

It's time for a Real change

Real Nappies
Cute, Cool and Comfy
Why choose anything else?






Your baby will have approximately 2,000 nappy changes a year

Just think - your baby could use 5,000 disposable nappies until potty trained!

More and more parents are saying no to disposable nappies as they realise that real nappies are a natural, easy to use and cost-effective alternative to disposable nappies - and they don't cost the earth!

It's a Fact

-  In Wales a staggering 200 million disposable nappies are thrown away every year - that's almost 500 every minute!
-  It can take hundreds of years for a disposable nappy to biodegrade in our diminishing landfill sites.
-  Families with one baby could cut their waste in half by choosing to use real nappies.



It's time for a Real change

Real nappies are:

Natural

Mainly made up of natural fibres with no chemical gels or paper pulp.

Easy to use

Velcro or popper fastenings mean no pins are needed.

Easy to wash

No need to soak or boil - just wash at 60°C. Biodegradable liners can be flushed down the toilet.

Convenient

In some areas laundry services will collect and deliver freshly laundered nappies to your door. Call the advice line to find out more.

Cheaper

Save up to £500 for your first child. Many nappies can be used for more than one child, giving even greater savings!

Fun!

Real nappies come in a wide variety of designs and fabrics.





Getting into Real Nappies has never been easier!

With such a wide variety of styles available finding the right nappy to suit your baby and your budget has never been easier.

It's easy to make the change

Many real nappy companies offer nappy trial packs so you can 'try before you buy' and real nappy agents are on hand throughout Wales to give personal advice and support.

Worried about nappy rash?

Research shows there is no direct link between the use of real nappies and nappy rash.

Paediatricians suggest that other factors such as changes in diet and infrequent nappy changes, with any nappy, could cause nappy rash.

Want to know more?

For more information about real nappies contact:

The Real Nappy Advice Line

0845 456 2477

www.realnappies-wales.org.uk





About us

The Real Nappy Campaign promotes the use of reusable nappies throughout Wales and provides impartial information and advice about choosing reusable nappies.

The campaign is promoted in Wales by Sustainable Wales and Waste Awareness Wales and is funded by the Welsh Assembly Government and Environment Agency Wales.

We offer one-to-one advice, demonstrations and group presentations.

Sustainable Wales

41 John Street, Porthcawl CF36 3AP

Tel 01656 783405

visit our website

www.sustainablewales.org.uk

Charity No. 1065789/0

Sustainable Wales
Cymru Gynhaliol



Asiantaeth yr
Amgylchedd Cymru
Environment
Agency Wales

 recycle for Wales
ailgylchu dros Gymru
www.wasteawarenesswales.org.uk



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

