

TYPES OF REUSABLE NAPPIES

All nappies have two components: an absorbent one to retain liquid and a waterproof protector so it cannot get out. Basically, there are three broad ways of arranging these two components:

Type of nappy	Most important features
<p>All in one. The absorbent part and the waterproof protector are sewn together and held to the body using adherent tape (Velcro), hooks or stickers.</p>	<p>They are put on and taken off like a disposable one, so anyone can use them without further explanation.</p> <p>These are the ones that take longest to dry, so it is longer before they are available again.</p>
<p>Fitted. The absorbent part and the waterproof protector are separate and each of them is fitted to the body using Velcro, hooks or stickers.</p>	<p>The protector does not need washing every time the nappy is changed.</p>
<p>Flat. The absorbent part is put on or in the protector, which is the part fitted to the body with Velcro, hooks or stickers. When the absorbent part goes inside, they are called “refillable”.</p> <p>It may be necessary to fold the absorbent part (there are gauze, cloth or prefolded types; in these the central part has thicker cloth) or not (in which case they are called towels).</p>	<p>The absorbent ones that need folding take longest to put on. They are the type that last longest because they are the simplest.</p> <p>The absorbent parts dry very quickly.</p> <p>In the refillable ones they are polyester, so they do not stay wet when the baby pees.</p> <p>They are the cheapest.</p>

It is best not to buy a whole set (all the nappies we need) until we are sure which model we want.

What materials are they made of?

Absorbent nappies are usually cotton (flannel or towelling), hemp or a mixture of the two. There are also microfibre and polyester ones; in this case children will not notice they are wet because the fibre allows water to pass through without becoming soaked.

The protectors usually have a layer of synthetic material (nylon, polyurethane, polyester, PVC, etc.), at the back or inside (lined with cotton) or they can be wool. These are delicate to wash and they need rubbing often with lanolin to prevent leaks.