

Tracey Smith Shares her Real Nappy Secret!



“The most unusual place I’ve changed a Real Nappy would be a window sill of a pub!”

I have 3 children: James 28, Nicola 24, and Caroline 22. I also have 3 grandchildren: Bethany 2, Lily 1, and Lacie 1.

I used Real nappies on my own children from birth, that’s what everyone did then. Disposables were seen as a luxury then, only really to be used in an emergency. So when my grandchildren came along it just made sense to choose Real Nappies for them too. Nappies are an intimate part of their clothing and I don’t like the thought of all those chemicals next to their skin.

I think the big nappy companies dominating the market today have brainwashed most of us into thinking that disposables are the more comfortable option for our babies. We spend weeks shopping for the softest cotton vests and babygro's but put little thought into nappies any more.

When my youngest daughter, Caroline , was expecting her baby I knew she was keen to save money and that she only had fortnightly bin collections where she lives, so I bought her a selection of Real Nappies to try out. After Lacie was born, I was happy to show Caroline and her partner how to use them, and they found them much easier than they expected.

As a grandparent I like the convenience of having Real Nappies in the cupboard, you don't run out even if the grandchildren stay longer than expected.

The new Shaped and All in One nappies are so simple to use, but take a long time to dry compared to a terry square. Also there is such a bewildering range of Real Nappies out there, that new parents must find it mindboggling making a choice. That in its self must be off putting.

I volunteered to be a Real nappy champion for N E Lincs council as I wanted to help them promote the cash back deal for Real Nappy purchases. We are so fortunate here as we can claim up to £50 cash back for Real Nappy purchases. I also wanted to support local parents wanting to use Real Nappies.

We give talks at local parenting classes, clinics and children's centres. We are also having a Real Nappy event in our local shopping centre this week with demonstrations etc.

I would say to parents these days considering Real Nappies to just buy one or two to try and see how you get on. Even if you just used one Real Nappy a day and threw it in with the rest of your wash, you could end up saving yourself around a thousand disposables over the time your baby is in nappies. Real Nappies are definitely better for containment on a newborn. If you are washing nappies you will be washing far less baby clothes and bedding, and your baby won't need a bath after every poo!