

Your re-usable guide to using real nappies

If you have bought your own real nappies, use this simple guide to help you get started or visit www.recycleforgreatermanchester.com for tips and advice.

1. Remove the dirty nappy and clean your baby.
2. Put the clean nappy on.
 - a. Lay the nappy flat.
 - b. Place the liner (if using) on top of the nappy and lay your baby over the nappy.
 - c. Pull the front of the nappy up between the baby's legs and bring the sides in.
 - d. Fasten at the front using the Velcro or poppers.
 - e. If using a separate waterproof wrap, place the wrap over the top of the nappy, making sure that no part of the nappy can be seen around the edges.
3. Deal with the dirty nappy.
 - a. You can choose to use flushable, biodegradable liners with your nappies. A liner is simply placed on top of the nappy and at change time can be flushed down the toilet. Washable liners are also available, and are washed with the nappies and re-used.
 - b. The dirty nappy will then go in your nappy bin (or bag if you are on the move). There is no need to soak your nappies prior to washing.
4. Finally, wash your nappies so that they are ready for re-use.
 - a. Washing - place the used nappies and wraps into your washing machine and wash at 40 or 60 degrees with non biological detergent. Don't use fabric softener as it reduces the absorbency of the nappies. Always close any Velcro fastenings to prevent catching and snagging.
 - b. Drying – most nappies and wraps can be tumble dried on a low setting. However try and line dry where possible as this is the cheapest and most environmentally friendly option. You should not place wraps or nappies on a direct heat source such as a radiator. Never iron nappies and wraps.



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Using Real Nappies in Greater Manchester



real nappies for
Greater Manchester



What are real nappies and why should I use them?

What are real nappies?

Real nappies are a natural, washable and re-usable alternative to disposable nappies. Real nappies have come a long way from the days of terry towelling and nappy pins, with a wide ranging choice of fabrics and designs now available.

Why should I use real nappies?

Whether it is environmental, economical or ethical, there are many reasons why you may choose to use real nappies. Real nappies are kinder to the environment and excellent value for money. They are available in natural, organic materials and do not contain chemical gels like disposables. By using real nappies you can avoid exposing your baby to synthetic chemicals.

Better for your pocket

Home laundered nappies could save you on average around £500 on the cost of keeping a baby in disposable nappies, plus you can save even more if you re-use your nappies on subsequent children. From birth to potty you could expect to pay as little as £160 for everything you need using flat nappies; rising to around £250 if you purchase shaped nappies. This compares to over £600 for disposable nappies on average.

Easy to use

Real nappies are very practical, most consisting of a soft and absorbent inner nappy and a waterproof breathable outer. With some real nappies, the waterproof layer is built into the nappy; other nappies have a separate waterproof cover called a wrap. Modern real nappies fit snugly and fasten easily with Velcro, poppers or plastic grips.

Better for the environment

When you have a baby your household waste is likely to double if you use disposable nappies. Your baby is likely to need around 5000 nappy changes from birth to potty. That's about a tonne of household waste.

Your choice in Greater Manchester

There are lots of choices available to allow you to select a system that is right for you and your child.

Real nappies for Greater Manchester campaign

Real nappies have arrived in Greater Manchester and we want you to have a choice in what nappies you use. To help achieve this, Recycle for Greater Manchester is launching a real nappy campaign aimed at providing you with real alternatives to disposable nappies and the support to meet your child's nappy needs. To find out more about the campaign, planned events, the support available and to get in touch with your local suppliers, contact Recycle for Greater Manchester. We are waiting to share our real nappy secrets with you.

Your choice - Purchasing real nappies for home laundering

You can buy different types of real nappies to launder at home. Washing real nappies is easier than you might think and many modern fabrics are very quick drying. For your nearest nappy contacts, services and supplier, contact us on the details below.

Your choice - Using a nappy laundering service

A nappy laundry service is available across Greater Manchester, delivering freshly laundered pure cotton nappies to your door each week. To find out more about nappy laundering and the service available in your area, contact us on the details below.

Fact : In the UK, we throw away 8 million disposable nappies a day. Each one would take hundreds of years to rot away if sent to landfill.

Contact Us

To find out more about the real nappy campaign contact us at:
E-mail : communications@recycleforgreatermanchester.com
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