



'Your Space' Real Nappy Feedback Board

Your Real Nappy Stories

realnappy@buckscc.gov.uk
www.recycleforbuckscc.gov.uk

DATE	NAME	FULL FEEDBACK
Apr 2009	Kirsty Northey Bucks	<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. One of the benefits we find is that they retain the smell a bit better than the disposables (including when this is as a result of wind, thus not requiring a change but can be a bit embarrassing if you are out for dinner!!!) I think you have to get your head round the fact that the babies will feel a bit wet when you take the nappies off...this is not something you get with disposables but as long as you clean them down properly and keep an eye out for nappy rash (which we have not had!) then they will be fine. 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 telecasterfru@aol.com 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>
Feb 2009	Emma Leigh Bucks	<p>I decided to use real nappies on my children before anyone bought up the subject as it seemed like the best thing to do. I was delighted to find that things had moved on since my mum's experience and there were lots of options. I used the Nappy Lady website and was recommended Bumbles and Fluffles.</p> <p>The Bumbles are good if you want a smaller fit, but are too small for my two year old now. The Fluffles were a little big on a newborn but you can make do and they still fit my two year old now. I have two children in real nappies at the moment and although it is quite a task hanging them all out every day, I wouldn't change my mind. I love the Fluffles as they are still fluffy now which is great living in a hard water area. They are very absorbent and dry really quickly. I am not so keen on the</p>

		<p>bumbles but they do the job.</p> <p>I use both with extra fleece liners to help with disposal of solids and also use washable wipes. We pad them at night with as many extra boosters as required and find this stops leaks. [See Fact File 14 Stop Those Leaks! For more info]</p> <p>We soak the soiled ones in water and tea tree oil but put the wet ones in a dry bucket. We wash them every evening which is a full load. We have found that the claims of getting them clean at 40 were not true though*. We wash at 60 degrees with a cold rinse first. You are not supposed to use fabric conditioner, so we use white vinegar to soften them. On the few occasions I have used disposables, I have found newborn poo leaks everywhere, but have never had this problem with real nappies.</p> <p>*40deg is the recommended temperature for 'peed on' nappies, as this will kill bacteria and virus' making the nappies sanitised and so hygienic to reuse [if pooped on nappies are washed at this temperature, stains may occur but all virus' will be killed!]. 60deg is recommended for 'pooed' on nappies as protein stains need the higher temperature to remove the stains which may have 'set' into the fibres during nappy bucket storage, so the very good suggestion of a cold rinse first prevents the stains setting in the 1st place making them easier to wash and come up 'white' at 60deg. For more 'Washing Instructions' TOP TIPS see Fact File 6 found under The Real Nappy Handbook page</p>
Jan 2008	Jayne Gilbert	<p>We started using real nappies 2 weeks after our daughter was born (she is 2 now). We decided to use them as we worked out how much we would save at first and then soon realised we would struggle fitting all the rubbish into the wheelie bin. (For more info see Fact File 4 Newborn Nappies)</p> <p>The real nappies we use have been brilliant, we home launder our nappies every 3 ish days and have no problems with this at all. (For more info see: Fact File 6 Washing Instructions)</p> <p>I didn't hear about the nappy library kit until after I had my daughter and had brought nappies long before then. The £30 cash back was a nice gesture from the council. (See Fact File 2 Real Nappy Library Kits explained / £30 Cash Back Claim form can be downloaded from www.recycleforbuckinghamshire.co.uk)</p> <p>It would be nice if there was more about real nappies with health visitors and at the antennal classes*.</p> <p>(*Health Professional Toolkits were launched in Autumn 08 to enable expectant parents to learn about real nappies in their antenatal and postnatal classes).</p>

October 2007	Ruth Early	<p>As a mum of three girls age 6, 4¾ and nearly 2, my set of 40 real nappies did me well, I needed that many as I had 2 children in them at the same time. All three girls were in real nappies from about 6 weeks old and were out of them well before 2 years (1st was 22 months, 2nd was 18 months and 3rd just over 16months!!) - all self trained, with absolutely NO stress. I believe that having real nappies helped them be quick potty trainers as they could feel when they were wet and dirty. (See Fact Files 8+9 Toilet Training)</p> <p>I never used a library kit, although I would have done if I had known, and always laundered them my self - this was far easier than I thought, and I don't even have a tumble drier - the line is the best. I used flat T shaped nappies with booster and liner with nappy nippers and Air Flow wraps. Everything was one size (apart form the wraps), so I had only one cash outlay of about £350 - £80 of which I got back when I sold them through the nappy exchange and on ebay. (See Fact File 2 Real Nappy Library Kits explained + visit Real Nappy Exchange pages on website)</p> <p>I used real nappies as not to over fill Land Fill un-necessarily and to save money, the £30 cash back was nice, but I would have used real nappies anyway. (Download £30 Cash Back Claim form direct www.recycleforbuckinghamshire.co.uk)</p> <p>As a very popular supermarket says "every little helps" - I fell that this is especially so when it comes to issues of the environment.</p> <p>Hope this helps</p>
October 2007	Katharine Parker	<p>I started using real nappies with daughter number one at age 3 months and used them 95% of the daytime till she was potty trained – I had her in an eco- disposable at night. (See Fact File 13 Alternative Disposable Nappies)</p> <p>Real nappies were very easy to use, I started with Motherease but switched to Kushies Ultra as I found them smaller so fitted clothes better - I bought them at NCT sales, off ebay etc. I also used them from birth with daughter number 2 and am still using them although only 70% time - eco disposables again when I am not.</p> <p>With regards amount of waste in bin - I look at friends who have 2 wheelie bins if they use disposable nappies on 2 children, so obviously we must use less!</p>

		<p>I don't bother to soak them, I just used Ecover laundry liquid, bicarb of soda, and hang them outside and the sun bleaches them. The £30 Cash Back was great, but more would have been fine too! (See Fact File 6 Washing Instructions and Top Tips)</p> <p>I think real nappies are great, easy - you never run out of them! I think using a nappy service would have been a hassle, with your own machine you can wash to your own agenda.</p>
Oct 2007	Amanda Savage	<p>I decided to start using real nappies before having my first child, Eve, in January 2004. I was primarily concerned about the amount of waste produced by disposable nappies (and the fact that they took years to degrade!), and also hoped to save some money by using washables.</p> <p>I first started using real nappies when Eve was 6 weeks old, right up until she was potty-trained at two and a half. (She is now nearly four). I also started using real nappies on my second child, Heather, when she was two months old and continue to do so (she is now nearly two). (See Fact File 4 Newborn Nappies + Fact File 8/9 Toilet Training)</p> <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. (See Fact File 2 Real Nappy Library Kits explained + Fact File 3 Real Nappy Laundry services)</p> <p>My experience of using real nappies is that they are very easy to use and leak less than disposables. My only challenge was when both daughters were using them at the same time and I had to wash nappies every day! Using washable nappies helps our household to save a whole bin bag full of rubbish every week (as we have discovered to our horror when we go on holiday and just use disposables). I still use disposables overnight, as I have found that leaving my children in washables overnight either causes them to wake up for a change during the night or causes nappy rash. I also use some disposables when going out for long periods during the day, as I find it difficult to carry soiled nappies around with me. However, I probably use washables at least 70% of the time. (See Fact File 7 How to use real nappies at night + Fact File 5 Nappy Change Routines and Treating Nappy Rash Episodes + Fact File 13 Alternative Disposable Nappies)</p> <p>Buying washable nappies was a large initial financial outlay, particularly at a time when there were so many other things to</p>

		<p>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! (The £30 Cash Back claim form can be downloaded from www.recycleforbuckinghamshire.co.uk)</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	AG	<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. (See Fact File 2 Real Nappy Library Kits explained)</p> <p>I wash the nappies myself and really don't find it any hassle - it's just a couple of extra washes a week but without the ironing to follow! I dry them outside on the line, or if the weather is really bad, I'll do a light tumble dry and 'finish off' in the airing cupboard on a clothes airer. Even though I'm using the tumble dryer a bit, I believe that's still better than producing disposables and then putting several a day into landfill. (See Fact File 6 Washing Instructions and Top Tips)</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. (The £30 Cash Back claim form can be downloaded from www.recycleforbuckinghamshire.co.uk)</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	Claire and Mike	<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. (See Fact File 4 Newborn Nappies)</p> <p>Since then we've used them primarily (disposables at night time and for holidays) and Esme's a year old this week! See Fact File 7 How to use real nappies at night + Fact File 11 Real Nappy Holidays!</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 (Real Nappy Adviser) 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! (To find your nearest Real Nappy Adviser view webpage: Where to see, Borrow a Library Kit, purchase or launder Real Nappies in Bucks)</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 should give them a try as they're low hassle, cost less and greener.</p>
August 2007	Alison Looker	<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). 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. (See Fact File 4 Newborn Nappies)</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 their own worst enemy is the sheer choice in systems and brands. Added to which you are less likely to have a friend to share their experiences with you.</p>

I primarily use Tots Bots but have recently got quite excited about the Bum Genius 2.0 pocket nappy. It is good to gem up on as much as possible, the Baby Show is a good way to see a range of nappies, as is a talk from a nappy lady. Visit: www.thebabysshow.co.uk as I really do believe this to be a good source of information. There is normally an impartial stand run by midwives or a lollipop service etc. as well as many of the brands. You can't beat a brand demo for the explanations. For example, I often find that people have borrowed a nappy kit including Tots Bots, but have no idea about how to fold the inbuilt booster, what the fabric choices are and about using fleece wraps for night time.

Also, it is good to have a friend who also uses washables with whom you can share tips and favourite brands. [\(To find your nearest Real Nappy Adviser view web page: Nappy Library Kits and Nappy Suppliers\)](#)

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. [\(See Fact File 13 Alternative Disposable Nappies\)](#)

I'm saving money now, and will be quids in when I have my next child! I hate it when people, on hearing that I use washables say "You are good". I don't feel good, kind / sensible maybe (to my baby's bottom, my purse and the environment), does this just mean that they feel "bad"?

I don't understand why anyone would prefer to use disposables, and I find it a great shame that real nappies are the exception, rather than the norm. It really bugs me how many vouchers you get for Pampers & Huggies – where is the encouragement to use washables.

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.

I have always home laundered, largely due to the fact that I don't use pre-folds. There is so much more laundry that happens when you have a new baby (they mess your clothes as well as their own), I have never found one extra wash a day (or every 3 days now my son is 1½) to be a problem. It is actually my favourite wash to hang! I also like being in control of where my nappies for the next day are coming from.

August 2007	Carole Arnold	<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. (See Fact File 4 Newborn Nappies. To find your nearest Real Nappy Adviser view web page: Nappy Library Kits and Nappy Suppliers)</p> <p>I find them incredibly easy to use as I just have a cheap plastic bucket with a few drops of tea tree oil in, so it doesn't smell, and I wash every other day. I have always washed my own nappies, and I don't own a tumble drier, but they dry easily over night, and during the summer they are dry within hours on the washing line outside. (See Fact File 6 Washing Instructions and Top Tips)</p> <p>After George had been in real nappies for about a year I found out about the money back scheme and this helped me to buy the second size up. I buy a lot of second hand nappies or ex-demo's from nappy advisors and this helps keep the cost down even more. (For 2nd hand nappies visit Real Nappy Exchange pages on website)</p> <p>George is now 2 and a half and because he has special needs he is likely to be in nappies for longer than other children, but his toilet training is only going to be helped as he is aware when he is wet as he doesn't just sit in a "dry" disposable all day. (See Fact Files 8+9 Toilet Training)</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. (See Fact File 13 Alternative Disposable Nappies)</p> <p>We are on fortnightly collection and following surgery recently, George was unable to wear his real nappies because of enormous plaster casts on his legs, and so he wore disposables for the 2 weeks. During that time, my black bin became full to overflowing and was incredibly smelly attracting flies..... something I have never otherwise experienced. Usually, my black bin for a household with 3 adults and 1 child is only just full within the fortnight. I have no idea how families with more than one nappy wearing child can possibly manage.</p>
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August 2007	SB	<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! To find your nearest Library Kit view web page: Nappy Library Kits and Nappy Suppliers)</p> <p>These nappies are a piece of cake - I wash them every other day, they dry in no time and being velcro fastening are easily as user friendly as disposables. They 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>
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