



# A real nappy story



Sarah Tucker from Hemel Hempstead is mum to 5 month old Thea. She heard about our Real Nappy Reward Scheme after speaking to a friend about trying reusable nappies.



Sarah tells us her real nappy story:

## Making the decision

"When I was pregnant the thought of using real nappies didn't appeal to me at all, especially after listening to horror stories about old terry cloth nappies from when I was a child. But when we were given reusable wipes as a gift we found them so easy to use and clean, that we thought we would give real nappies a try.

"We were aware of the amount of waste nappies create in landfill and didn't want to add to it. We were also worried about the chemicals in disposable nappies and didn't want to expose our daughter's skin to them."

## Putting them to the test

"The biggest benefit is that no matter what our daughter has thrown at the real nappy, it has not leaked. The nappies are really easy to set up and they grow as our daughter does. We bought 20 nappies which will fit her from 8lbs through to potty training.

"Once the nappy's dirty, we dry pail it, wash them in the washing machine and hang them up to dry. It's all about setting up a system that works for you, then it can be just as easy as disposables.

"Since switching to real nappies we've also saved time and petrol by not popping to the shops to buy more. As our daughter's still young we've only made a small saving so far but as she grows the amount we save will increase."



**Fact:** By the time your baby is potty trained he or she could have used as many as 4,000 nappies and it would take each one up to 500 years to decompose in a landfill.



**Fact:** Real nappies come in different sizes and fabrics including cotton, bamboo, microfibre and hemp, so they can be kind as possible to your baby's skin.



**Fact:** You can save up to £500 during your baby's first two and half years using reusable nappies rather than disposables



## The last word

I would encourage other parents to give real nappies a try, because from my experience they have not leaked, they are easy to use and our daughter is comfortable in them. They also come in funky colours and patterns which can brighten up a nappy change! We really do prefer using real nappies."

## Why not give them a try

Sign up to our reusable nappy scheme and you will receive a free nappy starter kit, worth over £100, containing: five all-in-one cloth nappies, one night nappy and wrap, one booster and one roll of disposable liners. If you buy real nappies you could also qualify for £50 cashback.

