

Free Real Nappy Pack

Instructions for use



How to be a
real happy
baby



Reduce Reuse Recycle
let's get it sorted



Your new cloth nappy kit



1. One size 2 Tots Bots Nappy & Nappy Nippa



2. One small Motherease Sandy (All-in-One)



3. One small Minki Pocket Nappy



4. One small Minki Waterproof Wrap

5. Two Fleece Liners



6. One washable Stinki Minki drawstring Nappy Bag



7. One Terry Square

8. Six Washable Wipes

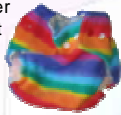
Colours may vary

How to use your nappies

Place a liner (either paper or fleece) inside the nappy (some nappies have a built in fleece liner or fleece pouch, these do not need liners).

Fasten the nappy around your baby ensuring a snug fit (not too tight or loose). You will have received additional instructions for nappies that require folding, adjustment or stuffing.

If required put the waterproof cover over the top. Only All-in-One or Pocket Nappies do not require waterproof covers. Pocket nappies do however require an absorbent stuffing to be added.



Make sure that the nappy is completely inside the cover and no labels or cotton is sticking out.

Changing the nappy

When you come to change your baby you will need to follow these simple steps.

Remove the outer cover and nappy. If the outer cover has not got soiled or very wet then it can be reused for the next nappy. You will need to replace the nappy (cotton part) at each change.

Clean your baby as you would at any nappy change and add another nappy & cover as before.



If you have used a paper liner dispose of it in the toilet. If you have used a washable liner (fleece) and it is soiled rinse this off into the toilet. If your nappy or cover is also soiled you may also need to rinse this in the toilet too.

This can be done by either, holding tightly to one corner of the nappy and flushing the toilet so that the nappy is rinsed into the toilet bowl or by using a shower attachment over the toilet to rinse off the nappy.

Place the nappies in a lidded bucket to store them until you are ready to wash a few together.

Using Boosters

You may need to add a booster to your nappy if your baby is a heavy wetter or for night time use. A booster is basically extra absorbency added to the nappy and can either be pre-shaped or any absorbent material folded into a pad (small pre-folds, small terry nappies or micro fibre cloths work really well for this purpose) and placed inside the nappy. If you find you need to add more than one booster it may be best to place one inside the nappy and additional boosters between the nappy and the cover.

Soaking the Nappies

It is not necessary to soak your nappies but if you would prefer to do this, we **do not** recommend chemical nappy soak on nappies or covers as this can damage them.

If you would like to soak your nappies then please follow these instructions carefully.

Half fill the bucket with cold water and add either a few drops of lavender or tea tree oil, a table spoon of white vinegar or bicarbonate of soda.

We would recommend using a nappy mesh inside the bucket to help you remove nappies that have been soaked.

Place the nappies in water and remember to change it at least once a day to prevent smells.

Please remember that a bucket full of water can be a fun thing for a toddler but does have potential dangers. Please keep buckets of water stored out of reach of any small children.

Washing the Nappies

(please check care labels before washing your nappies and covers).

Washing your nappies at 60°C or 40°C is sufficient in

most circumstances and better environmentally. You should try to wash at 60°C if your baby is very young (for the first 3 months). You can use any non-bio washing powder but **never use fabric conditioner** as this will coat the nappies and reduce their absorbency. You will only need to use about 1/3rd of the normal amount of washing powder (you can check this by making sure there are no suds left in the final rinse). If there are still suds in the final rinse keep reducing the amount of powder).

If you decide to dry pail (no soaking) your nappies, it may be worth putting them through a pre-wash or rinse cycle with no washing powder/liquid to give them a rinse through first prior to the main cycle.

REMEMBER: Try to wash your nappies at least twice before using them (no need to dry in between washes). This will help with the absorbency and remove any coating that may have been used in the manufacture of the material. It can take several washes before you nappies will reach maximum absorbency especially for hemp products.

Drying the Nappies

Most nappies can be tumble-dried but line drying is best for the environment and free.

Nappies with elasticated legs should be tumbled dried on a low/gentle cycle and only if necessary. Please be aware that tumble drying or drying your nappies on direct heat, e.g. on radiators or Rayburn stoves, shortens their lifespan and uses more energy, increasing the impact on the environment.

Washing and drying wraps (outer pants) and Pocket Nappies

A 60°C or 40°C wash is best (please check the care labels). Again try to use a non-bio washing powder. Wherever possible try not to tumble dry or dry your wraps on direct heat i.e. on a radiator or Rayburn stove as this could deteriorate the waterproof coating. If it is necessary to tumble dry use a low setting.

Tips and Suggestions

If you have a shower head that reaches your toilet this is a good way to rinse off your nappies and washable liners into the toilet when they become soiled. If this is not possible rinse them off with the shower into a bucket and then throw the water into the toilet.

If you tumble dry your nappies check the filter once in a while. **Please be aware that tumble drying your nappies will shorten their lifespan and deteriorate any elastic in them.**

Washing out your nappy buckets regularly will help to keep odours to a minimum. If you find that your nappy buckets smell strongly put a couple of drops of lavender or tea tree oil in the bottom of them.

If you find that your nappies feel hard when dry you may have a build up of washing powder on them try washing them a few times without powder.

Make sure that the nappy is completely inside the outer pants and all labels are tucked inside. This will help to prevent leaks.

Nappy Rash Changing your baby regularly and letting the air get to your baby's bottom for a period of time each day will help prevent nappy rash. It is germs, not moisture, that cause nappy rash. Therefore whatever nappy you use, it still needs to be changed regularly.

Using Tots Bots nappies from birth to potty (9-35lb)



You can use the Tots Bots nappy as a birth to potty nappy for babies from about 9lbs in weight. If your baby is very small (under 9lb) you may find it too bulky and may not get a good fit.

Add your liner and put the nappy on as you would for any nappy. Before fastening it fold it down at the front and cross over the arms of the nappy.

Fasten it with a Nappi Nippa (a T-shaped hooking device) by attaching the hooks into



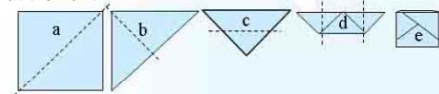
the left or right of the nappy. Stretch it across to the other side and hook in, before pulling it down in the middle and hook in again.

Make sure it is a snug fit and securely fastened. Then add your waterproof outer.

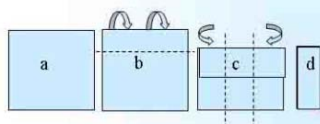
Terry Folds

There are many ways to fold Terry Nappies. Try different folds to find the best one to suit your baby for absorbency and to avoid leaks. Look up different nappy systems at www.realnappycampaign.com for more information or contact the Waste Aware Team. Here are some examples:

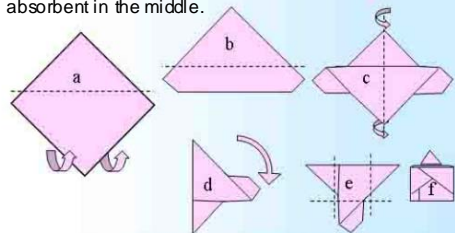
Fold 1 creates a small nappy which is more absorbent at the front.



Fold 2 makes a pad which can be placed inside a wrap. It is suitable for a boy as there is extra absorbency at the one end.



Fold 3 creates a nice nappy for a girl which is absorbent in the middle.



Nappy Facts

- At the moment about eight million disposable nappies are thrown away every day in the UK.
- Disposable nappies make up about 2.6% of the average household rubbish in a year. This is equivalent to the weight of nearly 70,000 double-decker buses. If lined up from front to end, the buses would stretch from London to Edinburgh.
- By the time your baby is potty trained you could use 4,000 to 6,000 disposable nappies. This will cost a minimum of £488 and maybe as much as £732. By comparison you only need from 25-30 real nappies costing as little as £185 including the washing!
- Using the same nappies on your second or third child saves you even more than on the first! Washing at home costs less than £1/week.
- Modern washing machines wash so well that real nappies do not need to be pre-soaked or boiled.
- By home laundering you can help reduce the environmental impact of nappies. Use energy efficient washing machines and line dry wherever possible.

This material has been reproduced from the website www.realnappycampaign.com.

Useful Websites

www.wrap.org.uk
www.realnappycampaign.com
www.wasteawarescotland.org.uk/realnappies
www.wen.org.uk
www.nappytrialservice.co.uk
www.sepa.org.uk

If you would like more advice on real nappies please contact the Waste Aware Team on

01851 709900

www.cne-siar.gov.uk/recycling
recycling@cne-siar.gov.uk



SCOTTISH EXECUTIVE

