

Save money and reduce your impact on the environment

# Real Nappies

A real alternative to disposables

See over  
for details of  
Oxfordshire's  
loan kit



# What's the problem with disposables?

The vast majority of babies born in England and Wales each year use disposables - that's a staggering 3 billion disposable nappies being used! This amounts to over 355,000 tonnes of waste produced and an annual disposal cost to local authorities (and tax payers) of £32 million.\*

Reports have shown that a 40% carbon saving can be made through using reusable nappies compared to using disposables- and yes that includes the washing! So that's a real environmental benefit.\*



## Save money with Real Nappies

By the time your baby is potty trained, you will have changed as many as 4,500 nappies! At an average cost of 16p per disposable, this can add up to a lot of money.

Recent research shows that parents can save anything from £150 to over £1,000 over the lifetime of using nappies, depending on their choice of nappies.\*

Your savings stack up even further when nappies are used on a second child.

*\*Estimated by Go Real, the national Real Nappies information service.*

# Try Real Nappies for free

If you live in Oxfordshire and would like to give cloth nappies a try, you can borrow a trial kit for two to three weeks from one of our trial kit holders. There may be a small charge, depending on which kit holder you use.

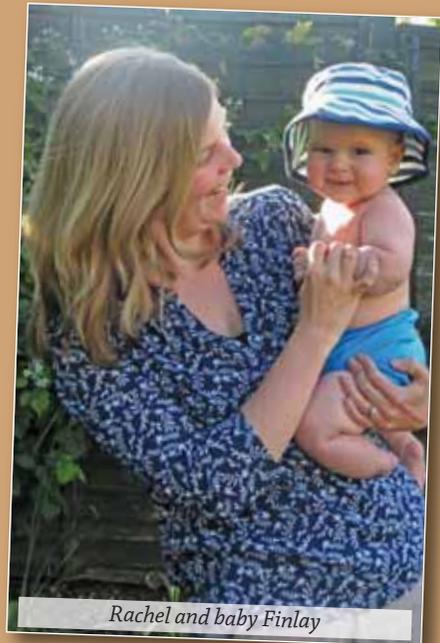
Each kit contains a good range of styles and brands of nappies, with all the necessary accessories. They are held by local nappy suppliers and community groups or nappy libraries, who will explain how the nappies work before you get started.

To find out more, call Oxfordshire County Council on **01865 816043**, email [waste.management@oxfordshire.gov.uk](mailto:waste.management@oxfordshire.gov.uk) or visit [www.recycleforoxfordshire.org.uk/realnappies](http://www.recycleforoxfordshire.org.uk/realnappies)

## All washed and ready to use

We used real nappies with Oliver and loved them, so knew we wanted to use them with Finlay as well. When Oliver was six weeks old, we borrowed one of the council's trial kits to test out the different styles available and see which ones we liked best before we bought a set, but this time I had them all washed and ready to use as soon as Finlay was born.

They are still in great condition and while I have added a couple more to our stash, using them a second time has meant we have saved loads of money as well as reducing the amount of waste we are producing. I did wonder if I would be able to keep up with the washing with both an active toddler and a baby, but it hasn't been a problem.



*Rachel and baby Finlay*

## Demonstrations and events

Some of the trial kit holders also hold Nappuccinos – coffee mornings where you can see demonstrations of how to use Real Nappies and chat to other parents.



**The Oxford John Radcliffe Hospital and Banbury's Horton Hospital** hold Real Nappies demonstrations as part of their ante-natal sessions.

## Your questions answered

We are often asked questions, such as: *Will my baby get nappy rash? Aren't they more expensive than disposables? Isn't it too much hassle? Are they really better for the environment?*

Go to our webpage: [www.recycleforoxfordshire.org.uk/realnappies](http://www.recycleforoxfordshire.org.uk/realnappies) for answers and lots more information.