



Save money and
reduce your impact on
the environment with
reusable nappies



We are all trying to cut down
on the amount of plastic
we use in our daily lives, from
plastic wrappers to plastic bags.

**How about switching
from plastic disposable
nappies?**



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Modern washable cloth nappies come in a range of colourful designs, are easy to use and can save you money. More people recognise we need to move away from a take, make, dispose society, and reduce how much plastic waste we create. By ditching single use disposables, we can make a difference!



Try reducing the number of disposable wipes you use, and instead try reusable cloth wipes. You can even make your own homemade soaking solution, with scents such as lavender or tea tree:



What are some different types of reusable nappies on the market?

There are lots of different cloth nappies available on the market, you can buy them new or you can find them for a lower cost through online second hand groups:

All in one which has a waterproof layer and absorbent layer which are permanently attached. Some people find them the simplest to use and they are similar to a disposable (without the need to throw away!).



Meg provided her experience using cloth nappies



Whilst pregnant I researched cloth nappies but found it all too overwhelming so stopped looking. Fast forward to when he was 4 / 5 months old and I hired a kit from West Oxon Nappy Library and never looked back. It was so much easier than I imagined and I became so passionate about spreading that message I then went on to run that very same library. There are so many more benefits than just the environment and saving money (although these are amazing alone). The fact they are made of natural materials means they are soft and gentle on their precious skin and it actually helped my little one's eczema to clear up too. They also look so lovely with the beautiful colours and prints, and never worrying about running out of nappies is such a relief. Using the trial kit was an invaluable part of my journey and I am unsure I would have been as successful if I had done it alone.



All in two have a waterproof cover, but the absorbent layer inside can detach, meaning the cover can sometimes be reused before washing.

Flat nappy flat pieces of absorbent material that are folded and fastened with a nappy fastener or safety pins. There is a learning curve learning how to fold etc but they are very affordable and quick drying.

Pocket nappy have a waterproof cover, but it has a pocket section to add additional absorbent inserts. This means the pocket insert needs to be removed, and go through the wash with the rest of the nappy, however they don't take as long to dry.

Fitted nappy made entirely of an absorbent material, so you just need to add extra absorbent layers if required and a waterproof cover over the top.



Contacting a kit holder

Scan the QR code below to find a kit holder near you!



Make laundry, not rubbish – nappies don't need to be soaked or be washed at boiling temperatures.

This makes washing them much more effective, and a wash at 40 or 60 will suffice.



Some kit holders lend their kits out for a very small charge, this goes towards helping to keep kits up to date and for any replacements required.

Baby steps - Finding out what works for you.

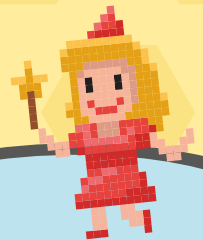
Trying one of the kits we have available in Oxfordshire is the best way to find out practically what works best for you and baby.

Not quite ready to take the plunge? Some families use reusables during the day and disposables at night. You can then migrate to using reusables more as your baby grows and you become more familiar with them. It's about finding out what works best for your family.

Do you have an item you no longer need?

Please pass it on through

- Friends and family
- Exchange sites e.g. Gumtree, Freegle
- Baby groups (online and in person)
- Charity shops



Use our online search tool to search for, or suggest an item to be added. The tool will provide options for reuse, where you can recycle it or which bin you should use at home.



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