

CLOTH NAPPIES FACTS AND FIGURES

- On average, a child will use 6000 disposable nappies before they toilet train.
- Babies require around 500 nappy changes just in their first 6 weeks of life.
- 5.6 million disposable nappies* are used each day in Australia.
- This adds up to more than 2 billion nappies per year. (*2009 IBIS World Australia report)

BENEFITS OF REUSABLE NAPPIES

ENVIRONMENTAL

- It takes hundreds of years for disposable nappies to decompose when exposed to sunlight and air. Since nappies are dumped into landfills, covered and not exposed to air at all, nobody knows how many hundreds - or even thousands - of years they could be around.
- Cloth nappies were shown to be the most environmentally sensitive option when it comes to nappying, in a University of Queensland Life Cycle Analysis.
- Disposable nappies account for approximately one third of household rubbish in a family with one child under 2 years.

FINANCIAL

- Disposable nappies cost families on average between \$1900 and \$3000 over 2½ years. Not many people choose the absolute cheapest nappy option all of the time due to poor nappy performance. So on average I would suggest \$2200 being the average run of the mill cost.
- The outlay for a full time set of cloth nappies starts at approximately \$150 for traditional nappies, through to \$700 for modern cloth nappies (at most for 24 nappies). Use the nappies for more than one child and you are talking very considerable cost savings.
- Laundering cloth nappies costs approximately \$200* (Australian Nappy Association) for 2½ years (detergent, water, electricity).
- Reusable wipes adds to the savings.
- Those who have special needs children – there are reusable nappies available too.

HEALTH

- There is evidence that certain children will get skin irritations, allergic reactions & burns from using disposable nappies. Reusable nappies are a great solution to any health concerns as they are generally made from natural fibres like cotton & bamboo.

CLOTH NAPPY INFORMATION



WHAT ARE THE BASICS WHAT DO I NEED?

The number of nappies you will need depends on whether you plan to use cloth full-time or part-time, how often you want to wash, what style of nappies you use and of course, your baby. Most people who successfully use full time cloth nappies wash every 2nd day and have between 20 and 30 nappies to cover the 8 to 12 nappy changes per day required by the average newborn. Older children require about 15 nappies for an average of 5 nappy changes per day.

- 24-30 nappies for full time use.
- Wipes, you can buy reusable wipes or make your own. To make your own, use old flannelette pajamas or sheets cut to size and sew the edges so they don't fray.
- MCN safe barrier cream.
- Don't use barrier creams like Sudocream etc unless using liners. There are MCN safe creams available to use safely with reusable nappies.
- Wetbags (for out and about).
- Possibly a wipes container.
- Liners – reusable. Handy for when solids have been started. Reusable liners are made from microfleece cut to size (NOT polar fleece).
- Bucket or bin to dry pail nappies prior to washing.

To find out more email education@halvewaste.com.au or visit our website halvewaste.com.au

SUGGESTIONS FOR CLOTH NAPPIES

- Research what types of nappies are available.
- Try and choose what would best suit your family. If still unsure, start by trying a pocket or an all in one nappy for ease of use. Try and find people who already use reusable nappies and see if you can trial one or two of theirs.
- Resist buying all of one kind of nappy before your baby is born as that style/design may not suit your baby.
- Try getting a couple different types and trying them before committing. After your baby is born and you have found a proven winner, you may then wish to buy one type in bulk.
- There is no need to use any products if you don't get nappy rash. If you are getting nappy rash, make sure to wipe the bottom every change and allow to dry before putting on a fresh nappy.
- You will need to prep your new nappies to make them absorbent. Visit the Australian Nappy Association website for simple washing guidance.
- You can buy special MCN detergent, however these are generally a little bit more expensive. As a rule of thumb, if it is 'eco-friendly' and safe for your garden, it will be safe for the materials in your nappies.
- What to AVOID in detergents.

Avoid any detergent that contains fabric softeners, bleach, enzyme cleaners, phosphates, brighteners or artificial scents.



It is wise to avoid vinegar, bi-carb, soap flakes & home made detergent too as they can damage the nappy materials.

- For simple and easy to understand information, visit:

- www.nestnappies.com.au

- www.ozbabytrends.com.au

Sign up for the newsletter to receive a FREE 6 part Cloth Nappy Intensive. It is fantastic.

- www.australiannappyassociation.org.au

(the blog section has lots of information)

- There are also a number of facebook groups that may be of help.
 - MCN Reviews (look in their files for all sorts of information).
 - Modern Cloth Mummies (This is now a secret group and you would need to be added by a member).
 - Babywearing - modern cloth nappies Wodonga and surrounds.

Don't forget that you can get reusable swim nappies & a range of reusable items such as nursing pads and reusable menstrual products too!

MODERN CLOTH NAPPY TERMINOLOGY

Abbreviation	What it stands for
MCN	Modern cloth nappy
OSFM / OSFA	One size fits most / One size fits all
AIO	All-in-One
AI2	All-in-Two
SIO	Snap-in-One
SS	Side snaps
FS	Front snaps
PUL	Polyurethane laminate (waterproof fabric)
OOAK	One of a kind
WAHM / WAHP	Work-at-home-mum / Work-at-home-parent
RAOK	Random act of kindness (giveaway)
CC	China Cheapie (generic nappy)

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