



## Julie Sloane Shares her Real Nappy Secret!



**Julie Sloane, from Marchwood, lives with her partner Duncan Shiel and has been using Real Nappies with her baby, Izzy, for 18 months.**

“When I was pregnant I was looking for the greenest and most economical option for nappy use long-term. The disposable/landfill stories alone were enough to convince me that Real Nappies were the best choice. I didn't have the room for, or the inclination to buy a tumble dryer, so drying nappies over the winter would have been interesting!

“I got in touch with the New Forest Nappy Network and found Nappy Bliss, which launders Real Nappies and delivers clean ones back to my door. I've never looked back since!

“Cloth nappies are really easy to use and once you find out which works best for your baby, you're away. You don't have to pre-soak them. The liners you use are biodegradable so you can put the contents of the nappy straight into the toilet.

“We have a septic tank at home as we're not connected to mains drainage and the liners have been no problem at all. I use bamboo fibre based outer wraps which I wash at home but they are very rarely soiled and can go in with a normal clothes wash.

“There's hardly any smell with the nappies especially if you are breastfeeding as well. I keep a dry pail in the bathroom all year round and friends and family are always surprised to know that Izzy's soiled Nappies are hiding in there!

“We even take natural nappies with us everywhere we go. Last year we took our campervan to France and Germany for four weeks and washed nappies on the move - the thought of forking out for a months worth of disposables and leaving them for landfill around Europe didn't appeal to us at all.

“Aside from the environmental benefits and the economical aspect I think it's the benefit to the babies themselves that makes the biggest impact. Isabel has hardly had any problems with nappy rash, only slightly when teething. I have a drawer full of various natural barrier creams that I purchased whilst pregnant in preparation for sore bottoms - they are redundant!

“My advice to parents looking into Real Nappies is don't be afraid of being the 'weird one'! Once you get the hang of things you will be convincing other mums to do the same thing. Also be careful - it gets addictive. There are so many styles and designs now, you can get a bit carried away! Look into local nappy laundering services, especially for the first few months until you get into the swing of things. Dare to be different!”

**With thanks to:**



**[www.nappybliss.co.uk](http://www.nappybliss.co.uk)**