

# Cloth Nappy Fact Sheet



## Environmental benefits

Did you know that a child will use approximately 6,000 disposable nappies before they turn 3?! (Choice, n.d.) Assuming 2 wipes are used during each nappy change, that's also 12,000 disposable wipes going to landfill per child! With it estimated to take up to 150 years for one disposable nappy to break down (Sustainability Victoria, n.d.), every disposable nappy ever used is still on the planet....so it's a worth looking at alternatives.

## Economic benefits

The cost of disposable nappies adds up – you might not notice the cost in your weekly grocery bill but all up disposable nappies cost an average of \$3,000 per child (Clean Cloth Nappies, n.d.). Depending on the cloth nappies you choose, you may spend \$250-\$800 to build your stash and depending on the detergent, water and electricity used, you may spend around \$700 all up washing nappies (Clean Cloth Nappies, n.d.). That could be a saving of around \$2,000! And the best bit? You can use those same cloth nappies on your next child, saving over \$2,000 whilst getting all the environmental benefits of reusable nappies!

You may choose to use cloth nappies only during the day, and not overnight. Or you may only want to use cloth nappies part-time, or only cloth wipes. Every time you reach for a reusable product you are making a difference. Remember that using just 2 cloth nappies a week will divert 100 disposable nappies from landfill each year. It doesn't have to be all or nothing.

## Have fun with nappy changes

Fortunately cloth nappies and cloth wipes have come a long way and the modern styles are easy to use, easy to wash and come in lots of fun colours and prints. Since you will be doing around 6,000 nappy changes, why not have fun with it?! Choose reusable nappies that you like the look of!

## How many do you need?

Newborns: around 12 per day, washing every 2 days = 36 nappies

Older babies and toddlers: around 6 per day, washing every 2-3 days = 24-30 nappies

## Styles of cloth nappies

With lots of options available you will be able to find a reusable nappy style that suits your needs, budget and baby.

### Pocket nappies

This nappy style is easy to use and looks similar to a disposable nappy. A stay dry layer and waterproof cover are sewn together forming a pocket, where an absorbent fabric 'insert' is placed inside. Whilst some parents find it annoying stuffing inserts back into the pocket once they have been washed - others find it relaxing and satisfying seeing the nappies assembled back together ready for use.

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## All-in-ones

The stay dry layer, absorbent fabric and water proof layer are all sewn together. Simple to use as no assembly is required, but using a dryer is not recommended with this style of nappy as the absorbent components can't be detached from the waterproof layer.

## All-in-twos

For this style the stay dry layer is sewn to absorbent insert, which attaches to the waterproof cover with press studs (aka 'snaps' or 'poppers'). This nappy style is simple to assemble and parts separate so a dryer can be used for the absorbent inserts.

## Hybrids

Not a separate style of cloth nappies; but the term refers to a nappy which is more than one style – it could be both a 'pocket' nappy and an 'all-in-two'. Or, it's a nappy where some parts are reusable and some parts are disposable; often a reusable cover with a disposable absorbent insert making it a great option for camping or for those using shared laundry facilities. Some nappy companies sell both reusable and disposable inserts compatible with their nappies.

## Two-part systems: Separate nappy and cover system

### Flats

The traditional terry-towelling fabric square that you fold, wrap around baby and secure with a pin or nowadays a stretchy rubber fastener. Available in cotton and also bamboo fabric for more absorbency. A cover is placed around the nappy to make it waterproof and you may wish to add a stay dry layer. Flats are a very affordable cloth nappy option and are quick to dry.

### Prefolds

Usually a cotton or bamboo fabric square/rectangle with additional layers of absorbency sewn in the centre. They can be folded and wrapped around baby, secured with a stretch rubber fastener or folded into a rectangle 'pad' shape and laid into a water proof cover. Prefolds are a popular newborn cloth nappy solution as they are affordable and easy to dry.

### Fitteds

Sometimes called a 'shaped' nappy where the whole nappy is made of absorbent fabric and the folding has been done for you. It needs a cover added to make it waterproof and are a popular nappy style for use overnight as they are very absorbent.

## **For more information:**

Australian Nappy Association <https://www.australiannappyassociation.org.au/>

Clean Cloth Nappies (for washing routines and advice) <https://cleanclothnappies.com/>

*Fact sheet content: Elana from [www.clothnappyworkshopsmelbourne.com.au](http://www.clothnappyworkshopsmelbourne.com.au)*

