





### It's your choice

A baby could wear about 5,400 nappies before potty training so it's an important choice.

Paediatricians suggest that new-born babies should be changed about 10 times a day and older babies about 6 times.

Infrequent changes could cause nappy rash with any nappy type.

*...Among infants with 'very bad' or 'quite bad' nappy rash, the type of nappy worn did not emerge as a significant factor. Therefore, and contrary to widespread belief, disposable nappies seem to have little protective effect. This is an important point as disposables are so expensive. Parents' money may be better spent elsewhere.*

- Professor Jean Golding, Bristol, co-author of "Getting to the Bottom of Nappy Rash", British Journal of General Practice

### Changing style

Modern cloth nappies are shaped, fitted and self-fastening.

They come in a variety of styles, patterns and sizes and can be a fun part of your baby's wardrobe.

Flat nappies such as traditional terries and pre-folds are quick drying, economical and still a popular choice.



### Save money!

Home laundered nappies could save parents £500 for their first child.

Savings could be even greater with a second and third child.

Payment plans spread the cost of buying nappies.

Second hand nappies are cheaper still.



### Home washing is simple at 60°C

No need to soak or boil - this wastes water and energy.

Biodegradable nappy liners can be used inside a cloth nappy - simply lift the liner out and flush the contents down the loo.

*I think I spend maybe an extra five minutes a day sorting out his nappies - but he's so soft and cuddly now!*

Gwyneth Brock, Manchester, mother of Ed and Daisy

### The ultimate convenience – home delivered nappies

Nappy washing services deliver a pile of freshly laundered nappies right to your door and take away the dirty ones to be laundered to NHS standards.

### Cloth nappies are the natural choice

Disposable nappies are made of superabsorbent chemicals, paper pulp and plastics while cloth nappies are mostly made of natural fabrics.

For the best option, unbleached organic cotton nappies and woollen outer pants are available at reasonable cost.

*"There is such a wide choice of real nappies that it can be quite overwhelming. But once you've finally decided which are right for you, it's not only easy, it's a pleasure."*

BBC Radio 2 Presenter, Janey Lee Grace.

### Britain throws away nearly 3 billion nappies a year.

That's 8 million a day. Disposable nappies are not just wasteful and costly for parents.

Dealing with nappy waste costs local authorities hundreds of thousands of pounds a year.

