

Thinking about using Cloth Nappies?

www.JoeyRoo.com



Did you know?

In 24 months, a baby will need about 5,300 nappy changes, creating around 2.5 tonnes of nappy waste. For a family with one baby, half of a typical waste bin will consist of disposable nappies.

By switching to cloth nappies, parents can save around €1000 (disposable brand dependent) when using cloth nappies over disposables, **more** if the cloth nappies are reused on other babies – this is a particular important saving in the current economic climate. You can buy an entire nappy kit (24 cloth nappies) for around €400, which can be used over & over again and on multiple kids. This same amount of money would only get you around 18 weeks worth of disposables (see page 4 for breakdown)



Why choose cloth nappies?

- Babies who wear cloth nappies get far fewer nappy rashes than those in disposables.
- Cloth nappies are softer & more breathable on baby's delicate skin
- You will have less rubbish in your bin, and a cleaner smelling bin too!
- Cloth nappies are more cost-effective than disposables
- Modern day cloth nappies are VERY easy to clean & dry very quickly too, unlike the old-fashioned terry towel nappy.





So which nappy?

At JoeyRoo we only stock nappies by FuzziBunz & Charlie Banana. Why? After months of trying different brands & types of cloth nappies on our lil' Roo, we loved how these two brands of pocket nappy fared on his tushie – the inner fleece on the pocket is soft & super dry against baby's skin, and the microfibre inserts are remarkably absorbent. We only stock ONE-SIZE nappies as we believe these are the most cost-effective way to cater for the nappy size of one or many babies – making the switch to cloth nappies even more economically sensible for parents.

'Don't cloth nappies take ages to clean?'

Today's nappies don't need any soaking or seeping like the old terry towel kind! Simply separate inserts from pocket nappy and place inserts & dirty nappy into a hanging diaper pail (available from JoeyRoo) – this is called 'dry-pailing'. The hanging diaper pail keeps odours at bay with a sewn-in sachet: just add a small drop of tea tree oil to it. When it's time to wash, unzip the bottom of the hanging diaper pail and throw your full bag of dirty nappies straight into the washing machine.

That's it!



'What about pooey nappies?'

Exclusively breastfed newborn poo is water soluble, so dirty nappies can be easily dealt with in the wash. Once baby starts to eat anything more than breast milk, solids need to be removed from nappy prior to washing - we highly recommend using a flushable nappy liner in your cloth nappy (available from JoeyRoo) to make this job easier. Should any poo miss the liner and get on the nappy fleece, simply scrape it off into the toilet using toilet paper. For stubborn remnants of solids, either dunk nappy into toilet while flushing or give nappy a rinse with shower head on 'jet' setting (we prefer this method – just remember to give shower floor a good rinse afterwards & bleach weekly). Squeeze out excess water from nappy before placing it in your hanging diaper





'I won't have time to wash nappies with a baby!'

When a new baby comes into your life, a new word also bursts into your everyday life: 'ROUTINE'. Washing nappies simply becomes one of those things you do as a routine: just like the actual process of changing a baby's nappy (i.e. every x number of hours). How often you need to wash your baby's nappies depends on how many nappies you've purchased for your nappy system. The more nappies you have, the more days you can go without washing: for example, the average 0-3 month old baby needs 12-15 nappy changes a day, if you buy 24 nappies cloth nappies, you will be doing a wash every 2nd day. The older baby gets, with the same number of nappies (24), the less nappy changes you do, and thus the more days you can go between washes. A general rule of thumb to prevent your nappy pail getting too stinky is to wash at least every 3rd day.



'Don't cloth nappies leak?'

Simple answer is 'NO'. If they are leaking, there is a valid & preventable reason for it:

Absorbency:

Baby should be changed frequently. With cloth nappies baby should be changed at least every 3-4 hours or as needed (i.e. more often for young babies, less for older babies). If you're dealing with a heavy wetter an extra insert may be needed to increase nappy absorption.

Size:

If a nappy doesn't fit properly or is put on with inner fleece exposed to outside world this will cause leaking and/or wicking. With regard to one-size nappy adjustments, experiment with adjustable elastics & buttons until you find the nappy is good fitting on your baby.

Residue Build-up:

Nappy rash creams & ointments create a waterproof barrier when applied to your baby's skin – if this same cream comes in contact with your nappy fleece, it will create a waterproof barrier, and therefore prevent the fleece from drawing moisture away from baby, causing your nappy to leak. If you need to treat nappy rash, use cream sparingly & definitely use a flushable liner to keep cream away from nappy, otherwise use Caldesene Powder as this doesn't affect nappy absorbency at all.

Fabric softeners have the same effect as barrier creams & should also be avoided.

Living in a hard-water area, can also affect nappy absorption due to calcium deposits on the fleece – to get around this, make sure you wash your nappies in a detergent that softens the water while cleaning nappies. At JoeyRoo, we have some specially formulated washing powder for use with cloth nappies that can also softens hard-water - please contact us for more details.

PLEASE NOTE: If you are experiencing a residue build-up on your nappies, before you can correct the problem, using any of the above suggestions, you will need to STRIP your nappies to remove the residue – see our website,

How many cloth nappies to buy:

	0-3 months	3-6 months	6+ months
Nappy changes per day	12-15	8-10	5-8
Cloth wipes	18-25	12-15	8-12
Number of nappies	24-30	20-24	16-20
Day-time use inserts	Single insert	Single insert**	Double insert + booster
Night-time use inserts (12+ hours)	Single insert	Double insert**	Double insert + booster

***If your baby is a heavy wetter, use recommended inserts for 6+ months*

Cost Analysis: Cloth Nappies versus Disposables

	Nappy Changes per day	Rough number of nappy changes per day	Number of nappy changes during period	Nappy changes per week
0-3 months	12-15	13	1,186	99
3-6 months	8-10	9	821	68
6-12 months	5-8	6	1,095	46
12-18 months	5-8	6	1,095	46
18-24 months**	5-8	6	1,095	46
TOTAL NAPPY CHANGES			5,292	

***This assumes baby is fully toilet trained at 2 years*

Total nappy changes for baby from 0-24 months is 5,300

Average cost of 20 disposable nappies is €5 per pack.

Cost to buy disposable nappies for baby nappy-wearing period:

5,300 nappies / 20 nappies = 265 nappy packs x €5 per pack = €1,325

Cost to buy cloth nappies for baby's nappy-wearing period: €400 (24 nappies)

Cost of buying cloth nappies versus disposable nappies:

€400 (cloth nappies) versus €1,325 (disposables)

Cloth nappies cost €400 for 24 nappies to use over 24 months

Number of disposables bought for €400: €400 / €5 per pack = 80 packs of nappies

80 packs of nappies x 20 nappies per pack = 1,600 nappies

Distribute 1,600 nappies to number of nappy changes done to baby, using above table:

* From 0-3 months: 1,600 - 1,186 (i.e. 12 weeks) = 414 nappies remaining

* From 3-6 months: 414 nappies / 68 nappy changes per week = 6 weeks

Therefore, €400 worth of disposables will only buy you 18 weeks of nappy changes in comparison to 96 weeks (or 24 months) of cloth nappy changes (not including cost-saving on multiple children)