



Real Nappy Pack



Families taking part in the Baby Footprints project can also take advantage of this fantastic new incentive. The Baby Footprints Real Nappy Pack has been put together by our experienced team of real nappy users so that you can experiment with a range of modern quick drying real nappies to find out just how easy and effective they are. The packs are provided free of charge by the Highland Real Nappy Project and should be returned to HRNP when no longer required.

By using real nappies even some of the time, you will save money and reduce your household waste. You can also reduce your carbon footprint by using the nappies as advised: wash at 60°C maximum in a full load; and avoid tumble drying.

Remember, help and advice is just a phone call or an email away – please don't hesitate to get back in touch with HRNP for any further information or to meet up with a friendly local volunteer for any additional support!

Please note:

- **If you want to start using real nappies straight away on a newborn baby** – contact HRNP and ask about the Newborn Nappy Hire Kit. The kit provides a large quantity of very tiny nappies just right for the first few weeks for just £10 per month for as long as required.
- **If you want to try out some other styles/brands of nappy** – HRNP offers Trial Kits for one month loans in any size right up to toddler training pants which can be tailored to suit your preferences for just £10.

Pack Contents:

Bumgenius Flip Nappy – with Stay Dry insert

The Flip nappy consists of a one-size outer cover which you should be able to re-use a few times before washing – it comes with a microfibre Stay Dry insert which adjusts in size too, or you can use the Flip outer as a waterproof wrap with your prefold and Lollipop microfleece nappy. The Flip outer cover adjusts to fit most babies from birth to potty (8-35lbs). Inserts are made in China, outers made in Egypt £10.95 for outer and £3.95 for the insert.

Tots Bots Easyfit V2 Nappy

Tots Bots Easyfit V2 nappy is a one size, all in one nappy which adjusts with front poppers to fit from 10 – 35 lbs. It is Velcro fastening with a fold out bamboo core backed with microfibre terry for high absorption. The fold out core helps the nappy to dry faster. Made in UK £14.75

Tiny Nippers Pocket Nappy

These nappies are a very inexpensive option - cheap and cheerful, easy to use with a microfibre insert fitting inside the waterproof and fleece lined pocket, and quick to dry. A one-size popper nappy with insert, in a range of bright and funky colours. Made in China £5.00 each

Lollipop Microfleece Nappy

This shaped nappy requires a waterproof outer like the Flip Nappy cover. The Microfleece fabric is very quick drying and the shaped nappy style offers a snug and secure fit and good containment. Velcro fastening with a separate booster, size 1 is ideal for babies from 7 – 16 lbs, size 2 fits up to 35lbs and has a fold out booster. Made in Turkey £9

Prefold Nappy

Prefolds are made of layers of soft cotton fabric sewn together to make a thicker central section. They should be folded in three into a pad, placed inside the Flip outer or any other snug fitting waterproof wrap, a liner should be placed on top. Prefolds are inexpensive and quick drying and can be used as boosters in bigger nappies too. £1.80

Fleece Liners

A soft layer against your baby's skin which wicks away moisture and helps keep them drier, as well as catching poo. Disposable paper liners are also an option (available from HRNP for £2.50 per 100) You can make your own from fleece fabric or buy from HRNP 75p

Washable Wipes

Soft and colourful washable wipes for effective yet gentle cleaning – just wash them along with your nappies and save a bit more money! Made in the Western Isles 50p each

Top Tips to Get You Started!

Wash and dry your new Baby Footprint nappies before using – absorbency of new nappies improves greatly after the first few washes. Wash at 60° max, using a minimal amount of 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 or an airer inside – tumble drying will cost more and shorten the lifespan of the waterproof outers so is best avoided!

Choose a nappy to try, and put it on your baby – most of the nappies in this pack have a built in waterproof outer and a built in fleece liner, which makes them very easy to use. If you are using the prefold make sure you have a liner and the Flip waterproof outer, and for the shaped Lollipop nappy, you will need the Flip waterproof outer. Adjust the size of the outers using the poppers in front to give a good snug fit. Make sure all the inner nappy fabric is tucked securely inside the wrap to avoid wicking moisture on to clothes.

Change the nappy when you need to and try out another one! Depending on the baby's age and how heavy a wetter they are you will have to change every 2 ½ to 5 hours. At night you can try adding in extra layers and keep the nappy on for longer. Always change immediately after a poo. 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.

Wash and dry your nappies and wraps ready for using again. We recommend storing used nappies dry in the bucket and washing every 2 days – there is no need to soak your nappies. Heavily soiled nappies may need to be prewashed. Hanging out in the sunshine is a great way to keep them stain-free. And it is absolutely OK to wash them along with your other laundry!

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. If you think your baby's skin is reacting to the nappies, trying a different powder or using an extra rinse cycle may well solve the problem.

What about disposables? Almost every real nappy user still uses disposables some of the time – so don't feel guilty! Be positive – every real nappy you use means one less disposable going into landfill.

HRNP is a not-for-profit community organisation. As part of our range of services for Highland families we now also sell nappies at competitive prices, with quantity discounts and low postage rates/local pick-up. Please phone/email to place an order or download an order form from our website. We also sell a range of bargain second hand nappies – please get in touch for more details.

All money raised on nappy sales will be ploughed back into the project to allow us to continue to offer our valuable services to all families in Highland.