

# Environmentally friendly nappies

## Where can I see samples and get more information?

The Australian Nappy Association is a great place to learn more about the range of reusable nappies available.

There are also various support groups on Facebook offering advice, information about upcoming workshops and avenues to buy and sell second hand cloth nappies.

You can try before you buy at Puggles Nappy Library – they offer a reusable nappy hire service where you can trial different types and sizes to see which ones work best for you.

## How many would I need?

If using modern cloth a set of about 24 nappies should be enough for most babies from birth through to toilet training. This allows for washing every couple of days, although you may want a couple more if you don't have a dryer at home. If using a system with separate covers 12 covers is plenty.

Moreland City Council would like to acknowledge information provided by Environment Victoria.

## Further reading

**Australian Nappy Association**  
australiannappyassociation.org.au

**Environment Victoria**  
environmentvictoria.org.au/  
sustainability-hub/green-babies

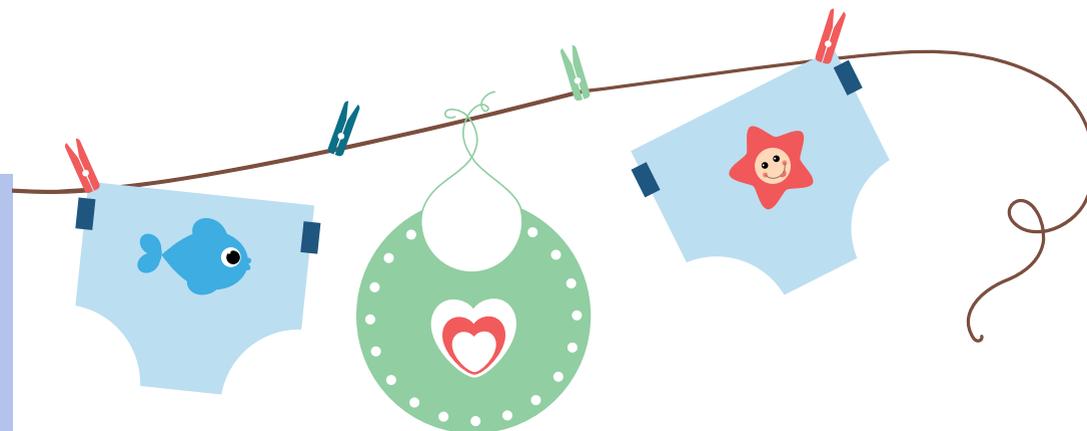
**For a detailed cost comparison see**  
darlingsdownunder.com.au/  
the-cost-of-cloth.htm

To be part of an online cloth nappy support group join 'Clean Cloth Nappies' on **Facebook**.

**For information about Melbourne cloth nappy workshops head to**  
facebook.com/groups/  
clothnappyworkshopsmelbourne/about

**If you're interested in buying secondhand cloth nappies see**  
facebook.com/groups/AussieBSMCN

**There's a free weekly cloth nappy workshop at the Little Green Footprints store in Caulfield.**  
**If you'd like to head along register here**  
littlegreenfootprints.com.au/nappy-workshop/



## Enquiries

**Phone** 9240 1111

**moreland.vic.gov.au**

**f** /morelandcitycouncil

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Or visit one of Council's Citizens Service Centres between 8.30 am and 5 pm, Monday to Friday:

- 90 Bell Street, Coburg
- 233 Sydney Road, Brunswick
- 796N Pascoe Vale Road, Glenroy

## Language Link

廣東話 9280 1910

Italiano 9280 1911

Ελληνικά 9280 1912

عربي 9280 1913

Türkçe 9280 1914

Tiếng Việt 9280 1915

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普通话 9280 0750

ਪੰਜਾਬੀ 9280 0751

All other languages

9280 1919

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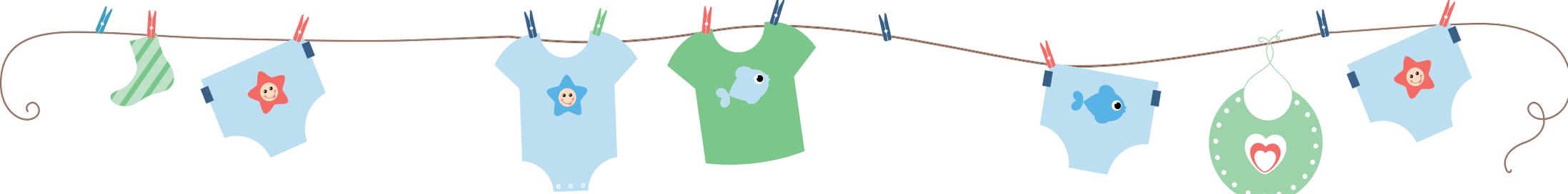
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On average, children use 5000-6000 single-use nappies before becoming toilet trained. This leads to 14 million disposable nappies being sent to landfill each year in Moreland alone!

Across Australia, many parents are embracing reusable alternatives, reducing waste and saving money in the process. These days there are so many options.

Why not give modern cloth nappies a go and see what works for you?

**Did you know that disposable nappies make up 10% of the average garbage bin in Moreland?**



### Save money, reduce landfill

Although the initial outlay is greater, over time reusable nappies can save you thousands of dollars.

Often without realising, parents spend \$2000-\$3000 per child on disposable nappies, in comparison cloth nappies cost \$250-\$1000 per child and these can be used on subsequent children for no additional cost!

Traditional cloth & covers	\$120-250
Modern cloth nappies*	Up to \$1000 per child
Disposables**	\$1900-3000
'Eco'-disposables	\$3000-4500

Please note prices are just a guide  
 \*set of 24 \*\*35 cents x 6c/day x 3 yrs

In addition the energy, water and detergent used to launder nappies at home is usually less than \$80 a year. Environmentally, laundering uses less water per nappy than that used in the manufacture of one disposable (MEFL 2010, p12). Disposable nappies should also be free of solids before being thrown out. There are cloth nappy laundry services available, which cost-wise is equivalent to disposables if used for 2.5 years.

If modern cloth looks appealing but the initial investment seems out of reach, there are plenty offered second hand through informal networks and online sites. You can also start with some basic modern cloth nappies and add to your collection over time.

### It doesn't have to be all or nothing

Some parents continue to use disposables at night to help their babies sleep. Other parents ease into trying cloth nappies when they are ready. Just one cloth nappy a day will prevent nearly 1000 nappies from entering landfill. So go with what works for you! Every little bit counts.

### So, what are the options?

These days there are many options for environmentally friendly nappies that are simple and convenient to use. Modern cloth nappies are made from breathable and highly absorbent fabrics such as hemp and bamboo with fun patterns, colours and prints. Here's a quick overview of the options:

#### ✓ Modern cloth

- Similar in shape and functionality to disposables. Don't need folding, soaking or safety pins, making them much easier to use than traditional cloth. The main types are:

#### Nappy with built in covers

- **'Pockets'** - the waterproof cover and stay dry layer are sewn together to form a pocket, this is where the absorbent fabric insert is placed.
- **'All-in ones'** - the cover and absorbent fabric is completely sewn together and integrated.
- **'All-in two'** - the absorbent fabric is attached to the waterproof cover with press studs.

#### ✓ Modern cloth (continued)

#### Separate nappy and cover system

Three main styles; flats, prefolds, or fitted.

- **'Flats'** - the traditional nappy style that you fold and secure around a baby, now available in more absorbent fabrics such as bamboo. A cover is then put over the nappy to make it waterproof.
- **'Prefolds'** - a modern version of a traditional flat nappy that has an absorbent panel sewn in the centre. They can be laid (pad folded) in a cover, or folded and secured around baby with a cover put over to make it waterproof.
- **'Fitted'** - the folding has been done for you. All that's needed is a cover to be put over the nappy to make it waterproof. These are the most effective cloth nappy to use overnight as they are very absorbent.

The cloth nappy styles described above can come with either velcro or press stud enclosures, and some are adjustable enough to fit small babies all the way through to toilet training (one size fits most). Waterproof covers are more breathable than those used previously, and are easy to wash and maintain.

#### ✓ Eco-disposable



- A disposable nappy made with a percentage of biodegradable content.
- Unfortunately there can be a lot of greenwash regarding eco-disposables - it's good to remember that they contain similar plastic content to regular disposables, therefore cannot break down in landfill either.

#### ✓ Commercial compostable



- Looks like a disposable nappy but is 100% biodegradable with a reusable Velcro belt instead of plastic tabs. There is currently no commercial composting facility for biodegradable nappies within Victoria.

#### ✓ Re-usable wipes



- It is estimated that children go through 12,000 disposable wipes before becoming toilet trained. There are re-usable alternatives made from bamboo and cotton.

### And what are the disadvantages?

If using cloth nappies when you're out you'll need to carry a wetbag to put the dirty nappies in. Also some cloth nappies are bulkier so this needs to be factored in when fitting clothes over them. Involves a little more time spent in the laundry, but once you're in the routine of it, it's not a problem at all.

