

Top tips for using real nappies

We sent out questionnaires to some of the parents who have received a cheque for their real nappies, here are some their top tips:

- Try a range of types/brands before buying so you get ones that fit your child correctly
- See if you've got a local nappy library
- Don't be alarmed about putting poo in your washing machine it gets rid of it on a 60 wash
- Get a routine going so you don't run out of clean nappies
- If you use terry nappies try the different methods of folding, you can also change the way you fold them as the child gets bigger so that you only have to replace the wraps
- Don't try them for the first time when you have to rush off somewhere
- Give it a good go at least 2 weeks
- Be prepared to change them more often
- Save money by buying second hand nappies
- Don't use fabric softener as it reduces the absorbency
- You can buy washable wipes too
- Use fleece liners to draw moisture away from baby's skin
- Shop around to get the best price
- Soak them as soon as you can in a lidded nappy bin
- Think about carrying them home in your changing bag buy wet bags
- Use natural sunlight to bleach out any stains
- Only buy a birth to potty kit if you know that that style suits your child
- Brand new nappies are not as absorbent so pre-wash them before you use them or better still by second hand
- Speak to other people that use them to share advice and info

If you have any experience using real nappies and have tips and advice to give please email recycling@swansea.gov.uk