



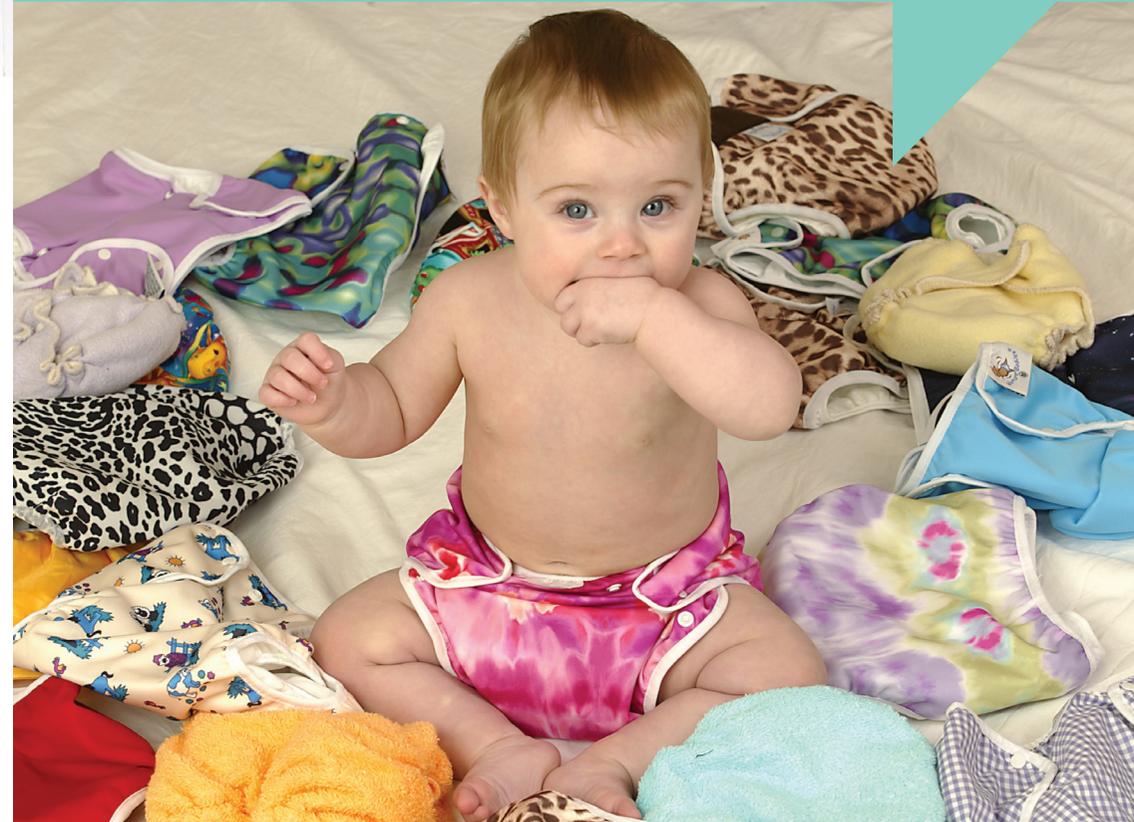
Choose reusable nappies

Find out more

Bath & North East Somerset Council
www.bathnes.gov.uk/reusablenappies
01225 39 40 41 councilconnect@bathnes.gov.uk

The Real Nappy Information Service
www.goreal.org.uk

- (1) Women's Environmental Network
www.wen.org.uk
- (2) An updated lifecycle assessment study for disposable and reusable nappies
www.defra.gov.uk



Your guide to choosing reusable nappies

75% recycled
When you have finished with this item please recycle it

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**Bath & North East
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Why choose reusable nappies?

Reusable nappies are cheaper

It is estimated that the cost of buying and using reusable nappies is between £182 and £359.¹ The estimated cost of using disposable nappies is £922.¹

Reusable nappies means less waste to landfill

Nearly 3 billion disposable nappies are thrown away in the UK each year. This works out as 8 million nappies every day. 90% of these end up in landfill.¹

Reusable nappies can save energy and resources

The number of disposable nappies used over the average 2 ½ years that a child uses nappies is in the region of 3,796.²

The number of reusable nappies used for the same time is 30.²



Choosing the right nappy for your child

Reusable nappies are made up of:

1. A liner – catches the solids and can be flushed down the loo
2. A nappy – absorbs the wetness
3. A wrap – waterproof layer that protects the clothes

There's lots of choice on the market so you can make sure you find the right nappy for you. Things to bear in mind when choosing your nappies include cost and convenience:

Flat nappies

Traditional square terry nappies or prefold nappies are the cheapest. They are easy to wash and dry and you usually just need to buy one size.



Fitted nappies

These are already shaped to fit your baby like a disposable nappy. They are easier to use but are more expensive and take longer to dry.

All in ones

These are most like disposable nappies because they include an outer waterproof layer as part of the nappy. This makes them convenient to use but they are also more expensive and take longer to dry.

'Pocket' nappies

These have the convenience of all in ones but dry quicker as they have separate parts. They can be slightly more expensive than the other types of nappy available.

For more detailed information about nappy types, please go to: The Real Nappy Information Service www.goreal.org.uk 0845 850 0606

Top tips for making the most of your reusable nappies

Using any nappy has an impact on the environment but the most environmentally friendly option is to follow the guidelines below when using reusable nappies:

- Use A rated appliances for washing your nappies
- Wash in full loads at no more than 60 degrees
- Avoid tumble drying – hang outside or use an ailer
- Store used nappies in a lidded bucket – no need to soak
- Use an eco detergent but don't use fabric conditioners, which reduce the nappy's natural absorbency
- Use washable liners and wipes/flannels
- Never iron your nappies!
- Pass them on – reuse them on another baby or sell them on

