfru@aol.com">telecasterfru@aol.com</a> or call: 01296 615667- please note that this adviser is a volunteer so please be patient when waiting for calls or emails to be returned - you will be expected to travel to this adviser to view kits, based in Aylesbury].</i></p>
Jan 2008	Jayne Gilbert Aylesbury Vale  (For Jayne's full feedback, see also Real Nappy Stories)	<p>It would be nice if there was more about real nappies with health visitors and at the antenatal classes.  <a href="#">(Health Professional Toolkits are about to be launched in Spring 08 to enable expectant parents to learn about real nappies in their NHS/NCT antenatal and postnatal classes in Bucks).</a></p>
Oct 2007	Amanda Savage Aylesbury Vale  (For Amanda's full feedback, see also Real Nappy Stories)	<p>I received advice from my NCT teacher during antenatal classes in Oxford and was able to see and feel the washable nappies being demonstrated. This was a major influence on my decision to buy them, as I had previously believed that real nappies were old-fashioned and difficult to use! I have not received any other advice from a Real Nappy adviser or used a laundry service.  <a href="#">(See Fact File 2 Real Nappy Library Kits explained + Fact File 3 Real Nappy Laundry services)</a></p> <p>Buying washable nappies was a large initial financial outlay, particularly at a time when there were so many other things to buy for a new baby and when my income dropped significantly, so it was a tremendous help and incentive being able to claim the £30 cash back - even better being able to claim it for both children! <a href="#">(The £30 Cash Back claim form can be downloaded from <a href="http://www.recycleforbuckinghamshire.co.uk">www.recycleforbuckinghamshire.co.uk</a>)</a></p>

		<p>My experience of using real nappies has been such a positive one that I have since persuaded two friends to start using them as well. I even bought some real nappies for one friend when her baby was born (as a welcome change from the usual presents of clothes and cuddly toys)!</p>
August 2007	<p>AG Chiltern District</p> <p>(For AG's full feedback, see also Real Nappy Stories)</p>	<p>I started using real nappies when my second child was about 3 months old. I had planned to use them with my first for environmental reasons, but must admit to being a bit bewildered by all the choices available and just never made a decision.</p> <p>One day I saw a starter kit reduced for sale and thought I'll just buy it and give it a try. The kit contained nappies (cotton rectangular), wraps and a pack of bio-liners. I had to check the leaflet initially for how to fold them, but the whole thing was really easy. In fact, I've been really surprised at how easy it has been for both children and wish I'd started using them when my first child was younger. (<a href="#">See Fact File 2 Real Nappy Library Kits explained</a>)</p> <p>The £30 per child cashback from the Council helped - I bought a bucket with a properly fitting lid, some reusable terry wipes (which I just wash with the nappies), plus some more wraps and some terry squares, although I have to say my favourites are the original cotton foldable nappies and wraps (Tommee Tippee) I bought. (<a href="#">The £30 Cash Back claim form can be downloaded from <a href="http://www.recycleforbuckinghamshire.co.uk">www.recycleforbuckinghamshire.co.uk</a></a>)</p> <p>I really like the idea of having my baby wrapped in pure cotton and another bonus is you don't have all that nappy waste either in your bin or in landfill. It saves me money too, which is very helpful with 2 young children. I'd definitely recommend cloth nappies to other parents - they're really easy once you just get on with it and the Bucks Real Nappy Initiative give you loads of help and advice if you want it.</p>
August 2007	<p>Claire and Mike Wycombe District</p> <p>(For Claire and Mike's full feedback, see also Real Nappy Stories)</p>	<p>Our intention was to start using real nappies from day one. However Esme decided to arrive before the nappies were delivered so we spent a few days on disposables. (<a href="#">See Fact File 4 Newborn Nappies</a>)</p> <p>Since then we've used them primarily (disposables at night time and for holidays) and Esme's a year old this week! <a href="#">See Fact File 7 How to use real nappies at night + Fact File 11 Real Nappy Holidays!</a></p> <p>We decided to use real nappies (terry's) for multiple reasons; a key motivator was the cost savings over time but the environmental benefit would have been enough on its own to convince us. We find them very easy and low hassle. In fact, recently when on holiday we chose to use disposables and actually had far more leaking incidents in one week than we'd had in months with terry's.</p> <p>The time Rayne (<a href="#">Real Nappy Adviser</a>) spent with us explaining our options was most appreciated and the encouragement given to go down the real nappy route provided good motivation - no hard sell! (<a href="#">To find your nearest Real Nappy Adviser view webpage: Nappy Information Pack/Supplier's List: Where to see, Borrow a Library Kit, purchase or launder Real Nappies in Bucks</a>)</p> <p>I think we'd have made the same decision without the £30 incentive but still think it's a great idea. Finally, I'd say that everyone</p>

		<p>should give them a try as they're low hassle, cost less and greener.</p>
<p>August 2007</p>	<p>Alison Looker Wycombe District</p> <p>(For Alison's full feedback, see also Real Nappy Stories)</p>	<p>I had my main stock of real nappies bought and pre-washed, ready for when my son was born. I decided to use Tushies (non-gel disposables) for the first week or so as I worried about the meconium staining the new nappies (although I now realise that it would have washed away just fine).</p> <p>I think that to successfully get used to real nappies, you need to use them from birth as all the people I know who intended to use washables but didn't, was because they failed to sort it before having their baby. Then the whirlwind of their baby arrives, the washing machine has never been busier, and they get used to the way in which the disposables do their thing. (<a href="#">See Fact File 4 Newborn Nappies</a>)</p> <p>I have always known that I would use washable nappies when I had a family. I think one of the ways in which real nappies are there own worst enemy is the sheer choice in systems and brands.</p> <p>It is good to gem up on a much as possible, the Baby Show is a good way to see a range of nappies, as is a talk from a nappy lady. Also, it is good to have a friend who also uses washables with whom you can share tips and favourite brands. (<a href="#">To find your nearest Real Nappy Adviser view web page: Nappy Information Pack/Supplier's List: Where to see, Borrow a Library Kit, purchase or launder Real Nappies in Bucks</a>)</p> <p>There are multiple reasons I use real nappies. I love putting something soft and fluffy on my little ones bum, as opposed to something stiff and papery. I have major concerns over the chemical gels present in ALL disposables (except Tushies), despite most people seemingly still oblivious to this (e.g. possible carcinogen, removed from sanitary towels years ago, cause of sex change in newts in experiments etc.), largely perpetuated by a lack of on package information. (<a href="#">See Fact File 14 Alternative Disposable Nappies</a>)</p> <p>We never overflow our wheelie bin (indeed, when I moved in to my husband's house he had been issued a small wheelie bin. I brought my recycling ways with me and we both managed fine, and even when my son was born, the small bin was still adequate. The only reason we have now got a standard bin was when the collections went alternate weeks.</p>
<p>August 2007</p>	<p>Carole Arnold Wycombe District</p> <p>(For Carole's full feedback, see also Real Nappy Stories)</p>	<p>I started using real nappies 2½ years ago when George was 6 weeks old. He was born prematurely and so I didn't start immediately, I started as soon as it became practical for me to do so. I had already decided on advice from friends to use Bambino Mio nappies, but as George grew I got some advice from a lollipop advisor and started to widen the types of nappy I used. (<a href="#">See Fact File 4 Newborn Nappies. To find your nearest Real Nappy Adviser view web page: Nappy Information Pack/Supplier's List: Where to see, Borrow a Library Kit, purchase or launder Real Nappies in Bucks</a>)</p> <p>I am quite relaxed about George's wearing of real nappies, I don't believe it has to be an all or nothing situation, although many people do successfully use them 24 hours a day, 7 days a week, I think it is useful to remember that disposables have a place and I do use them occasionally if we are out for a long day or when we are on holiday.... but every real nappy he wears is one less in the landfill site and I think that is a real incentive and a real achievement. (<a href="#">See Fact File 14 Alternative Disposable</a>)</p>

		Nappies)
August 2007	SB Wycombe District  (For SB's full feedback, see also Real Nappy Stories)	<p>I started using real nappies when my daughter was 6 months old (she's now 2). My reasons were - I was concerned about the effect of disposable nappies in landfill sites and also any effect that the chemicals used in disposable nappies may be having on my baby's health.</p> <p>Another big advantage that I hadn't really considered is that I save lots of money! I started by trying a nappy library kit and decided I liked Tots Bots birth to potty best, with a Motherease wrap. The whole lot cost less than £200 from an excellent local Lollipop adviser and the £30 Cash Back from Bucks Real Nappy Initiative made it even less! <a href="#">To find your nearest Library Kit view web page: Nappy Information Pack/Supplier's List: Where to see, Borrow a Library Kit, purchase or launder Real Nappies in Bucks</a>)</p> <p>They [real nappies] are also absolutely enchanting to look at – my daughter looks like the Fairy Baby in hers!</p> <p>Our household waste is definitely significantly reduced so I feel pleased that I am doing a small bit to help the planet and my baby too!</p>