



## Disposable nappies are negatively impacting the environment that your baby will grow up in

Disposables cause pollution in their production: in the manufacturing of plastic and in wood pulp being bleached with chlorine compounds. Most of the plastics used are made from oil, a non renewable resource which can last for hundreds of years in landfill.

Presently the average Cook Islands baby goes through approx. 3,800 disposable nappies; that's a lot of unnecessary rubbish that doesn't break down and takes up landfill space. These leach contaminants into the ground waters that lead to our lagoons and seas. Worse still, all too often they are seen discarded in public places, bringing shame and a health risk to our paradise.

One cloth nappy will do the job of 200 disposables - approx. \$40 (for top of the line reusable) vs approx. \$160. That's a huge saving on the family purse!

Having reusables means you don't suffer when the ship doesn't come in and shops run out of disposables. You also reduce your carbon footprint.



**TE IPUKAREA SOCIETY**  
*Caring for our Environment*



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*This initiative is supported and funded by:*

Reusable nappies will be available from CITC Pharmacy in the near future.

If you have doubts why not get just one or two to try? Some people find that using reusables during the day and a disposable at night works well. At least by using some reusables you will be doing less damage to your child's future environment.

Reusable nappies are the way to go – just as easy to use, and much cuter! Most importantly, fabric is more gentle on baby's skin. Think about what's best for baby, they're only a baby for a short time!

There's much more than just the old flat cloth nappy. New materials have made life so much easier and better for all of us.

# Dream the POSSIBLE



## Reusable Nappies

### Save money and Save our environment

If you would like to do more research, check out:

[www.thenappynetwork.org.nz](http://www.thenappynetwork.org.nz)

*This NZ site provides information and links on cloth nappies, a forum where you can read and contribute to the discussion on using cloth nappies.*

If you want to sew your own, this site is a supplier of the specialist fabrics and notions you will need.

[www.greenbeans.co.nz](http://www.greenbeans.co.nz)

# Reusable Nappies

## Weigh up the pros and cons and decide for yourself

Disposable nappies are expensive. Reusable nappies are much cheaper in the long run.

### Over 2 ½ years for one child

Disposable	Reusable
5 nappies per day @ 80 cents = \$4.00 x 911 days	15 reusable nappies = \$598.50 Laundry = \$365
Total = \$3,644.00	Total = \$963.50

Reusables will save you = \$2680.50

Based on prices sourced May 2012

### Reusables are over 73% cheaper!

And if you have more than one child, your reusable nappies will still be good for at least another year's use on the next precious bottom.

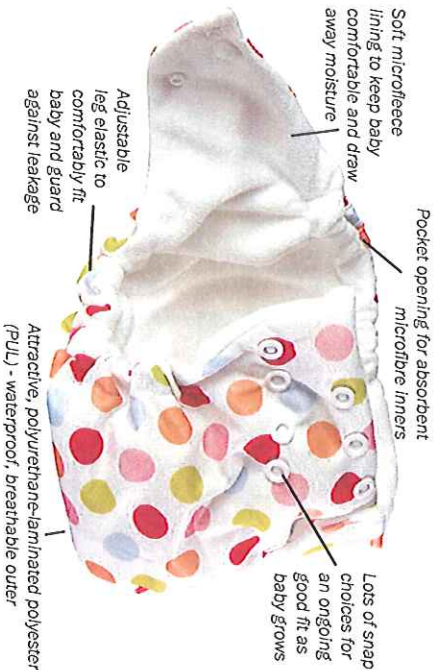
Reusables are kinder to our environment, so you will be caring for your baby's future too!

## Pocket nappies - no need for pins, covers, and liners!

These nappies are called pocket nappies because they are made from a waterproof outer fabric and a stay-dry inner fabric, with a pocket in between to put an absorbent insert (or two).

The lining fabric lets liquid pass through, keeping baby dry. You don't need to use a separate cover because the outer fabric is waterproof.

You don't need to use liners with these nappies, though you can if you want to.



There are two rows of snaps - one is for adjusting the tummy size and the other is for adjusting the thigh size. These nappies also have adjustable leg elastic. You can change the tightness of the leg elastic inside the nappy according to the size of your baby's thighs - loosen it off as the baby grows.

They fit most babies from birth to about 13 kg.

### How to wash them

When you take off a nappy, shake any tutaee into the toilet, pull out the insert, rinse the nappy if dirty, then pop the nappy and insert into a dry, lidded bucket or waterproof bag. When your bucket or bag is full (or every couple of days), tip them into the washing machine and rinse the bucket out. Fill the machine with water and leave the nappies soaking for a couple of hours or overnight. In the morning, spin the water out and then wash them. Use half the recommended amount of washing powder (a powder that doesn't have enzymes or phosphates). In the fabric softener dispenser, put a few drops of tea tree oil or a lid full of Dettol or Canesten laundry rinse. Run a normal cold or warm wash.

The nappies can be tumble dried on low or hung on the line.

If the nappies are stained, hang them in the sunshine. UV light is an excellent stain remover.

### What not to do

- ✗ Don't use fabric softener or it will make the nappies leak.
- ✗ Don't use bleach or enzyme powders.
- ✗ Don't have nappy rash creams touching the nappy - if you have to use them, use a thick nappy liner. (If you use nappy creams, it puts an oily coating on the nappy so that it won't absorb moisture.) Curash powder is a good alternative and can be used without a liner.

### Troubleshooting

If the nappies leak, think about these questions:

- Are you using enough absorbency?
- Are you changing the baby often enough?
- Is there a build-up of washing powder on the nappies?
- Does the nappy fit properly?

Try adding more absorbency, changing at every feed, and be sure to not use creams.

If the nappy feels greasy, scrub it with dishwashing liquid and then give it a warm wash to fix it.

Check that the nappy is snapped at the best point for baby's size.

Make sure that none of the absorbent part of the nappy is sticking out of the waterproof part.

