



WELCOME to **Real Nappy News**  
Your monthly update from *Beth Farrow (she/her)*

WE ARE TWO YEARS OLD!



The Anniversary Sale is NOW ON  
Up to 25% off EVERYTHING!

(Please note discounts are already applied, and all codes  
except RNfL will not work for the duration of the sale)

Apologies for the long absence from your inboxes over the summer.  
We have been working on lots of things....

**Tip of the season:**

## Nursery nappies!

Often nursery workers are paid minimum wage and don't have time to work out different systems, so the best thing is to send them something as easy to put on as a single use nappy.... that usually means hook & loop one part nappies, or for die-hard snaps fans, stretchy fitting Popper & Pockets!

My top 3 nursery nappies:

Green Cheeks pocket hook & loop - best price

Thirsties Natural pocket hook & loop - organic cotton lined & double gusset

Little LoveBum Popper & Pocket - stretchy fit snaps

### What else is useful?

1. Prepare the nappies for use, in a pod or wet-bag (think one for every 2hrs plus a spare for accidents), with wipes and another double zip wet bag for dirties - they can use one pocket for clothes, saving even more plastic!
2. Give a printout on fitting - [Fit guide](#).
3. Have a quick chat about what to do - it might seem obvious to us, but your key person may have never seen a reusable nappy or wipe before.
4. Consider if liners would be useful - check if there is a toilet or a bin near the changing station - are they ok to shake solids into the loo, or would they prefer a paper liner they can throw in the nappy bin?

Pods:

Little LoveBum Pod

Bells Bumz Pod

My Top 3 Double Zip Wet Bags:

Bare & Boho Large Wet Bag

Bells Bumz Medium Wet Bag

Fluffy Ducks Premium Wet Bag

My top Liners:

Charcoal Fleece by Cheeky Wipes - washable, anti odor, stay-dry

Disana Paper Fleece liners - thick, large and degrade faster than other brands

Bambinex Paper liners - thick and perfectly sized



Little LoveBum Pod



Bells Bumz Medium  
Wet Bag



Cheeky Baby Charcoal  
Fleece Liners







**Freshwater's Zero Waste Café-Bar by Real Nappy Life**

**Opening Times:**

**MON** 09:00 - 14:30

**TUE** 09:00 - 17:00

**WED** 09:00 - 17:00

**THU** 09:00 - 17:00

**FRI** 09:00 - 23:00 !

**SAT** 09:00 - 23:00 !

**SUN** Private Bookings

If you'd like to talk about nappies; [WhatsApp us](#)

Or you book in to the dedicated [Nappy Natter](#) - Fridays 10am\*

\*includes a free hot drink.



Have you cleaned your machine?

[Fit guide](#)

[Nappy hire](#)

[Absorbency](#)

[Contact](#)

*Real Nappy Life by Beth Farrow (she/her)*

*Helping to make cloth mainstream by  
helping your family with cloth nappies*

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