

Pipa Guest Shares her Real Nappy Secret!

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Pipa, Mark and Matthew

My name is Pipa Guest, I am married to Mark and we have one child, Matthew who was born on New Year's Eve 2010. We live in a small village in Essex called Great Wakering and I have been training for the London Moonwalk which happens this weekend so Matthew likes long walks in the pram, especially along Southend Seafront; swimming, rolling around on the floor and at the moment trying to crawl.

I am quite a "green" person and when I was pregnant I read up a lot about what "green" products we could use for Matthew. I also read that if King Henry VIII had been in disposable nappies then they would still be in landfill and that shocked me; along with a piece that said that there are some chemicals in disposable nappies that are banned from women's sanitary

ware¹. Both of these pieces of information made me want to use Real Nappies, so I looked on the internet and found the company "Cheeks and Cherries". I looked at their website and found that they did a "starter" pack with a mixture of different nappies to try so I ordered one and after some research and an email conversation with a lovely lady called Fleur at Cheeks and Cherries I decided on the Tots Bots range and ordered them.

Matthew has been very happy in his Real Nappies, and even my husband, who was a little nervous about using them, thinks they are easier than any disposable we have used, which we used right at the beginning with Matthew. We have also had many comments on how funky the Real Nappies look, with their bright designs.

The biggest positive is that nothing goes to landfill and that can only be a good thing! I also think that using Real Nappies has been good for Matthew's skin. Both me and my husband have eczema and I was concerned about Matthew's skin and about him getting nappy rash. I'm pleased to say that Matthew has luckily never suffered from nappy rash and I put this down to the softness and breathability of the Real Nappies that we use. I was a little concerned about the washing that I would have to do, but I can honestly say that it really is only one load a day and I usually put them in the machine when Matthew has gone to bed and then put them out to dry overnight, excellent!

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My top tip would be to always use a flushable liner which can be bought from most supermarkets and chemists. This makes life a lot easier.

I was advised not to use Real Nappies for the first meconium poos as they would be ruined and I did use disposables whilst I was making up my mind on which Real Nappies to buy, but now I wish that I had used them as soon as the meconium poos had finished.

I have already decided on childcare for Matthew when I have to go back to work and the childminder thinks the nappies are excellent too and I was surprised at how many nurseries are happy to take a Real Nappy baby, so that shouldn't stop anyone from using them. I also think that buying a "starter" pack helped as there are a lot of Real Nappies out there and they all have a different fit. Some of the nappies in Matthew's pack fitted well, such as the Tots Bots and some were loose and leaked because he is a very long thin baby. Try a starter pack first to save yourself some money.

¹ Go Real is unaware of any research that corroborates these claims and so is unable to verify their validity