

Modern cloth nappy info sheet

Modern cloth nappies:

- **do not require folding** – they are purchased as fitted items with adjustable snaps or Velcro to adjust the size to fit any baby
- **do not require soaking** before washing – simply scrape / spray off any soiling and drop into a bucket with a lid, and then add to your next wash
- are **much more absorbent** than previously – newly available super absorbent materials such as microfibre, bamboo and hemp fabric allow nappies to absorb more and last longer
- are **colourful and trim fitting!** A huge variety of colours, sizes and shapes are available to fit any baby snugly
- will **save you a lot of money** over the nappy-life of your baby.

For example - the leading brand of disposables will cost you approximately \$2,573-\$3,558 during the nappy life of one baby

(This calculation is based on needing 5,475 nappies over three years (i.e. five nappies per day), at the price of 47c-65c each which is what they currently cost when bought in a pack of 64-90 from Diamond Creek Coles, September 2007.)

Cloth nappies (such as a pocket nappy with insert), will cost you approximately \$798 during the nappy life of at least one and up to three children.

(This calculation is based on needing 24 pocket nappies @ \$23 and 24 inserts @ \$10.25, using eight of each per day and washing every three days.)

- **are readily available** from many different online outlets and some retail outlets. Ask your MCHN or Nillumbik Shire Council's Waste Education Officer on 9436 3555 for help to locate them if you are having trouble.
- **come in three basic types:**
 - **fitteds** - shaped like a disposable with sewn on Velcro or snaps to fasten them, and separate padding that you place along the wet line; these need a separate waterproof cover.
 - **pockets** - has a waterproof (but breathable) outer with a liner sewn together to create an internal pocket, into which an absorbent layer can be stuffed. The absorbent layer can be removed before washing which reduces drying time.
 - **all-in-ones** - the closest you can get to a disposable nappy in design but made of fabric; they have an inbuilt cover and the absorbent layers are attached or sewn into the nappy, meaning they can take longer to dry.

FAQs

How do I clean my MCN after use?

If only wet, just drop into a bucket with lid until your next nappy wash (this is called dry-pailing). If nappy is soiled, you can either scrape (with a spatula), spray (with a Little Squirt - available from the ABA shop, Mothers Direct) or roll poo into the toilet, then dry pail as above.

How many MCNs would I need?

Depending on how long you want to leave between washes, you will need seven to eight nappies per day for a new born and five to six for an over-six-month-old. So if you wash every three days you will need approximately 21 nappies.

How long will they last?

MCNs can last through two or three babies depending on the nappy and how it is looked after.

Can I use them overnight?

Yes, it will depend on the amount of urine your baby produces overnight as to which nappy is best for you. Bamboo fitted nappies with a waterproof breathable cover (lanolised wool or PUL) are often used for heavier wetters. Any normal day nappies can also be used with extra layers of absorbent material.

Will they give my baby nappy rash?

Most babies do not get nappy rash from cloth, if they are changed on a regular basis. It will depend on the type and absorbency of the nappy and how much your baby urinates as to how often you need to change. Some cloth nappy systems will last through a 12- hour night without needing to be changed (one of the best for this is a bamboo fitted nappy with a lanolised wool cover). For babies who are susceptible to nappy rash there are a number of fabric or flushable liners that can be used, which provide a wick effect, keeping urine away from the skin, reducing the chance of nappy rash.

Will I need a waterproof cover?

Some cloth nappies will require a cover. Fitted nappies (often used at night for their better absorbency) require a cover as do pre-folds and the good old fashioned terry squares.