CLOTH NAPPIES

Information for Parents



Cloth vs disposable – The facts!

One of the most common misunderstandings about cloth nappies is that they are difficult to use and difficult to maintain. Modern cloth nappies are just as easy to change as a disposable, and as easy to maintain as washing a load of laundry.

With hook and loop or snap closures, adjustable sizing, and one- or two-piece designs, modern cloth nappies are convenient and nifty. Washing nappies at home adds two to three loads of laundry per week, and you never have to worry about running out of nappies – or having to do that midnight run for more.

A baby's skin is healthiest when it is clean and dry

While disposable nappies might well be effective at keeping skin dry (because they are super absorbent), this absorbency – combined with their high cost – means they tend to be changed less frequently than every 2-3 hours, which is actually what's recommended.

With cloth nappies, the cost per change is less of a factor because each cloth nappy can be reused hundreds of times, allowing for more frequent changes and a way to keep skin truly dry and rash free.

Environmental effect of disposable nappies vs cloth nappies

800 million nappies are thrown away every year in Australia (Planet Ark). The production, distribution, and disposal of these nappies leaves a significant environmental footprint and impact on our planet. The average disposable can take 500 years to decay, and contains petroleum, plastics, perfumes, wood pulp, and dioxins. These materials all then end up in landfill.

When a family chooses to use cloth nappies, they choose the peace of mind that comes from eliminating over 6,000 nappies per child from our landfills. They also remove the greenhouse gases connected to the production, transport and delivery of disposable products.

Price of cloth nappies vs disposable nappies

The price of cloth nappies is significantly lower than the cost of disposables. Generic disposables cost more than $1,400 over 2.5 years. A full-time cloth nappy system can cost as little as $300.

The cost of cloth nappies comes upfront, when building up supply, but over the long run it takes away the regular stress of having to budget for disposables on an ongoing basis.

Choosing cloth nappies is less expensive overall, so easier on the family finances!

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For more information:

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