

Your  
**guide**  
to using real nappies



what to buy - how to use - how to care for

    **fill your pants** more pant fill, less land fill

## The world of cloth nappies is not what it used to be!

Modern cloth nappies are advanced, easy to use and easy to care for systems that leave any hard work to the washing machine! Yet they will save you a fortune over disposable nappies, and are also much kinder to your babies skin, and on your environment! So whats not to love?!

# What to buy

## nappies



For a new baby, a reasonable amount is approximately 20 nappies if you opt for a quick drying system. For slower drying systems, you may need a few more to keep your rotation going.

## wet bag

A waterproof wet bag carried in your changing bag can be used to store your wet nappies in until you get home.

## nappy bucket / hanging pail

You will need something to store your wet nappies in before the wash. A lidded nappy bucket will do the job, and lining this with a mesh bag is a great idea so that the bag can be pulled out and the whole lot thrown into the machine. Hanging Pails are dubbed 'the new nappy bucket' however, and are a larger version of a wet bag, with a hanging loop. These can be easily stored anywhere in your home, and a zippered closure will keep everything well contained and out of reach of curious toddlers! On wash day, just open the zip and tip the whole bag into the machine.

## Liners

Disposable liners are optional, some people use them, whereas others don't bother. They make disposing of solids easier as the liner can simply be thrown away and the rest of the nappy washed. It is always recommended to have at least one roll, so you can try your nappies with or without them, and if using nappy creams a liner should always be used.

## boosters

Again these are optional, and you may only need them if you need additional absorbency, or for night-time nappies. Bamboo is a great fibre for boosters, and packs of 10 bamboo boosters can be purchased for as low as £12 so are a great economical addition to your nappy stash to have on hand.

## nappy trial packs

Nappy Trial packs are available to enable you to try out a few different styles to see which you like best. Complete Nappy Kits and bulk buy packs are also very popular in the one-size versions, so you can just stash-up and carry on!



# How to use

## pocket nappies

These come with an absorbent insert which sits inside a sleeve or back pocket. Simply stuff the insert in and then the nappy goes on and off as quickly as a disposable. Because the insert is separate, the nappies dry very quickly, and you can easily adjust the absorbency by adding more inserts. Some pocket nappies will require the insert to be pulled out before washing, whereas others such as the Smartipants™ will self-remove during the wash cycle.

### FACT GUIDE:

- Easy to use
- Quick to dry
- Waterproofing built in
- Most popular style



## all in one

These have all parts built in, so the nappies are truly as easy to use as a disposable. Instead of throwing it away, throw it in the nappy bucket! Great for the real nappy sceptics! These nappies are slower drying.

### FACT GUIDE:

- Easy to use
- Slow to dry
- Waterproofing built in



# all in two

This system comprises of an outer cover and inserts that can either be laid or snapped inside. The outer cover does not always need replacing at each change. A great economical, flexible and easy option.



## FACT GUIDE:

- Easy to use
- Quick drying
- Economical

# fitted nappies



These are nappies without the waterproof layer built in. A separate waterproof layer is required over the top of the nappies (nappy cover). Fitted nappies tend to be good for containment but also tend to be slow drying. Fitted nappies are great for night time use.

## FACT GUIDE:

- Two separate layers to put on and off
- Slow to dry
- Great for night time

# flat nappies



These include the traditional terry squares, and also pre-folds. Like fitted nappies, a separate waterproof layer (nappy cover) is required over the top. The nappies also need folding, and perhaps gripping. These tend to be the most economical option.

## FACT GUIDE:

- Economical
- Require folding

# Other options

## one-sized nappies

These days, most parents choose a one-size nappy solution. These nappies will grow with your baby, generally from 8lbs -35lbs approx. This means that you don't need to buy multiple sizes, so a very appealing solution!



## newborn nappies

One-Size nappies are a fantastic option for using cloth on your baby but they are not always well suited to premature babies and newborns.

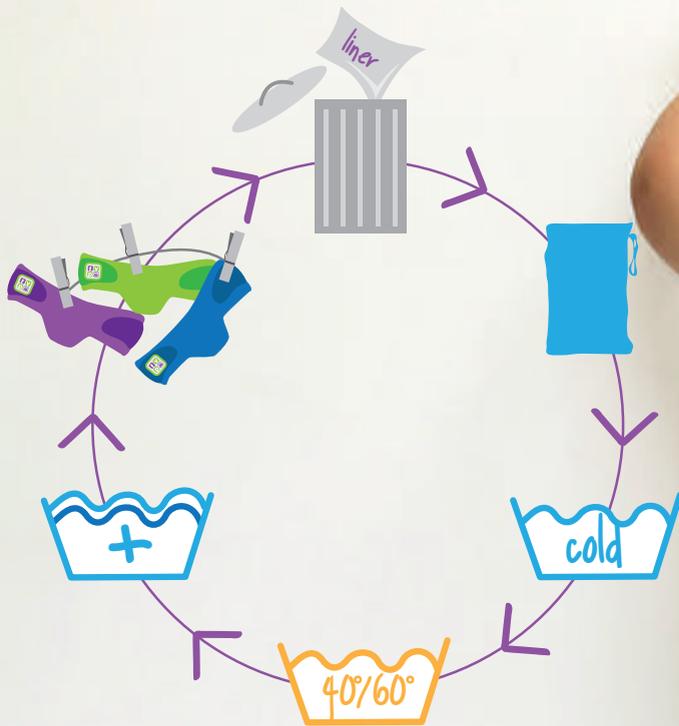
Many nappy brands offer a newborn version of their Birth to Potty nappy, which often provides an easy to use system that you will then be familiar with when they have grown out of the newborn stage.

## washable wipes

Disposable wipes are classed as a single-use plastic and their impact on our environment, sewers and our planet is significant. With the Government pledging to eliminate the sale of them, never has there been a better time to get to grips with washable wipes.

Not only are they safer on the skin, environmentally friendly and economical, they are so efficient and easy to use. For more information and to pick up a set of washable wipes for under £10, visit [www.fill-your-pants.com](http://www.fill-your-pants.com) today.





## how to care for

- 1) Dispose of liner (if one is used)
- 2) Store in your bucket or hanging pail until wash day. No need to soak
- 3) Run a cold rinse cycle
- 4) Wash warm (40° or 60°) with non-bio detergent and no fabric softeners
- 5) Run an extra rinse if you feel it needs it
- 6) Line dry or tumble dry low



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