

# Real Nappy Week 2009

(27th April to 3rd May)

In celebration of the 13<sup>th</sup> annual Real Nappy Week, Christine Washbrook talks about the benefits of using real nappies on 9 month old Adele.



Christine and Kevin Washbrook with daughter, Adele.

## How did you find out about real nappies?

My sister told me about the Devon Real Nappy Project trial kit which we could borrow for up to a month free of charge. We knew we would be on a limited income while I was on maternity leave so we really needed to find a cheaper alternative to disposables. The idea of real nappies made financial sense so we decided to give them a go with a free trial before making any commitments.

## How did you find the trial?

The trial went really well. There was a good mix of modern style nappies and we quickly found the ones we liked and which suited Adele. Our nappy advisor explained how each one worked so we were confident in using all the different types. I used disposables with my other two children and wanted something that was just as easy to use – I wouldn't have even considered the old fashioned terry squares and pins! In the end, we settled on an "all in one" style which is practically the same as using a disposable nappy, so we didn't need to compromise on convenience to save money.

## Now you're using real nappies full time, how is it going?

Really well. We bought all the nappies over the course of a month – 10 brand new and 10 second hand. I think they cost about £150 in total. The microfibre nappies dry very quickly on a clothes horse and the hemp ones take a little longer but they still dry within a day.



## **What are your plans when you return to work?**

My husband Kevin will be looking after the kids and if we consider enrolling Adele in a day nursery we will definitely ask if we can provide our own real nappies. We'd be happy to explain how to use them. Kevin has got into a routine with the nappies and doesn't find them any more difficult to use than disposables which is important if he's going to take on full time care.

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

I would recommend parents use the trial kit to see how they get on with real nappies. There are lots of people out there who will benefit from the cost savings.

**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).**