

Real nappies are easy to use as ABC...

- Modern real nappies fasten easily with Velcro or poppers.
- Biodegradable liners prevent nappies from getting messy and are easily disposed of.
- Real nappies wash at up to 60°C in your washing machine, no boiling needed.

Real nappies are as easy to wash as ABC.

- You can wash them in your washing machine (no separate loads needed!)
- If you prefer, you can use a nappy laundry service.



Kingston and Merton Real Nappy Network

PO Box 428, New Malden KT3 9AU

Tel: 020 8286 0916 , Mob: 07949 628 148 (Mariana)

Email: Kingstonmertonrnn@yahoo.co.uk

Web: www.kingstonmertonrealnappies.org.uk

Other contacts:

Women's Environmental Network

PO Box 30626, London E1 1TZ

Tel: 020 7481 9004/9144

Web: www.wen.org.uk

UK Real Nappy Line

Tel: 0845 850 0606

Did you know?

Using real nappies plays a major role in the Reduce, Reuse & Recycle (3Rs) campaign to care for our environment.

You could think about other ways to:

Reduce the amount of waste that you produce;

Reuse the products that you buy;

Recycle paper, plastic and glass bottles, cans, tins, cardboard, textiles and shoes.

If you would like this leaflet in your own language, larger font size or in Braille, please contact your local council

London Borough of Merton

020 8274 4902

www.merton.gov.uk

The Royal Borough of Kingston upon Thames

020 8547 5929

www.kingston.gov.uk

Photos supplied by: KMRNN - www.kingstonmertonrealnappies.org.uk

WRAP - www.wrap.org.uk,

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The Natural Nursery www.naturalnursery.co.uk

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Kingston & Merton Real Nappy Network

A real start to greener lifestyles!



Real nappies, a better option...

- For the environment
- For your pocket
- For your baby's skin

Wash it, don't bin it!



Supported by:
The Royal Borough of Kingston upon Thames
and the London Borough of Merton



The Environment

- According to the Women's Environmental Network, parents can reduce their impact on global warming by 24% by using real nappies if following very basic guidelines.
- In a household with one baby in disposable nappies, about 40% of the rubbish is made up of disposables.
- About 8 million nappies are thrown away every day in the UK - that is nearly 3 billion disposable nappies per year.

Your Pocket

- By using real nappies you can save around £500 on the cost of keeping a baby in disposable nappies. This takes into account the total cost of laundering nappies at home.
- You can save around £1200 by reusing your Real Nappies for your next child.
- Many Councils spend between £200,000 and £500,000 per year to dispose of waste from disposable nappies. These costs are largely covered by our taxes.

Your baby's skin

- Real nappies are very gentle on your baby as most are made of cotton and breathable materials, and they don't contain chemicals, plastics or paper pulps.
- Real nappies can help babies with sensitive skin and with eczema conditions.
- Real nappies give you more control over what is in contact with your baby's skin.

Our incentive schemes and Nappuccino workshops give parents and carers a headstart

If you would like to find out more about our incentive schemes or just want to learn more about real nappies, contact us for more information and to book for a Nappuccino (day & evening sessions every month). Contact details at the back of the leaflet.

We provide:

- An informed choice about nappies that will fit in with your lifestyle.
- Nappuccinos and displays to show a wide range of real nappies.
- Incentive schemes to help parents and carers to switch to real nappies.
- Lists of real nappy suppliers.
- Ongoing advice and support.
- A friendly forum to talk about real nappies.
- Real nappy information at local hospitals, clinics, nurseries and community organisations.
- We work in partnership with Kingston and Merton Councils to reduce nappy waste through increased use of real nappies among local residents.



A mountain of disposable nappies this big is produced by one child wearing disposables over 2.5 years.

Real nappies, on the other hand, need only a small corner to accommodate in a neat pile - and they need not throwing away!