

# MARCH 2020

## Reusable Nappies and Wipes

Spring is in the air! And this time, we are going to focus on new life by looking at ways that we can reduce the quantity of disposable products for babies!

As we know, newborn babes can get through a dozen or so nappies every day, not to mention those disposable wipes, most of which are really bad news for the environment. Many disposable nappies and wipes contain plastics that can take around 500 years to break down, which is pretty horrifying, especially knowing what damage they can do to the environment and especially to sea creatures.

So, let's think about alternatives. There are reusable nappies, which can be used alone or with washable or biodegradable liners. (see [www.thenappylady.co.uk](http://www.thenappylady.co.uk)). There's also a company called Mama Bamboo making biodegradable bamboo nappies, (Bambo Nature), which it claims will decompose relatively quickly, (with at least 60 per cent of the nappy being decomposed in less than three months), and are made from sustainably sourced wood pulp and bamboo. It sounds good! My gang of 'road-testers', (young parents in my friendship circle), say that they are very absorbent and feel soft and silky smooth, so very comfy for baby's bot.

Changing a soiled nappy is no-one's favourite job, and there is a bit more work involved with reusables, but the significant upsides are that one is doing one's bit for the environment and also, (drum roll please), you are saving money. The average baby gets through 4,000-6,000 nappies before potty training kicks in, so it's definitely another good reason for giving reusables some serious thought. If you're put off by the idea of dealing with a soiled nappy that you can't just chuck in the bin,

there is some good advice on this website,  
([www.jilliansdrawers.com](http://www.jilliansdrawers.com)), which will make the job as  
straightforward as possible.

For reusable wipes, have a look at the lovely range at Cheeky  
Wipes, ([www.cheekywipes.com](http://www.cheekywipes.com)). I have personally used these  
on my baby grandson and they're great!

By Sue Rickard