

## FAQs

### 1. How many nappies will I need?

Generally 15-25 for full-time use, depending on your baby's age and the fabric you choose.

### 2. Will my childminder/nursery accept them?

YES! Although they may appreciate a little instruction and reassurance.

### 3. What if I haven't got a tumble dryer?

Quick drying nappies (such as microfibre) may be best, depending on the other drying options you have available.

### 4. Do they smell?

No. If you store the used nappies in a lidded bucket and wash every 2-3 days, there should be no problem.

### 5. Is it messy?

No more than changing a baby in a disposable nappy! The nappy changing procedure is the same whether you use reusable nappies or disposables - the only difference is what you do with the nappy afterwards. Flushable nappy liners are available - these are biodegradable so the nappy liner (and its contents) can just be flushed down the loo.

### 6. Do I need to soak / boil wash the nappies?

NO! It is much easier to store the nappies as they are, without water added. Washing at 40 or 60 is fine. An in-wash sanitizer will ensure that your nappies are clean and bug-free without the need for soaking or washing at high temperatures.

### 7. How much will it cost?

This depends on the nappy type chosen; whether all-in-one or separates, sized or one-size. All-in-one nappies are generally more expensive than separates; sized nappies are more expensive (overall) than one-size nappies.

As a rough guide, expect to pay around £150-200 for flat nappies, around £250-300 for a one-size nappy system, and around £350-400 for a two-size nappy system.

#### **8. Will my baby feel wet / be upset by being wet?**

Babies will feel wet in a real nappy, certainly compared to a disposable, but they shouldn't be upset by it. And wetness in itself does not cause nappy rash. Fleece liners will keep baby feeling relatively dry so are good for night-time.

#### **9. What about getting clothes to fit?**

Real nappies are bulkier than disposables, although you should remember that disposables get bigger when they get wet. You may find that you move up a vest size a little earlier than otherwise, but it shouldn't cause a problem. (Vest extenders are also available and a great way to get a bit more use out of your baby's vests.) There are many slim-fitting modern real nappies available, with bamboo or micro-fleece being good choices if you want a slim-fit.

#### **10. What about nappy rash?**

Babies are no more likely to suffer nappy rash in real nappies. The best thing to reduce the likelihood or severity of nappy rash is to follow a good nappy change routine - change every 2½ - 5 hours or straight after a poo, and make sure you clean the entire nappy area thoroughly. Make sure that real nappies are fully rinsed to avoid any sensitivity caused by build-up of detergent.

#### **Contact me**

Should you have any more questions, you can contact me on:

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