

A GUIDE TO

# REAL NAPPIES

## IN GUERNSEY

**DID YOU  
KNOW?**

USING REAL  
NAPPIES CAN  
**SAVE YOU £500**  
OR EVEN MORE!





## WHY USE REAL NAPPIES?

### KIND TO BABIES

Real nappies have come a long way since the days of terry squares. Modern real nappies come in many shapes and styles that are comfortable, secure and chemical-free.

### KIND TO POCKETS

Using real nappies in Guernsey saves you around £500 or more for your first child, and even more after that!

### KIND TO PARENTS

These days, real nappies are super easy to use: most have either poppers, Velcro fastenings or Nappy Nippas (nappy pins are long gone!) and all are simple to wash and dry.

### KIND TO THE ENVIRONMENT

Every time you use a real nappy you're helping to reduce Guernsey's waste. As an island, we throw away around 9,000 disposable nappies every single day, so using real nappies makes a real difference!

You'll halve your household's weekly rubbish and reduce your environmental impact, so you're doing the island and the planet a favour.

## GOT SOME QUESTIONS?



### Q. How many nappies will I need?

A. Around 18-24 at any one time. This will give you enough to wash full loads without running out. If you choose two-part nappies you won't need as many wraps.

### Q. How much do they cost?

A. You can buy enough real nappies to last your child from birth to potty training for £70 to £300, depending on the type of nappy you opt for.

### Q. Where can I buy them?

A. Boots, Creasey's Nursery and Waitrose stock real nappies on-island. You can also pick up some great bargains through our Facebook page **Guernsey Nappy Chat**, NCT baby sales and even charity shops. There is also a huge selection of online retailers.

### Q. What's right for me?

A. There are real nappies to suit every baby and every lifestyle, but the choice can be a bit bewildering if you're not sure what you're looking for! The Guernsey Real Nappy Network offers support and advice, including free trial kits so you can try a range of different nappies at home to help you decide. We also run demos, home visits and nappucinos.

Our Facebook page **Guernsey Nappy Chat** is a friendly forum and font of local nappy knowledge, and Go Real ([goreal.org.uk](http://goreal.org.uk)) also offers information and expert advice.



# DIFFERENT TYPES OF REAL NAPPY



## FLAT NAPPIES

Flat nappies are quick, simple and inexpensive: at their most basic they can be simply a muslin or terry square with a waterproof cover over the top. The cloth can be folded a number of different ways and secured with a Nappy Nippa.

## PREFOLD NAPPIES

Prefolds are rectangular flat nappies that fold into a pad before slotting into a cover, meaning there's no need for a separate fastener. Covers are available in many styles, colours and patterns, and different sizes ensure a good fit. The nappies themselves also come in different sizes, although many can simply be folded to fit.

## TWO-PART NAPPIES

Also known as shaped nappies, these come in two parts: a shaped absorbent nappy and a waterproof wrap. Two-part nappies and their wraps are either sized or adjustable from birth to potty. They're easy to use but tend to dry less quickly than others. Two-parters make fantastic nighttime nappies.

## ALL-IN-ONE NAPPIES

All-in-ones are very user-friendly: the waterproof cover is already attached to the absorbent layer so they're ready to go. They come with a choice of poppers or Velcro fastenings. They're very convenient but can take a while to dry.

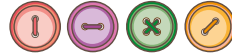
## POCKET NAPPIES

Pocket nappies look similar to all-in-ones but wash and dry more easily, as the absorbent layers can come out of their pocket in the waterproof outer shell. A terry, muslin, prefold, or any type of booster pad can be stuffed into the pocket, and a stay-dry layer that forms the inside of the pocket keeps the baby's skin dry. Pocket nappies combine the convenience of an all-in-one with the absorbency and quick drying properties of the flat nappy.

## ALL-IN-TWO NAPPIES

These fall somewhere between a pocket nappy and an all-in-one nappy. The inner absorbent pads pop on to the outer wrap and, once popped, form a one-piece nappy. These nappies are very easy to use and the pads can be unpoppered for washing and so this type of nappy can be quick to dry.

# FABULOUS FABRICS



Real nappies are available in a range of different fabrics, including cotton, bamboo, hemp, microfibre, fleece and wool. Each fabric has its benefits, so it just depends which fabrics suit you and your baby best.

## COTTON

Cotton is very absorbent, soft and relatively quick to dry. Organic cotton has added environmental benefits.

## BAMBOO

Bamboo is incredibly soft and up to 40% more absorbent than cotton. However, it does take longer to dry.

## HEMP

Hemp is very soft and absorbent, making it ideal for booster pads or nighttime nappies, but it does take longer to dry than cotton. It's eco too.

## MICROFIBRE

This synthetic fabric is very absorbent, yet it dries incredibly quickly. It's ideal if drying space is limited.

## FLEECE

Another synthetic material, fleece is often used in pocket nappies and liners, as a layer of fleece next to the baby's skin is soft and acts as a great stay-dry barrier.

## WOOL

Wool is naturally both waterproof and breathable, making knitted wraps a good choice, especially for babies with extra sensitive skin.



## REAL NAPPIES USER GUIDE

### STEP 1

Put the nappy on the baby, adding a liner and wrap if necessary. Check all the absorbent parts and the liner are well tucked in.

### STEP 2

As with disposables, you should change real nappies every few hours, or as soon as it is soiled. Flush any solids down the toilet and put the used nappy into a lidded bucket (lined with a laundry mesh if you like) or laundry bag. There's no need to soak them.

### STEP 3

Put the nappies into the washing machine and wash them at 40° (or 60° max), using bio or non-bio detergent. You can add a sanitiser if you like, but don't add fabric softener as it affects the absorbency.

### STEP 4

Real nappies can be tumble dried or put on an airer, but line drying is preferable as sunshine is a natural disinfectant and whitener, as well as being kinder on the environment.



# NO MORE NAPPY RASH

Regardless of what type of nappy you use, the secret to avoiding nappy rash is to change your baby's nappy frequently: 8-12 times a day for a newborn, and 4-6 times a day for an older baby. Nappy rash is usually caused by prolonged skin contact with poo, but it could also be a reaction to teething, a new food, or chemicals in creams, detergents etc. Fresh air helps, so leave the nappy off as much as you can if you spot any signs of nappy rash appearing.

## GUERNSEY REAL NAPPY NETWORK



### ABOUT THE GUERNSEY REAL NAPPY NETWORK

The Guernsey Real Nappy Network is a community group offering independent advice and practical support to any parents or carers using real nappies in the Bailiwick. We offer free demos, trial kits, home visits and ongoing support, as well as drop-in clinics, nappuccinos and a fabulous Facebook page.

### TRIAL KITS

The Guernsey Real Nappy Network lends out free trial kits so you can try a wide range of real nappies at home for two weeks to help you decide what's right for you and your baby.

### CASHBACK

The States of Guernsey offers £35 cashback per child towards the cost of real nappies – new or secondhand.

A Guernsey Real Nappy Network advisor will talk you through the different nappies and be on hand during the trial if you have any questions.

# REAL NAPPY FACTS



Using real nappies can encourage babies to **potty train** earlier



The most ecofriendly materials are **hemp, bamboo and organic cotton**






Around **9,000 disposable nappies** are used and thrown away in Guernsey every single day



Guernsey  
**Real Nappy**  
Network

 Guernsey Nappy Chat  [guernseyrealnappynetwork@gmail.com](mailto:guernseyrealnappynetwork@gmail.com)

Real Nappy Cashback  221234  [email.recycle@gov.gg](mailto:email.recycle@gov.gg)  
See more Real Nappy info at  [goreal.org.uk](http://goreal.org.uk)

