

Where to buy real nappies

If you decide you'd like to start using real nappies most or all of the time you'll need to buy some more. On top of what's in the kit, there are lots of different brands of nappy available and lots of suppliers, though most sell by internet/mail order rather than in shops. HRNP does not sell nappies and does not favour any one supplier, but below are some suggestions for where to buy them.

Internet (A few sites to start you off – you'll find lots more besides)

www.twinkleontheweb.co.uk – supply everything in your kit and lots more.
www.tomorrowschild.biz – a Highland nappy supplier based in Fort William.
www.totsbots.com – full range of Totsbots nappies.
www.easypeasynappies.co.uk – Bimbles and other nappies in the range.
www.babykind.co.uk – for a wide range of nappies and accessories
www.kittykins.co.uk – for a wide range of nappies and accessories

Mail order brochures

Twinkle Twinkle, 0118 934 2120, and **Ecobabes**, 01366 387851 – supply most of what's in your kit and more.
Little Green Earthlets, 0845 072 4462 – supply terries, various accessories and Motherese products.
Totsbots, 0141 550 1514 – Totsbots nappies and accessories.

Shops

Mothercare, Inverness Retail Park, 01463 228390 - Mothercare's own "Smart Nappy" system, terries, waterproof pants, disposable liners. Will order a small range of cloth nappies for you.
Nursery Needs, Tain, 01862 894411 - terry squares and Cottons Bottoms prefolds and wraps.
Boots, Inverness Retail Park, 01463 715343 – terry squares and waterproof pants.

Second Hand (there are some great bargains around)

www.ukparents.co.uk – look for the 'Buy and Sell - Nappies' forum which is normally busy with a number of new adverts every day.
www.thenappysite.co.uk – very popular and free to use.
www.usednappies.co.uk – also worth a look.
www.ebay.co.uk – has a dedicated nappies category which is worth a look.

Highland Real Nappy Project is a not-for-profit community organisation run in association with ILM (Highland) and is supported by the Highland Council, SEPA and NHS Highland.



Your Real Nappy Starter Pack



Congratulations on deciding to try out washable nappies! This simple information sheet will help you get the most out of your nappy kit, so it's worth having a read through before you start.

We hope that you will enjoy experimenting with the nappies, finding out how the different types work and which is the right choice for you and your family.

Four easy steps to trouble free napping – read this first!

- 1. Unpack your bucket and wash and dry the nappies, booster pads and fleece liners before using them.** Both nappies and wraps (covers) can be washed at 60°C. Use non-bio powder to avoid skin sensitivity and don't use fabric conditioner as it reduces absorbency. Everything can be dried on a washing line outside, an ailer inside, or in a tumble drier, but the wraps will last longer if you avoid tumble drying them.
- 2. Choose a liner, nappy and wrap to try, and put them on your baby.** You put the layers of the nappy together, with the wrap on the outside, the absorbent nappy next, with a booster pad if needed, and the liner on top so it's next to the baby's skin. Then just lay the baby on top, pull all the layers up between his/her legs and fasten snugly. If you prefer you can put the nappy and liner on, then the wrap. Check round the legs and waist band to make sure all the nappy fabric and liner are tucked in to the wrap to avoid wicking of moisture on to clothes. More instructions about the different nappies are given later in this booklet.
- 3. Change the nappy when you need to and try out a different nappy/ wrap.** If the nappy is dirty, paper liners can be either flushed away with the poo or put in the rubbish bin. Poo can be removed from fleece liners and/or nappies by rinsing under the toilet flush. Then put the used nappy and other items for washing into your bucket until you are ready to do a wash. You can use the same wrap again for the next nappy unless it is dirty.
- 4. Wash and dry your nappies and wraps ready for using again.** We recommend storing used nappies dry in the bucket, but you can soak them in water if you prefer. Heavily soiled nappies may need to be prewashed.

Please contact us on 0845 201 2609 for more help.

About your starter pack

The aim of the starter pack is to help you find out how easy to use real nappies are, and to get an idea which kinds you like. We hope that you will go on to buy more real nappies of your own—supplier details on back page. You may find that not everything in your kit fits at first, or that you are just too busy with a newborn baby, but remember you can always have another go in a few weeks time. Friendly advice and help from HRNP staff is only a phone call away.

In a few months time we will contact you by the method you ticked on your registration form with a questionnaire. Please return the form, even if you decided against real nappies, as your feedback is essential for the future of the project.

If you have finished with some or all of your nappies, why not pass them on to a friend (please send us their details), or return them to us? Please don't waste them!

If you are still not sure which nappy system is for you, you can borrow a free trial kit from HRNP containing a much wider range of nappies and wraps — call us for details.

Some tips from experienced real nappy users

How often to change? Every 2 ½ - 5 hours, depending on your baby's age and how heavy a wetter they are. Always change immediately after a poo. At night you may need to use a more absorbent nappy or add a booster pad.

Keep your nappies soft by tumble drying them for 10 minutes at the beginning or end of air-drying, or giving them a good shake.

Absorbency of new nappies usually improves greatly after a few washes.

Washing nappies every 2 days if stored dry or every 3 days if soaked is recommended to avoid staining and minimise smells. They can go in with your other laundry.

Use a minimum amount of washing powder to avoid residues which may irritate skin. If you think your baby's skin is reacting to the nappies, using an extra rinse cycle may well solve the problem.

Don't soak wraps or dry them on hot radiators as they may be damaged.

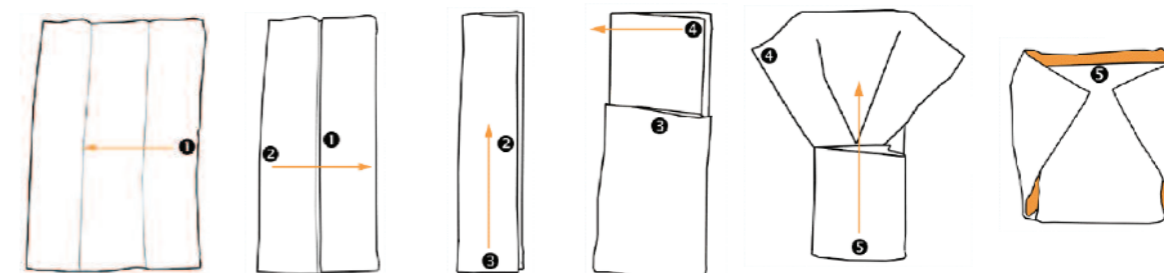
Worries about nappy rash? Research has shown that neither the type of nappy or wetness of the skin are related to nappy rash. Changing nappies as soon as necessary, especially dirty ones, is much more important.

What about disposables? Many real nappy users use the occasional disposable now and again when real nappies are not as convenient. Don't feel guilty! Every real nappy you use means one less disposable going into landfill.

Try different combinations of the different types and sizes of nappies and wraps. What fits best and gives the most effective results may change as your baby grows.

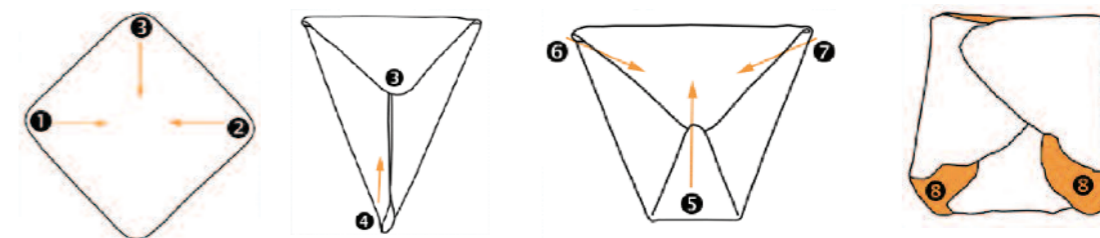
Folding a prefold or terry for better containment (the 'angel' fold)

Similar to the pad fold above, but fan out the top part to fit the wider part of the wrap at the back. You can try pinning a prefold folded in this way.



Kite fold for a terry square

You can adjust the length of the nappy to fit your baby by folding the point in more or less at the third step.

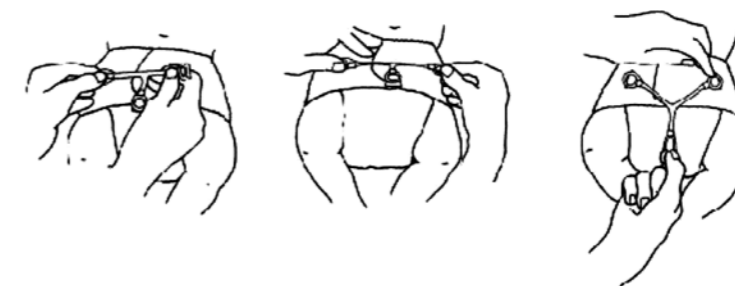


Motherease One Size (adjusting for a newborn / small baby)

As the baby gets bigger you can unfold the front flap and use the wider popper settings.



Using a Nappi Nippa



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Booster Pad

Use this for extra absorbency for heavier wetters or for over night if needed. The pad can be used with any of the nappies between the nappy and the liner, or even between the nappy and the wrap. There are lots of different makes available in different fabrics and colours, priced from around 75p.



Fleece liners

A soft layer against your baby's skin which wicks away moisture and helps keep them drier, as well as catching poo. Fleece liners are particularly good for overnight. You can buy these cheaply or make your own from fleece fabric.



Biodegradable paper liners

These liners also wick moisture away and can be flushed down the toilet (though this **might** cause problems with old plumbing or septic tanks). If they are just wet at change time, you can wash them and use them again; they will last two or three washes. There are various makes costing around £2 per 100.



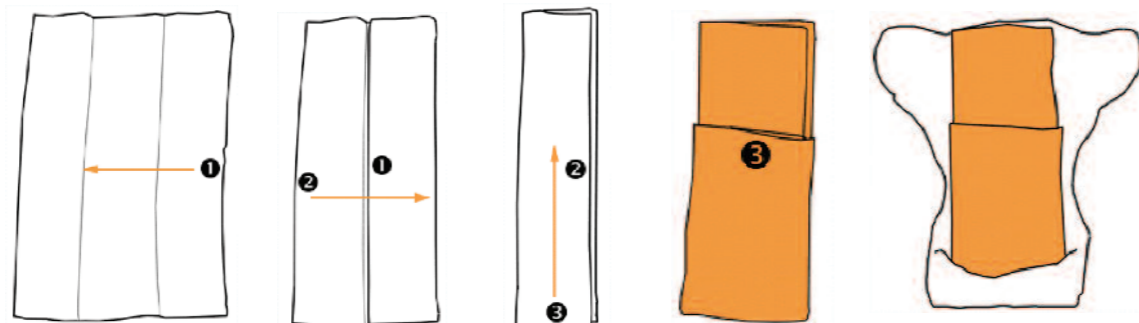
Washable Wipes

These soft and colourful washable wipes are made by Minki in the Western Isles from Egyptian cotton and fleece. Use them for effective yet gentle cleaning and wash them along with your nappies. 50p each.

Some suggested ways to fold and fit your nappies...

Pad folding a terry square or prefold

When using prefold nappies, for a smaller baby use the prefold with the panels running horizontally, for an older toddler you may need to have the panels running vertically to make a longer nappy.



What's in your kit?

...THE NAPPIES (the absorbent part)...



Motherease One size

This is a shaped nappy designed to fit from birth to potty training. The nappy is adjusted by folding down the front for a newborn or smaller baby (see diagrams on page 7) and using the different popper settings as the baby grows. When more absorbency is needed just popper in the matching booster pad, (rectangular pad with poppers, included in medium kit only). Use either of your wraps with this nappy.

This nappy is beautifully soft, stretchy and absorbent and is a world wide best seller. Available in white, unbleached and colours, priced around £8.90 including booster pad.



Organic Totsbots

A shaped, sized, velcro-fastening nappy made from a Scottish company. The attached "tongue" can be folded to give more absorbency at the front of the nappy for boys, or in the middle for girls. Use either wrap with these.

Totsbots are popular nappies which are very absorbent, contain poo well and look really cute. They come in 3 sizes and are also available without Velcro (fasten with a Nappy Nippa). Size 2 nappies (in the medium pack) can be folded down at the front and fastened with a Nappy Nippa to fit a smaller baby. Price between £7.00 and £9.00.

Fuzzibunz pocket nappy



With this type of nappy, the outer waterproof layer and inner fleece liner are stitched together to form a pocket which you stuff with an absorbent pad before fitting it on the baby. No separate liner or wrap needed. Your kit contains a white rectangular insert pad made to fit your Fuzzibunz, but you can also use booster pads, a folded prefold nappy or other absorbent material, and you can adjust the amount of stuffing according to need. Separate the parts for quick washing and drying. It's important to spread the pad out inside the pocket to cover the whole area in the centre of the nappy to avoid wetness leaking through. The different popper settings give good size adjustment. You can also use this nappy without an insert as a wrap over other types of nappy.

A soft, snug fitting system, great for quick drying, Fuzzibunz come in a range of sizes and colours and cost around £11.75 including insert.



Easy Peasy Bumble (medium kit only)

A soft and versatile shaped terry nappy lined with fleece. The terry and fleece layers form a pocket with an opening at the front where a detachable booster is added to increase absorbency. The booster can be detached for laundering, which makes the nappy quicker to dry. Bumbles can be fastened with a Nappi Nippa, ensuring a good fit and good containment over a wide range of weights and shapes. With the booster removed, Bumbles can also be popped down internally to fit much smaller babies. Price around £7.50 - £9.00.



Easy Peasy Bimble QD (small kit only)

A lovely soft shaped nappy designed for newborn babies. The 'tongue' provides extra absorbency and can be pulled out of the pocket for quicker drying. No extra liner is needed as the fleece side of the nappy goes next to the baby's skin. Fasten the nappy with a Nappi Nippa to give a snug fit (see diagrams on page 7), or hold in place with close-fitting Rikki wrap. Excellent for containing newborn poo.

Bimbles are great value at £5.95 and are available in a range of colours, with popper fastenings and in bigger sizes.

Prefold

These are made of layers of soft cotton fabric sewn together to make a thicker central section. The easiest way to use them is to fold in three into a pad, place inside the wrap, place liner on top then fit the whole lot on to the baby. The diagrams on page 7 show other folds worth trying, especially if you are finding problems with containing small baby's poo. Use the Rikki wrap with these nappies, you need the more snug fit as it is the wrap which holds the nappy in place.

Prefolds are a very economical option (a pack of 6 costs around £8.75 to £13), dry easily and come in three sizes. You can also use them as boosters in bigger nappies, or even as absorbent changing mats.

Please note colours and prints may vary.



Terry Square

The diagrams on page 7 show how to fold a terry in different ways to suit different sizes of baby. Fasten with a Nappi Nippa, and use with either wrap, or pad-fold them and use with the Rikki wrap.

Terries are still the cheapest option and range from around £2 to £3.50 each. They dry very quickly and one size fits all, though different sizes, as well as colours, are available.

...THE WRAPS (the waterproof part that goes over the top)...



Motherease Rikki and Airflow wraps

Motherease wraps are excellent wraps for softness, breathability, durability, reliability and easy care. They come in a choice of lovely prints, white or pastel colours. Available in 5 sizes, price £7.99 to £8.50. Your kit contains two different sizes so that at least one wrap should fit your baby depending on how big he/she is and which nappy you are using. Try mixing and matching nappies and wraps.



The Rikki wrap fastens with velcro and is quite close fitting, which makes it especially suitable for slimmer babies and pad folded nappies.

The Airflow wrap fastens with adjustable poppers at the waist and leg on each side. It is a very "baggy" wrap, which makes it especially good over larger nappies like pinned terries and Totsbots.

Don't forget you can use your Fuzzibunz nappy (un-stuffed) as a wrap too.

...THE ACCESSORIES (the other useful bits and pieces)...



Nappi Nippa

Nappi Nippas are the modern day replacement for safety pins and much nicer to use as there's no danger of stabbing your baby by accident! The diagram on page 7 shows how to use them. They grip the fabric of the nappy with little teeth and hold it securely together. Use them with your terry square, Bimble/Bumble and prefold if you try one of the alternative folds. Nappi Nippas cost £1.80 each.