

## Real Nappy Week 2009 (27th April to 3rd May)

In celebration of the 13<sup>th</sup> annual Real Nappy Week, Suzanne Young tells all about why she loves using real nappies on 6 month old Theo (pictured).

### How did you find out about real nappies?

Initially my mum told me about the terry nappies she'd used when I was a baby so I looked on the internet and found that a lot has changed since then! Terry nappies have evolved into modern, shaped and fitted styles with Velcro fasteners and poppers. There was a vast amount of information and, to be honest, there was so much choice it was a bit overwhelming. Then a Devon Real Nappy Project advisor visited my breastfeeding group and showed us a selection of modern nappies which was great. She was able to give really clear information about different nappy types and I got a much better understanding of how they work after being able to handle them and test out the Velcro and poppers.



### So how did you get started?

Well, my local nappy advisor had a trial kit which I borrowed for a month, free of charge. Theo was about 2 months old then and it gave me chance to use different types of nappies on him and see how we got on. I was apprehensive about buying real nappies before trying them out first as I didn't know how it would work out. We don't have a tumble drier either so I was able to find out which nappies dry quicker than others. In the end, we chose Bamboo Loveables because they were so soft and dried the quickest. We use disposables at night and real nappies during the day which lots of parents choose to do.



## **And how are you getting on with using real nappies?**

No problems at all! I suppose I initially thought there was a bit of hassle because you don't just throw them into a bin like you do with disposable nappies. However, with a little bit of organisation I quickly got into a washing routine – every 2 to 3 days – and it's been fine ever since. I'm hoping to keep Theo in real nappies when I go back to work and have been asking nurseries what their policies are on real nappies. Some are happy to use them if they're shown what to do but others aren't so keen. It's worth asking around.

## **Would you recommend the trial kit to other parents?**

Definitely! I think it's a brilliant idea. Quite a few of my friends are thinking about using real nappies and I've already told them to use a trial kit first. It's free and it's really worth giving it a go.

## **What are the benefits of real nappies?**

We are saving money using real nappies on Theo and we plan on using the same ones for Baby Number 2 which will save us even more. My nappy advisor also said that babies in real nappies tend to potty train more easily and earlier than those in disposables. There's also the environmental benefits to consider – using real nappies on Theo just during the daytime means we are really cutting down on the amount of disposable nappies going to landfill.

## **What about the costs?**

We knew we wanted to buy real nappies when I was pregnant, so we saved a bit of money before Theo was born. Using the trial kit for a month also helped us cut down on the amount of disposables we used, so that saved a few extra pounds which we put towards buying nappies.

In the end, we bought 14 nappies, wraps, a bucket and waterproof changing bag for £160. We might need to buy a few more along the way but this should see him through to potty training.

## **And finally, any advice for parents thinking about real nappies?**

Borrow a trial kit! You get a much better idea of which nappies are right for you than if you just look on the internet. There's so much information out there, but nothing beats personal experience.

**To find out more about Real Nappy Week or to register for a trial kit, phone 0800 328 8175 or visit [www.recycledevon.org](http://www.recycledevon.org).**