Cloth Nappies in Oxford

**Why use cloth nappies?**

* Less waste going into landfill
* Relatively small amount of energy used for washing (if washing 40-60 degrees and line drying)
* Financial benefits (depending on the type of nappies you choose)
* In many cases lead to fewer cases of nappy rash
* Can be reused for more than one child or passed on
* Usually better at containment than disposable nappies, as the elastic around the legs and waist is better
* Contain smells better
* Good for hip development
* Way cuter than disposables!

**Styles of cloth nappies**

*All in One –* waterproof outer layer with absorbent inner layer attached. Most like a disposable in terms of looks and use

*Pocket Nappy –* Waterproof outer with an attached fleece pocket that can be stuffed with absorbent inserts

*All in Two –* Waterproof outer with an absorbent layer that attaches to it, so can be detached for washing (meaning you can wipe and reuse the outer if not dirty), which means quicker drying

*Two-part Nappies* – Separate absorbent inner (shaped and often fastened with Velcro or popper) and waterproof wrap. Bigger bum but better containment.

*Flat Nappies –* Traditional terry squares that need to be folded to shape and pinned/attached with a Nappi Nippa and covered with a waterproof wrap. Cheap and quick to dry but extra work in terms of folding to shape.

**What you need to get started:**

Set of nappies – including wraps or inserts (for pocket nappies) if needed

* For a young baby, about 24 nappies allows you to wash every three days
* For an older baby, 15 nappies will generally suffice
* If you wash more often, you need fewer nappies

Nappy pail with lid

Mesh bag to fit nappy pail

*Optional:*

Boosters for overnight or for heavy wetters

Disposable or reusable fleece liners (for non-breastfed babies)

Reusable wipes

Reusable wipes container (e.g., Cheeky Wipes has a system for this) – a dirty wipes container is not needed as they can be thrown in the nappy pail

Wetbag to hold wet nappies when out and about

**Washing**

For exclusively breastfed babies, all nappies can go directly in the wash as their poo is water soluble.

For older babies, a liner (reusable fleece or disposable) will make your life much easier as you can dispose of solid waste in the toilet.

Put dirty nappies in a mesh bag in a dry bucket until full.

Do up all Velcro tabs and consider putting nappies with Velcro into a mesh laundry bag so they don’t snag.

Sling your entire mesh bag of dirty nappies into the machine with the top open – they will agitate out.

Pre-rinse to get rid of the nasty stuff.

Wash at 40 degrees (or 60 if your baby is under three months old or ill) on a long wash (not eco) and an extra final rinse if possible.

Non-bio powder is generally recommended, but check the instructions for your brand of nappy.

Never use bleach or fabric conditioner – both are very bad for nappies.

**Top Tips**

* Sunlight gets rid of nappy stains, so dry nappies outside if you have the facilities
* Wash new nappies (especially hemp) a few times before use to increase the absorbency
* Cloth nappies ride quite low at the back compared to disposables, and the leg elastic should be pulled up into the leg crease (not sitting around the thigh)
* Make sure none of the absorbent bit on the inside of the nappy is poking out of the wrap part, or wetness can wick onto clothing
* You can buy “vest extenders” (e.g. from Little Lamb) to make sure vests have enough room in the crotch to fit over nappies
* Bomb-proof overnight combo: Easy Peasy Bumble (<https://www.easypeasynappies.co.uk/bumble-btp-nappy-nippa-fastening-99-p.asp>) stuffed with a hemp booster (plus a cotton booster if you have a really heavy wetter) covered with a Mother-ease wrap

**Cloth nappies in Oxford**

Rosie from the Nappy Shed will give private demonstrations of the different type of nappies that are available – ranging from two-part systems with an absorbent inner and a wrap to all-in-ones that are very similar to disposables in terms of use. She can give advice in person on what might work best for your circumstances.

Her website, [www.thenappyshed.co.uk](http://www.thenappyshed.co.uk), provides information on the different types of cloth nappies as well as information on their use, washing etc.

She provides an online shop with a range of nappies available for sale and can also provide trial kits.

**The Nappy Shed**

9 Prichard Road

Headington

Oxford

Oxon

OX3 0DG

United Kingdom

**Telephone:** 01865 794360

**Email:** rosie@thenappyshed.co.uk

If you would rather get advice online, The Nappy Lady website provides an advice questionnaire (<https://www.thenappylady.co.uk/advice-questionnaire.html>) that will provide you with a personalised recommendation of a nappy system that may be useful in getting started.