

YOUR HANDY GUIDE TO SUSTAINABLE PARENTING

Brought to you by reusable experts

WUKA[®]

Period-Proof Underwear

wuka.co.uk



**BORN to
CHANGE
THINGS**

bambinomio.co.uk



REUSE REWEAR REPEAT

CONTENTS

From pregnancy to baby essentials, every choice you make can have a positive impact on the planet. It's not about being perfect, it's about doing a few good things together. Let's go!

We've crafted our top ways to be a reusable parent...

1. Introduction
2. Pre-loved
3. Period pants
4. Maternity in style
5. (Nappy) change time
6. Rethink wipes
7. The wardrobe revolution
8. Eco eats
9. It's playtime
10. Time for a dip?
11. Why wear period swimwear?
12. Potty train like a pro!





INTRODUCTION

For parents-to-be stepping into the realm of family life, the demand for sustainable choices continues to grow. Navigating the endless amount of baby, maternity and health products can be overwhelming, especially for eco-conscious parents eager to make the best choices for their growing family.

Bambino Mio and **WUKA** understand the importance of making informed decisions from the outset, which is why we've put together this handy guide to help you make sustainable choices from day one. With over 25 years of pioneering experience, Bambino Mio is leading a charge to redefine nappies, while WUKA are making periods comfy, sustainable and easy with their award-winning reusable periodwear.

In this guide, you'll find invaluable insights, expert advice, and practical tips to ensure that every purchase aligns with your values and contributes to a healthier, happier future for your little one and the planet.



PRE-LOVED

Embracing the trend of shopping pre-loved for baby items isn't just about being thrifty; it's about making smart and eco-conscious choices as parents-to-be. While certain items like car seats and cot mattresses should always be bought new for safety reasons, there's a wealth of pre-loved options available for other baby essentials.

Where should you look for pre-loved?

Charity Shops often have sections dedicated to baby and children's items, the National Childbirth Trust (NCT) hosts Nearly New Sales across the UK and it's also worth checking out parenting forums or local parenting groups on social media platforms like Facebook which can connect you with other parents selling pre-loved items.

Well-known online marketplaces and apps such as Vinted, eBay, Gumtree and Facebook Marketplace. You might also want to check out the rising number of online pre-loved baby stores such **The Octopus Club** and rental companies such as **Bundlee** and **Baboodle** where you can rent pre-loved items then send them back when you're done.

Parents - TAKE NOTE!

There are a couple of big purchases that you'll be looking to make as you start to plan for the arrival of your baby (or babies) such as travel systems and nursery furniture.

Here's a few points to remember:

- keep an eye out for a safety label confirming compliance with BS EN 1888:2019, the British Standard for safety testing.
- check it's not been subject to a recall by searching online or contacting the manufacturer.
- check for missing parts
- test the breaks and mechanisms and look out for potential hazards

The logo for Bundlee, featuring the word "bundlee" in a blue, lowercase, sans-serif font.The logo for Vinted, featuring the word "Vinted" in a teal, lowercase, sans-serif font.The logo for Baboodle, featuring the word "baboodle" in a red, lowercase, sans-serif font.

PERIOD PANTS

In preparation for baby's arrival, you may have forgotten about you. It's worth thinking about how to prepare for the changes that will occur to your body during pregnancy. One area to invest in is leakproof underwear. Whether it's for a leaky bladder or for post-partum bleeding, **WUKA** underwear is a investment that will save you money and the planet from more waste.

Did you know?

200,000 tonnes of disposable pads and tampons are sent to landfill every single year in the UK. According to WEN, menstrual pads contain up to 90% plastic! One pair of WUKA on the other hand completely replaces the need for pads and tampons.

Pregnancy

It's normal to experience light leaks or incontinence during pregnancy and WUKA DryTech™ features odourcrunch and stayfresh technology to keep you feeling dry.

Post partum

Bleeding can be quite heavy after birth, and will last for up to six weeks. During this time, it's not advisable to use tampons due to the risk of infection, so comfy and supportive period pants are ideal.

How do they work?

SUPER SOFT OUTER

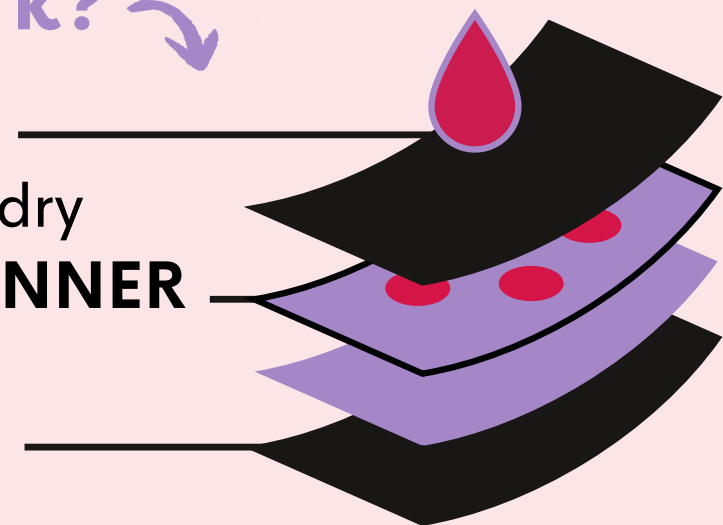
Absorbs quickly & feels dry

SUPER ABSORBENT INNER

Locks in your blood

LEAK-PROOF LAYER

Secure and odour free



For when periods return!

WUKA's Stretch™ Period Pants are seamless multi-size undies designed to stretch up to four sizes meaning they mould to your body as it changes after birth.

“Amazing I'm building up a collection to fully transition away from single use..! I can't fault these! Comfortable, leak proof and sleep proof (heavy cycle).”

Amy

★★★★★



Follow these creators for maternity style tips!



@poppy.okotcha

MATERNITY IN STYLE

Embracing conscious clothing choices isn't just about budgeting wisely—it's about aligning your values with your wardrobe and positively impacting the planet. Pregnancy doesn't have to mean sacrificing your personal style; with a dash of creativity, you can breathe new life into your pre-pregnancy wardrobe. From ingenious hacks like using hair elastics to adjust the fit of jeans to reimagining oversized pieces with a stylish belt, there's a world of possibilities to explore.

With limited wearability, maternity wear is perfect for being passed on and re-purposed. Take advantage of the huge selection of online platforms offering second-hand maternity clothing, where you'll find a treasure trove of stylish and affordable options. From eBay to Vinted, the possibilities are endless.

Don't overlook the power of connection within your own circle

Reach out to friends and family members who may have hand-me-down maternity clothes they're willing to lend or swap. Used maternity clothes are typically in pretty good shape and it might be a good excuse to try new styles, colours or patterns that you might not have before.

Like the idea of borrowing? There might be some items you can steal (ahem, borrow) from your partners wardrobe. It probably won't cover everything but a few oversized shirts and t-shirts could be really handy paired with leggings.

Lastly, don't forget to check your local highstreet charity shops and enjoy a little bargain hunting.



@mre.soeur



@michellechantellehopewell

(NAPPY) CHANGE TIME

Did you know that around **250 million single-use nappies are thrown away every day**? That's a shocking statistic that you've probably never had the chance to consider prior to thinking about your impending journey into parenthood. Disposable nappies take around 500 years to decompose and each one will either fester in landfill or be incinerated causing further pollution. But fear not, **Bambino Mio** is on a mission to change that. To date, we've saved over 2.6 billion nappies from being thrown away!

Now, you might be wondering how reusable nappies actually work. If you're imagining old school cloths and safety pins, think again! Reusable nappies have come a long way and they're now the modern next-gen nappy choice for next-gen parents.

Bambino Mio's Revolutionary Reusable nappy will fit your baby from tiny newborn all the way through to potty training, that means no sized nappies and no need to buy another nappy again!

If you choose to use reusable nappies full-time, you'll need around 20 nappies (that's because in the early days you'll be doing around 8-10 nappy changes a day). This means you'll have enough nappies in rotation to use while your others are washing and drying. If you want to use reusable nappies part-time (lots of parents do and a easy way to start is using at home) then you'll need around 10 nappies.

Just like disposable nappies, you put them on your baby as usual, change as usual but instead of throwing your nappy away, you set them aside ready for washing and using again. It's that simple!

And the best part? Reusable nappies are better for your baby too. They're made from high-performing, super absorbent materials that have been tested for safety, so are free from any of the chemical gels that you typically find in single-use nappies that can cause irritation. This means less chance of nappy rash! Hooray!

Not to mention, better for your pocket. Choosing reusable nappies over disposables can save you up to £700 on your first child. And save even more (a further £1000!) when you use your nappies again for your second child! Double hooray!



“I was on the fence about reusable nappies but was surprised how easy they are. We took it step, by step then every nappy change was a reusable.”

Amy





RETHINK WIPES

It's not just nappies that are causing a mess. Baby wipes are almost as problematic for our planet with a staggering 1.2 billion wipes being thrown away every day across the world! **That's 450 billion per year!**

Reusable wipes on the other hand are a complete game-changer! Not only are they simple and versatile, but they're also eco-friendly and free from nasty chemicals. Whether you're cleaning sticky hands or removing makeup, these wipes have got you covered. And the best bit... you're never going to run out!

Reusable wipes also offer families substantial cost savings too. **A child in nappies can go through almost 25,000 wipes in 2.5 years**, and the average family spends £5 to £15 per month on disposable wipes. **Bambino Mio's** reusable wipes start at just £7.99 per pack (containing 10 wipes) that can be reused again and again, saving you hundreds of pounds over the same period.

Reusable wipes are free from harsh chemicals and plastic packaging, they provide a versatile solution for quick clean-ups, from nappy changes to removing makeup.

Simply pop them in the washing machine with your regular laundry for easy cleaning.

What about so-called "eco" wipes? While biodegradable wipes may seem like a greener alternative, they still pose environmental challenges. Despite marketing claims, these wipes require ideal composting conditions to biodegrade, a luxury rarely afforded in landfill or incineration. Their breakdown process can take weeks or even months, contributing to landfill waste and pollution. Therefore, opting for reusable wipes remains the most sustainable choice for both your pocket and the planet.



They're gentle on newborn skin. For a chemical-free clean, just add water!

REUSE REWEAR REPEAT

@wukawear

@bambinomio

WARDROBE REVOLUTION

For new parents looking for brilliant sustainable options as they add to their new baby's wardrobe, rental services could be ideal. They offer a host of benefits, alleviating the hassle, waste and guilt often associated with buying new baby clothes.

With babies quickly outgrowing their clothes, buying new items can lead to a surplus of barely worn garments that end up in landfills. Rental services extend the lifespan of baby clothes, reducing overall textile waste. They also promote sustainable consumption practices, reducing the demand for new garments and the resources required for their production.

Investing in brand-new baby clothes for short-term wear can be expensive. Finding hand-me-downs from friends or family is often free or available at a fraction of the cost, while rental services can provide access to high-quality clothing without the upfront expense.

You're probably really excited about your first trip out to buy your first few baby pieces, and rightly so, but as most parents know, shopping for baby clothing can often be pretty time consuming and overwhelming once you've got over that initial excitement. Rental services such as **Bundlee** offer a convenient solution, providing access to a variety of clothing options and well-known brands, without the price tag and need for extensive shopping trips.





ECO EATS

While there will always be a time and a place for the convenience of pre-packed baby food (and there are some good options out there), making baby food from scratch is generally more sustainable and eco-friendly.

As with all things home-made, when you prepare baby food at home, you have control over the ingredients, allowing you to choose locally sourced, organic produce and reduce packaging waste. Additionally, making baby food at home can help minimise transportation emissions associated with packaged baby food products.

Time is often the thing that stops most parents from making more baby food from scratch (we hear ya!) but in the early days of weaning, simply mashing a banana with a fork will cost far less than any cute little yellow pouch from the supermarket.

As your baby gets older, you'll want them to explore a diverse range of textures and flavours so a banana on it's own it just not going to cut it. There are however some great little hacks you can try at home that will make pre-cooking meals a whole lot easier. When the weekend comes, prepare large batches of food individual portions in small containers or ice-cube trays for easy defrosting throughout the week. Once the portions are frozen, just pop them out and store in a reusable bag or container.

Later on, once they are fully weaned onto solid foods, just make the same meals for your baby as you make for yourself, reserving their portion before adding salt and other spices. When it comes to storage, instead of single-use plastic bags and containers, just opt for reusable food pouches, silicone storage bags, or stainless steel containers for storing snacks and meals when you're on the go.



Looking for food inspo?

@rebeccawilsonfood

@babyledkitchen

@heyashleyrenne

REUSE REWEAR REPEAT

@wukawear

@bambinomio

TIME FOR A DIP?

Have a check in with your GP, but generally you can start swimming with your new baby as soon as you feel up to it. Starting swimming with your baby early on in their life allows them to get used to the feel of water in a big pool and to the sounds of the swimming pool. It also provides a great way for you to spend time together.

Why are swim nappies different to nappies?

When you make that first visit to the pool, you'll need a swimming nappy. Swim nappies, unlike regular nappies are NOT designed to hold liquid. Holding and absorbing liquid can be dangerous and it can weigh your baby down in the water, which is often found in disposable swim nappies.

Swim nappies are only designed to hold poo and have enough containment for you to quickly get out of the pool before any leaks occur.

Bambino Mio's **swim nappies** offer several advantages over disposable nappies. Firstly, they are more cost-effective in the long run, as they can be used multiple times, whereas disposable nappies are single-use. Additionally, they are far more environmentally friendly as they reduce waste and the need for constant disposal.

You'll also find they are more comfortable for babies as they are made from gentle, hygienic and stretchy fabrics for serious comfort and feature elasticated legs and waist to stop any poos from getting loose.

Plus, they save A LOT of room in your suitcase when going on holiday and taking trips!

A great money-saving and planet-friendly alternative to disposable swim nappies



PERIOD SWIMWEAR

Period swimwear is a brilliant way to make your period swim sesh better for you and kinder for the environment.

How do they work?

Unlike disposable pads, the water repellent outer layer of the swimwear means that the absorbent gusset will be kept securely away from the water, so that it's ready to absorb your period. WUKA Period Swimwear is perfect for your light/medium flow days. The absorbent gusset holds about 15ml of blood which is 2 small tampons worth. With period swimwear you can focus on having fun in the pool, rather than worrying about needing to change your tampon for fear of leaks.

Why is reusable swimwear safer?

Period products that you have to insert into the vagina, such as tampons and menstrual cups come with health risks such as internal irritation and Toxic Shock Syndrome. Whereas, products you wear such as period pants and period swimwear do not come with these health complications. The last thing you want to be thinking about when you're swimming is getting Toxic Shock Syndrome! With period swimwear you can head to the pool, secure and worry free.

Sustainable fabrics

Another bonus is that WUKA Period Swimwear is made from recycled nylon.

Now all that's left to do is choose your style! Head to wuka.co.uk to find yours.

“Feel confident while swimming. Comfortable, not obvious and completely water and leakproof. Amazing!”

Jacqui ★★★★★





IT'S PLAYTIME

When it comes to nurturing eco-conscious playtime for little ones, there's a world of sustainable options to explore! Embracing outdoor adventures like exploring nature trails, splashing in puddles, or having picnics in the park not only fosters a love for the environment but also promotes physical activity and creativity. Plus, it's free and leaves a **minimal carbon footprint!**

Another fantastic way to reduce waste and save resources is by embracing hand-me-downs from older children. Not only does this practice extend the life cycle of toys, but it also encourages a sense of community and sharing among families. Additionally, shopping at charity shops or second-hand stores not only offers budget-friendly options but also gives toys a new lease on life, diverting them from landfills and reducing the demand for new products.

What about when buying new?

Opting for toys made from sustainable materials such as wood, bamboo, or recycled plastics is another eco-friendly choice. These materials are often more durable, safer for children, and have a

lower environmental impact compared to conventional plastic toys. Thankfully, there are lots of great brands out there that are making children's toys in a conscious, sustainable way. **Lovevery** ensure everything they make has the longest life possible and by 2025 are aiming for 95% of the materials used in their products and packaging to be made from renewable, biobased, or recycled materials.



REUSE REWEAR REPEAT

@wukawear

@bambinomio

POTTY TRAIN LIKE A PRO!

If you've just found out that you're expecting, the mention of potty training may not be what you're ready for. But as we all know, time flies and while we would hate to rush along those precious few weeks and months with your tiny little baby, before long, they will be crawling, walking, talking and using the potty!

We've already given you the heads up on reusable nappies but what we didn't go into loads of detail about is that there is good evidence that babies that wear reusable nappies actually find it easier to transition out of nappies and on to the potty.

Disposable nappies include chemical gels which are designed to completely draw moisture away from your babies skin which means that they never get the feeling of being wet. Reusable nappies on the other hand, are designed to help them understand and recognise the sensation of liquid after they notice the feeling of needing to go for a wee.

Whether you choose to use reusable nappies or not, at some point you'll want to find some underwear that will help your baby with that important transition. Potty training pants feel similar to regular underwear thanks to the soft fabric and 'pull-up' style.

As a parent you'll have the choice of disposable pull-up pants but by now you won't be surprised to hear that the most eco-friendly option will always be to opt for reusable.

Bambino Mio's **potty training pants** help to build confidence and support your child's journey from nappies to undies - they also save tons of polluting pull-ups from landfill! Available in a range of super-cute designs, they include an absorbent built-in layer to catch small accidents and are soft and stretchy for toddlers on the move.

They save tons of polluting pull-ups from landfill



“ Love these pants. Bought them for my 2yr old when he started potty training. Very absorbent which is particularly useful if there is accident. ”

Odysseas



REUSE REWEAR REPEAT

Shop sustainable swaps today. Grab **15% off** Bambino Mio and WUKA with your exclusive code.

REUSE15



WUKA[®]
Period-Proof Underwear

@wukawear
wuka.co.uk



BORN to
CHANGE
THINGS™

@bambinomio
bambinomio.co.uk