



Tips to reduce odours with disposable nappies:

- Wrap the nappy into itself, using the tabs.
- Seal the nappies tightly in plastic bags.
- You can use a scented bag if you wish.
- Store the general waste bin in the shade and out of direct sunlight, if possible.
- Make sure the general waste bin lid is closed properly, and there are no cracks in the bin side.
- Use odour neutralising products in the bin body such as bicarbonate of soda, cat litter, crystals or citrus rinds.
- Place some odour neutralising products in the foot of a stocking and hang it on the inside of the red lid bin, tying the stocking to the bin lid handle.
- If possible, tip the contents of the nappies down the toilet before disposing.
- Consider using Modern Cloth Nappies.

Other points to consider:

Try to minimise your use of disposables by making these simple swaps. Even occasional swaps can make a positive impact on the environment:

- choose reusable swim nappies instead of disposables.
- try reusable nappies at home or overnight, but disposables when out and about.
- choose cloth wipes with water, or celluloid based wipes* which have a lower environmental impact.

*flushable liners or wipes can still block sewerage systems, so best to avoid.

Modern Cloth Nappies (MCN) Can you give them a go?

The impact of disposable nappies

- Disposable nappies go into the general waste bin, not the recycling bin.

Each nappy takes up to 500 years to break down in landfill

- Switch Your Thinking has a useful summary of the environmental impact of disposable vs reusable nappies:



Scan to check it out!

Modern Cloth Nappies are...



Environmental impact per child

Reusable nappies vs. disposable nappies for one child

Water

Reusable
(top loader)

110,000 L

Reusable
(front loader)

64,000 L

Disposable

55,000 L

The water usage of cloth nappies compared to disposable nappies varies greatly depending on a number of factors. Note that choosing to use a front loading washing machine to wash cloth nappies may consume less water than using disposable nappies.

Environmentally friendly

Using cloth nappies, even part-time, significantly reduces a person's landfill contribution.

Better for the hip pocket

For **one child**, the average cost of cloth nappies is \$900, whereas the average cost of disposable nappies is \$3,000. This means you can save \$2,100 by switching to cloth nappies. If reusable nappies are sourced second hand or used for a second child, the cost savings are even greater.

Healthier for your Baby

Many parents who switch to MCNs notice their babies don't experience nappy rash as often. MCNs are also more breathable, and made of natural fibres, so your baby's sensitive parts are not exposed to harmful chemicals contained within plastic, disposable nappies.

Waste

Disposable
640–900kg

Reusable
(top loader)
8–14kg

Reusable
(front loader)
8–14kg

Energy



Disposable
2–6.3GJ



Reusable
(top loader)
1.1–1.55GJ



Reusable
(front loader)
0.83–1.3GJ

Excellent 'poonami' containment

A great fitting cloth nappy with good quality elastics will keep the mess in. They are excellent at smell containment too, so you may not even notice your baby has done a poo!

Super cute and fashionable

Disposables are so boring, with the same print on every nappy in every box. MCNs are all designed to be bright and fashionable. With endless unique designs to choose from, you can find a range that matches your baby's personality.

Australians have swapped

15% of Australian families are giving MCNs a go!

Time

MCNs are designed for busy lives—easy to use, simple to clean, and no more last-minute trips to the store. With the right set-up and routine, you can save time and keep your nursery bin empty.

Typically made from fabrics such as cotton, microfibre, hemp or bamboo, MCNs are the same shape as a disposable nappy and are mainly fasten using press studs or velcro. Some modern cloth nappies come in specific sizes; others use snaps and velcro to adjust the size of the nappy as the baby grows.

Sized nappies may fit better, especially newborns, but "one-size for many" nappies can be used longer.

Some MCN providers hire out nappies for people to try.

For more information, visit our website for the [Modern Cloth Nappy Guide](#) from Switch Your Thinking. Or visit our website kalamunda.wa.gov.au or email enquiries@kalamunda.wa.gov.au or call 9257 9999.