

RESPONSIBLE USE OF DISPOSABLE NAPPIES

Would you like to minimise the waste impact of the disposable nappies you are using?

YES, you can lighten your footprint on our environment simply by the way you dispose of your disposables!

HERE'S HOW YOU CAN MAKE A DIFFERENCE

1 - Bag it right!

Use brown paper bags or biodegradable nappy bags. Placing your disposable nappy inside a plastic bag adds many years to a product that is already taking 150+ years to break down.

2 - Put poo in the loo!

Always use a flushable or cloth nappy liner inside your disposable nappy such as Nature's Child Bioliners. This allows you to easily toss poo in the loo. You can also try a product called The LITTLE SQUIRT, which connects to your toilet for easy nappy cleaning. Human Waste is dealt with efficiently in sewers, compost toilets and septic tanks. Lets keep it this way. If you take a good look at the instructions on a packet of most disposable nappies, you will see they describe how you should deal with feces legally. It will also dramatically reduce the stink in your rubbish bin if you don't leave the poo in the nappy!

3 - Protect Babies Skin & Health

The use of absorbent disposable nappies means that many children are left in nappies longer than is hygienic and longer wearing time increases the risk of gel leakage. The health risks of using these crystals are unknown; but since these crystals have been banned from use in tampons, due to their irritation on women's mucous membranes, it seems logical to be concerned for our babies. Disposable nappy crystals will move into your child's bottom if a disposable nappy is worn for too long. Frequent changes are strongly advised to prevent this.

If your baby shows signs of redness that will not go away, it may be nappy rash from chemicals in disposables. If this happens to your baby, you have options. Change disposable nappy brands; use eco disposables, which have fewer chemicals in them or try cloth nappies or 4 - place organic cotton or other cloth barrier in your disposable nappy. If your baby gets very wet in a disposable nappy, try a Dry-Liner overnight.

A study in Germany which looked at 48 baby boys aged from birth to two and a half years

old found that scrotal temperatures were raised by as much as one degree centigrade above body temperature when wearing disposable nappies. The authors raise the issue that this, in turn might affect sperm counts. Raised scrotal temperatures (usually caused in adults by use of hot spas, saunas and tight fitting clothes) definitely reduce sperm counts short term. We don't know the long-term effects of raised scrotal temperatures in baby boys who don't yet produce sperm but do have the cells that will produce sperm from puberty onwards.

4 - Composting

If you want to go that next step in controlling your own waste, here is one way to do it. First remove the outer cover that is not biodegradable. Then remove the plastic tabs. Place these in your waste bin for disposal. These parts of the nappy cannot compost but the rest may. Dispose of Feces in the toilet. Then scatter the cotton in your compost or dig a hole and bury the waste if you have land. Remember, there are SAP crystals left in this part of the nappy though and you may not want these in your compost.

5 - Eco - Disposables

When brands are classified as eco-disposable, they are not necessarily biodegradable and usually are not. Eco-disposables definitely make a big and better impact for our environment in other ways. They are often chlorine free, which means no dioxins will leach into our land after disposal. They often have less chemicals or no gel at all which greatly improves any health risk to your baby. There are many benefits to the environment from the eco-friendly manufacturing methods as well as benefits to our babies' health.

6 - Read the Packaging

What are you really buying? Read every instruction and ingredient and ask questions. The trend in eco-products means you need to be particularly aware of scammers in the market place. You can request a FREE copy of the ACCC document on green labeling and the purchase of "green products" if you would like to know more.

7 - What don't we know?

The first disposable nappy that was invented in 1947 still hasn't broken down. There is no independent proof yet of how long it really takes. The only attempt at measuring it was started 15 years ago. That nappy still has a long way to go! Current estimates are 150 – 300 yrs.

8 - What is the Cost?

Most Australian City Councils spend 150K+ a year dealing with the landfill disposable nappies create. Ask your local council for a waste management report to see how much they spend on dealing with disposable nappy rubbish in your area. As for you, disposable nappies cost you up to \$5000 for one child, depending on the brand you use and where you shop. Remember to add disposable baby wipes, bibs, face wipes, change mats, swimmers and a range of other disposable products to this cost as well and you are spending well beyond \$5000 per child.