

## Nappy wash and care guide

Washing to drying in just 5 easy steps:

1

Dispose of liner – disposables can be flushed or for reusable, flush solid poo and put in nappy bucket.

2

Store nappy in a bucket (no need to soak) – if a bag is being used just place the whole thing open into the washing machine, no need to touch the nappies.

3

Run a cold rinse – this removes urine more effectively.

4

Warm wash (maximum 40-60 degrees) with non-bio detergent and no softeners. You can do an extra rinse or spin cycle. Only use approximately half your usual detergent.

5

Line dry or tumble dry on a low heat (a towel in the drier can decrease drying time). Tumble drying can keep your nappies soft but can reduce the lifespan. Line drying can bleach stains and keep your nappies functioning for longer.

### £30 cashback scheme

West Berkshire Council offer £30 cashback if you spend £60 or more on real nappies.

All you need is proof of purchase, be a West Berkshire resident and have a child that is under the age of 18 months when you apply.



# Your Real Nappy Trial Pack



For more information on Real nappies or to apply for £30 cashback visit:

[www.westberks.gov.uk/nappies](http://www.westberks.gov.uk/nappies)

Follow us at:

 [www.facebook.com/recyclewestberkshire](https://www.facebook.com/recyclewestberkshire)

# Welcome to your real nappy pack!

This pack is a great way to help get you started with using real nappies.



## Benefits of using real nappies

### Saves you money

- You can save up to £500 (or even more if using with subsequent children)
- We offer a £30 cashback scheme

### Better for the environment

- 3 billion nappies are thrown away each year in the UK
- Real nappies have a 40% carbon saving compared to disposables

### Better for your baby

- Real nappies use natural fibres not synthetic chemicals
- Real nappies can offer better support and helps with conditions such as clicky hips
- Using real nappies can help shorten the amount of time it takes to potty train your baby

## Getting started with real nappies

If you are planning to use only real nappies for your baby we suggest you need approximately 20-25 nappies or you can use real nappies alongside disposable and find a balance that suits you and your baby.

### You will need:

- ✓ Nappy liners (flushable or reusable)
- ✓ Extra boosters
- ✓ Nappy bucket
- ✓ Laundry mesh bag



## Which nappy is right for me?

There are so many designs and brands for real nappies but there are 4 main types; prefolds, two part, pocket and all in one nappies. Each parent (and baby) will find a different style and type they like that suits them.

### Prefold nappies (nappies you fold yourself)

- Economical, versatile and fast drying, these are good for newborns as you can fold them to size and get a secure fit to your baby
- Require water proof wraps and can be bulky

### Two part nappies

- Good absorbency and containment
- Require waterproof wraps, can be bulky and slower to dry
- Most are sized to fit your baby, so you will need to buy more as your baby grows

### Pocket nappies

- Adjustable absorbency, quick drying, ready to use as you would a disposable with built in waterproof outer layer
- Less effective containment, as often one size birth to potty

### All in one nappies

- Easy to use like disposables, medium absorbency
- May take longer to dry

Bamboo is the most absorbent but can be slower to dry, whereas cotton or micro fleece is quick drying but may lack absorbency.

## Where to buy?

Nappies can be purchased from specialist suppliers online as well as many local supermarkets and stores. You can also buy from the second hand market which are often a much cheaper alternative and can still be used to earn your cashback.

