

The Real Nappy Guide

All-in-one

These nappies are particularly easy to use and closest to disposables in design. All-in-ones are shaped and fitted, they consist of absorbent nappy and wrap in one. They are very easy to use and ideal for when other people are changing your baby's nappy. You may find that you have to use a booster inside the nappy if the amount of absorbent material the manufacturer has used doesn't suit your baby.

- Ideal for quick changes
- A shaped cloth nappy with waterproof cover built in
- Snug fitting with elasticated legs
- Dries slower than other styles so will need more nappies
- Different sizes required as your child grows



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Shaped Nappy

This system consists of an absorbent nappy and a separate outer wrap. No folding needed. These are shaped and fitted, with soft, elasticated legs and waist. Generally speaking, the more absorbent the nappy, the bulkier it will be and the longer it will take to dry. You can boost the thinner nappies when needed with boosters. They wash and dry easily, although some fabrics take longer to dry than others. All shaped nappies need a waterproof covering wrap.

- Easier to use than flat nappies as no complicated folding.
- The main advantage of two-part nappies over pocket nappies is that they generally give better containment. The nappy and the wrap give two lines of defence against leaks.
- You can ensure that only organic materials are next to your baby's skin with two part nappies as you can buy many brands that have no inner stay-dry or stay-soft layer if you do not want these.
- Separate waterproof cover allows quicker drying times.



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Pocket Nappy

Also called stuffables, they consist of two layers which form a pocket, a waterproof outer layer and a stay-dry inner layer (usually fleece or suedecloth). Into this pocket you put the absorbent material. This may be an insert made to especially fit the pocket nappy or it may be a prefold or folded terry square.

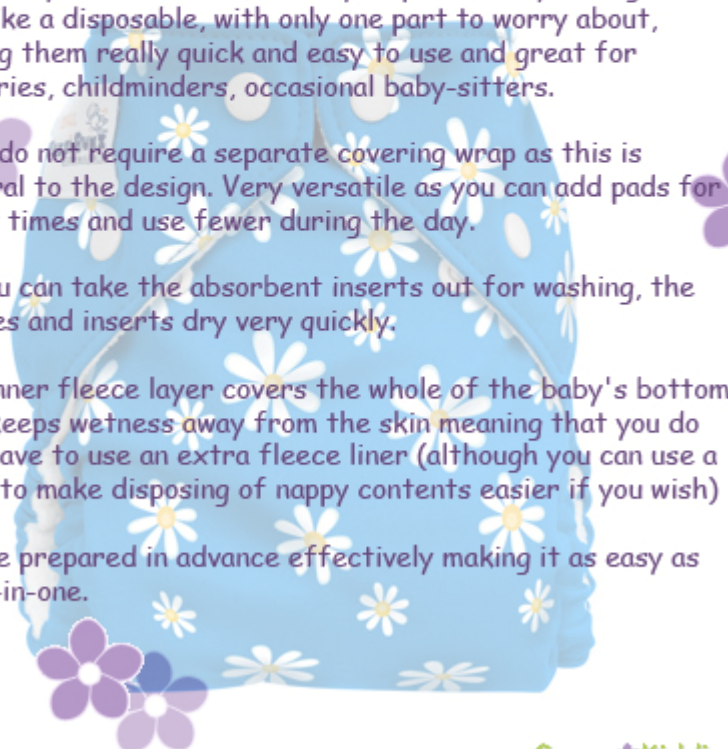
Once they are stuffed and ready to put on they then go on just like a disposable, with only one part to worry about, making them really quick and easy to use and great for nurseries, childminders, occasional baby-sitters.

They do not require a separate covering wrap as this is integral to the design. Very versatile as you can add pads for night times and use fewer during the day.

As you can take the absorbent inserts out for washing, the nappies and inserts dry very quickly.

The inner fleece layer covers the whole of the baby's bottom and keeps wetness away from the skin meaning that you do not have to use an extra fleece liner (although you can use a liner to make disposing of nappy contents easier if you wish)

Can be prepared in advance effectively making it as easy as an all-in-one.



Flat Nappies

• Terry Squares

They are the so called original cloth nappy. These need some folding to fit the baby and a waterproof cover (wrap). No pins are needed if you use a little plastic gripper or special wraps. They dry quickly and they are a very economical option. Modern nappy gripper fasteners mean that you no longer have to use nappy pins. The disadvantages are that they have to be folded which can take practice so they are not ideal for nurseries, childminders or occasional baby-sitters (and some less-enthusiastic partners).

• Prefolds

A rectangle of fabric prefolded and stitched into three panels, with the centre panel (which goes between the legs) being thicker and more absorbent. They are less bulky than terry squares, but more expensive and take longer to dry. You fold into a pad and place inside a waterproof wrap. Disadvantage is that some people find that they get constant leaks.





Waterproof Cover/Wraps

A waterproof wrap is worn over flat or shaped nappies (not with pocket or all-in-ones). Covers nappy to keep babies clothes dry. Most are soft, durable, breathable and machine washable. Fabrics vary from waterproofed nylon, polyester or cotton to wool. Styles range through popper and Velcro fastening to pull-on; all allow for quick and easy nappy changes. Avoid polyurethane and PVC wraps and pants.

Liners

Biodegradable (flushable) paper liners or washable (cotton, silk and fleece) liners can be placed inside nappies to contain faeces. After changing the nappy simply remove and flush the contents down the lavatory. If only wet and not soiled, some biodegradable liners can even be washed for reuse. They are available in two main types - paper and washable. On the great side is that they allows wee to soak through but not pass back to baby's skin. They also Allow easy removal/flushing of poo from soiled nappies.

Booster Pads

A shaped cloth pad used with nappy to add extra absorbency They are ideal for temporary boosts such as night-time, car journeys and at times when wetting increases.



Fabrics

Cotton

This is the traditional choice of fabric for real nappies, has been used for many years and is still a favourite today. Cotton is absorbent and hard wearing; it can be washed at very high temperatures and is used almost exclusively by nappy laundry services. It can become slightly stiff after washing. It breathes easily as a result of its fibre structure and keeps the body cool in summer and warm in winter because it is a good conductor of heat.

Bamboo

Bamboo has a very quick growing cycle and needs less water than cotton and no pesticides to grow. Bamboo is a very absorbent material and can hold up to 60% more moisture than cotton. It is a very soft fabric, naturally anti-bacterial and will stay soft after washing. The drawbacks to bamboo are that it can take a lot longer than cotton to dry and it does not like direct heat so drying your bamboo nappies on the radiator is

Hemp

Hemp is another very absorbent material used to make real nappies and it also has a greener tag than other fabrics. Hemp is more water absorbent than cotton and has 3 times the tensile strength. It is used as a fabric for inserts more than nappies as hemp can become quite stiff after washing. Natural Hemp is a course fibre but combining it with cotton softens the texture without compromising its absorbency.

