

**Central
Bedfordshire**



Get your
baby into real
nappies now
and receive
£25
cash back!

Choose real nappies and help reduce waste

Every day in the UK eight million disposable nappies are thrown away and mostly go to landfill. Cut your household waste by up to half and help the environment by choosing real nappies.

A great place to live and work.

 **reduce**
for Central Bedfordshire

What are real nappies?

Do you like the idea of using natural cloth nappies for your baby, but tales of folding terries, safety pins, scratchy plastic pants and a bucket full of chemicals put you off? Don't worry modern cloth nappies are easy to use, easy to care for, attractive as well as stylish, in a range of materials such as cotton, bamboo and microfleece.

They are real because unlike disposable nappies they can be used again and again. They are real because they are not made from plastic and do not contain chemicals. They are real because they fit in easily with your lifestyle and are as simple to use as disposables.

Real nappies save you money! You can save up to £500 for your first baby

What are the options?

Home washing

- The cheapest option is buying your own real nappies and washing them at home.
- You have a wide range of nappy types to choose from, so you can select the best style for your baby and your individual circumstances.
- You can choose a routine which suits you, maybe washing every 2-3 days.
- You can store nappies prior to washing either in a lidded nappy bucket or in a waterproof bag.
- Washing at 40 – 60°C is perfectly adequate to sterilise nappies – there is no need for a boil wash.
- A list of local real nappy advisors, who can offer further information, can be found on the back page.



Why choose real nappies?

- You no longer need to boil, soak, use pins or fold and they are no harder to put on than a disposable, normally fastened with Velcro or poppers.
- Babies using washable nappies tend to potty train 6 months earlier than those in disposables.
- Real nappies save you money! You can save up to £500 for your first baby if you home launder washable nappies from birth to potty training. Reuse your cotton nappies for a second baby and save even more money!
- Nearly 6,000 babies are born in Bedfordshire every year and each baby could use up to 5,000 nappies by the time they are potty trained.
- Approximately one tonne of disposable nappies per baby are landfilled from birth to potty training.
- The very first disposable nappies are still slowly rotting away in landfill sites. The plastic in nappies can take up to 500 years to rot away completely.
- In a household with a baby, up to 50% of their household rubbish could be disposable nappies!
- Every year councils in the UK spend £40 million sending disposable nappies to landfill.



If you live in Central Bedfordshire, we will give you **£25** back when you spend £50 or more purchasing either washable nappies, covers or training pants from any company, or subscribe to a nappy laundry service (see terms and conditions on separate application form). Offer is limited to the first 100 successful applications.

For more information on the cash back scheme please contact Central Bedfordshire Council on **0300 300 8302** or visit www.centralbedfordshire.gov.uk/recycling

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What are real nappies?

Why not contact one of these local real nappy advisors or suppliers. They can provide advice on a range of nappies available and help you choose which one(s) are suitable for your baby, your pocket and your lifestyle.

Bedfordshire Real Nappy Library

Want to try before you buy or get advice from a 'real nappy' mum?

A real nappy library is a great way to choose and try cloth nappies, you can pick the right one for your child and make sure your child gets a good fit before you decide to buy.

Services available include:

- Hiring
- Free impartial and friendly advice
- Trial kits
- Demonstrations

bedsreallibrary@hotmail.co.uk

www.facebook.com/BedfordshireRealNappyLibrary

Real Nappy Advisors

Brilliant Nappies

Debbie Brilliant, 01908 377 326
debbie@brilliantnappies.co.uk
www.brilliantnappies.co.uk

Clean Green Nappy Machine

Fiona Wustrau, 07479 360722
clothnappyagent.fionawustrau@gmail.com

Try before
you buy
scheme

For more information on waste and recycling find us online at www.centralbedfordshire.gov.uk/recycling or call 0300 300 8302

Washable Nappies via Phone and Internet

Bambino Mio

01604 883 777
enquiries@bambino.co.uk
www.bambinomio.com/en

Close Parent Ltd

01992 554 045
office@closeparent.com (for orders)
www.closeparent.com

Little Green Earthlets

01604 760487
www.earthlets.co.uk

Little Lamb

0800 917 5770
www.littlelambnappies.com

Lizzies Real Nappies

0808 120 1004 (free from landlines)
info@lizziesrealnappies.co.uk
www.lizziesrealnappies.co.uk

Tommee Tippee

0500 979 899
www.tommeetippee.co.uk

Twinkle Twinkle

01189 695 550
www.twinkleontheweb.co.uk

Used Nappy Company

www.usednappies.co.uk