

Choosing and using disposable nappies / Disposable Baby Napkin Manufacturers Association.

Contributors

Disposable Baby Napkin Manufacturers Association

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Choosing and using

DISPOSABLE NAPPIES



Disposable nappies are easy to use, and give you more free time to spend with your baby. They also save the unpleasant chore of rinsing, sterilising and washing nappies, and the problems of drying them. They are especially useful when you are travelling or on holiday, or just too busy to cope with terries. Your baby's nappy will be changed over **two thousand** times in the first year of his or her life, so when it comes to buying and using disposable nappies, it is important to choose the type that's best for you and your baby, and to know how to get the best from them.



What are the different types?

Two-piece nappies are soft, highly absorbent pads which fit neatly into specially designed washable plastic pants. Some pants are popped, and some are tied at the sides. Most pads are encased in a liner to help keep moisture away from the baby's skin.

All-in-one nappies are a complete nappy system made up of their own one-way liner, highly absorbent padding and waterproof backing. They all have neat self-adhesive tapes for a close, comfortable fit.

One-size pads

One-size pads are designed for babies of all ages. They can be used one at a time, or two together for an older baby, and for all night comfort. Some have a soft cotton wool facing, some a one-way liner, and some a plastic backing.

Graded pads

Graded pads come in several sizes and thicknesses for babies from birth to toddler, and for day and night time use.

Standard

Standard all-in-one nappies come in different sizes and thicknesses for babies from birth to toddler, and for day and night time use.

Elasticated

Elasticated all-in-one nappies come in the same choice of sizes and thicknesses, and have elasticated legs for extra protection against leakage.



How much do they cost?

Some disposable nappies are much cheaper to use than terries, others cost the same as a terry system, while the most expensive disposables cost only a few pounds a year more than the total cost of sterilising, washing and drying terry towelling nappies. Shown below is the average **daily** and **yearly** cost of using one-sized and graded two-piece disposables, standard and elasticated all-in-one disposables, and terries. The figures are based on an average of six nappy changes a day - a total of 2,190 a year.



Two-piece disposables

Figures include pads, and a suitable quantity of plastic pants.

One-size pads: 32p per day
£119 per year
Graded pads: 36p per day
£133 per year

Prices from 32p



Terry nappies

The figures include the cost of nappies, sterilising solution and soap powder, nappy liners and plastic pants, plus the cost of running an automatic washing machine and heating water to a 'whites wash' temperature. If you use a tumble drier afterwards the cost will be higher, as shown.

Washing only: 61p per day
£225.25 per year
Washing and drying: 64p per day
£234 per year

Prices from 61p

All-in-one disposables

Figures are for nappies only as no plastic pants are needed.

Standard all-in-one: 59p per day
£215 per year
Elasticated all-in-one: 72p per day
£265 per year

Prices from 59p



Getting the best from disposables

Disposable nappies can save you time, trouble and money. They are especially useful when the family routine changes - if you are going on holiday, visiting friends or family, or just out for the day. It is always a good idea to have a few packs at home for when you are ill, have a baby sitter, or are taking your baby to the Clinic or Surgery. If you haven't yet had your baby, you'll find them essential when you come home from hospital and may be too busy, or too tired, to wash and dry terries.

How do disposables work?

All modern disposable nappies are filled with soft and very absorbent natural fibres, which are layered to distribute moisture across the nappy. The soft cover allows the moisture to pass through to the filling, and away from the baby's skin, to help prevent soreness and irritation. The waterproof plastic pants or backing keep the baby's clothes dry.

Choosing

Before you buy disposable nappies, read the pack carefully to make sure that you have chosen the **right type and size** for your baby. Where appropriate disposable nappy packs are clearly marked to show the **weight or age** of the baby they are for, but if you are not sure, ask the sales assistant. If you are buying two-piece nappies, make sure that you buy the correct plastic pants, in the right size, to go with them. The nappy pack will also tell you whether they can be flushed down a lavatory, or if they must be wrapped and placed in a dustbin.

Hygiene

Whether you use disposables or terries, nappy hygiene is important for your baby's health and comfort. When you use disposable nappies you know that each new nappy is a **clean** nappy, and is free from germs and irritating chemical residues. Because there is no risk of cross-infection from a poorly laundered nappy, there is less risk of nappy rash problems. That is why many doctors and health visitors recommend them for babies with nappy rash, or to mothers who have limited washing or drying facilities at home.

Disposing of nappies

All disposable nappies are designed to be used just once, and replaced with a fresh new one. Some disposables can be flushed down a lavatory, others must be wrapped and placed in a dustbin or incinerated. It is very important to read instructions on the pack before you dispose of any nappies. As a general guide, the two-piece disposables can be flushed away after having been torn into two or more pieces, following pack instructions. The all-in-one disposables **must not be flushed** away, and may block the drains if you try. They should be well wrapped, put in a sealed bag, and placed in a dustbin, or incinerated. **Remember always read the pack carefully.**

Changing

Whichever type of nappy you use, your baby will become uncomfortable, and may suffer from nappy rash, if the nappy is not changed frequently. Change your baby each time you feed him, and more often if the nappy becomes very wet, or whenever it becomes soiled. Babies often cry because they feel uncomfortable in a wet or soiled nappy. Try to let your baby spend at least a few minutes each day without a nappy. If he suffers from nappy rash, consult your doctor or health visitor.

Try them first

If you would like to try any of the disposable nappies listed below, the manufacturers will be happy to send you free samples. Just write to the address given at the bottom of this poster, giving your name, address, and the age and weight of your baby. Please state which brands you would like to sample.

Free samples

Two-piece one-size pads: Babettes, Nursery Sol' down, Paddi Pads
Two-piece graded pads: Bambi, Tufty Tails

All-in-one standard: Bob Tails, Cheekies, Pampers
All-in-one elasticated: Paddi Cosifits, Peaudouce Babyslips, Snugglers

Dear Health Visitor,

Many young mothers seek your advice on the care of their baby. The Disposable Baby Napkin Manufacturers Association have published this poster as a helpful guide to choosing and using disposable nappies. We hope that you will be able to display it in your Ante Natal or Child Health Clinic.

A leaflet, based on this poster, is also available for use in clinics and surgeries. If you would like copies of the leaflet, please fill in the enclosed 'Freepost' postcard, or write to the address given below, giving your name, and the address of your Baby Clinic to which leaflets should be sent.

Yours faithfully,

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