

Cotton (real) nappies: the myths and the facts

They leak

- There are so many different cloth nappies that you have a much wider choice of fit than with disposables.
- If you choose the right cloth nappy for your child's shape, they leak much less than disposables. You just have to get the right one to suit your child.
- So many people can help do this so you get it right. Just ask any regular user of cloth nappies/or try "The Nappy Lady" or "lollipop" on the web

They cause nappy rash

- Nappy rash is caused by the contact of faeces with human skin.
- Independent studies show that frequency of nappy changing is important to reduce rash, but the type of nappy used is irrelevant.

You have to soak them

- You can soak them if you like, but you can store them in a dry bucket if you prefer this works just as well.

They smell more and they have to be sterilised

- Disposables can smell awful even when just wet, due to the chemicals. Cloth nappies only smell of whatever is put in them!
- What could be better than your child wearing a natural product?
- You simply store them in a bin with a tight-fitting lid.
- Modern washing machines wash well enough that sterilisation isn't necessary any more.

You have to touch poo!

- You can use liners inside cloth nappies – with flushable ones you can just drop the liner and poo down the toilet.
- Your child's poo sitting in a disposable nappy in landfill is the alternative.
- When nappies decompose, the gas methane is produced, a serious greenhouse gas which contributes directly to global warming
- It's estimated that at least part of every disposable nappy ever thrown away is still sitting in landfill! The problems created by this will last for years to come.

It's lots of extra washing

- You can wash wet nappies with your family's normal washing if you like. Soiled nappies can be washed separately or prewashed first.
- It's not a big deal. Most families do a nappy wash every 2-3 days. And just think of all those wet or soiled clothes you have to wash when disposables leak!
- Washing cloth nappies in an energy efficient washing machine even adding up the all soap powder used and the energy in their production comes nowhere near the true environmental cost of disposable nappies. It's just a convenient myth!
- Many councils subsidise a local laundry service to wash nappies if you don't want any extra washing. These are washed to a very high standard.

What about Nurseries/child minders?

- Many nurseries and child-minders are happy to use modern real nappies. It actually saves nurseries money as they won't have to pay to dispose of any clinical waste from your baby.
- It's great to talk about why you use cloth nappies with your source of childcare. One nursery in Hammersmith & Fulham is already thinking about switching to real nappies as they realised the benefits.

I have used disposable nappies for over six months is it too late to change over?

- No - it's never too late to change over from disposables to cotton nappies.
- Children tend to potty train earlier in real nappies saving you even more money.
- The quicker you make the change to cotton nappies the more benefits for you and your baby, and you can always use them for a second child/give them to a friend to try.
- Cotton Nappies have a great resale value and are a reusable item!