

## Dads can do Real Nappies too



Mark and baby Ben

We always knew we would use washable nappies with Ben, but took a conscious decision to start out with disposables in the first few weeks.

Once we had begun to settle into something resembling a routine, we did some research into nappy types to see what would work best for us. I was very keen on something straightforward to use and without too many components. We had a trial pack for a week or so and decided that Tots Bots Easy-fit were for us. As a bonus, we found some second-hand but unused ones on ebay for around half the retail price.

There is obviously a little more work involved than using disposables but at each nappy change, after removing any solids from the washable liner (if needed), the dirty nappy is put into a net sack inside a nappy bucket. Once this is full, the whole sack is put into the washing machine. My top tip for drying is the Pressa “Socktopus” (available from a well-known Swedish homeware store) that you can hang a whole batch of nappies on to dry without faffing with individual pegs etc.

There are still times where we use the odd disposable – on days out for example – but this is done relatively guilt free when we consider how many we have avoided using and throwing away over the last six months and how many more we will avoid over the next few years!!!