



## Liners

There are 2 good reasons to use a liner in your nappy:

1. it will catch most of the poo
2. it allows urine to pass through one way, leaving the baby's skin drier

There are 2 main types (although there are others e.g. silk)

### Flushable 'paper' Liners

Made from biodegradable material - we only sell flushable liners. A pack of 160 normally lasts about a month

#### Advantages

- you can flush them away, flushing any poo with them
- it is one less thing to wash

#### Disadvantages

- they are disposable, therefore creating more waste and adding to costs
- once the baby can wriggle, the liners often move quite a bit inside the nappy - and don't end up catching all the poo
- some old septic tank systems may struggle to deal with them
- some staining can get through the liner to the nappy

### Fleece Liners

Made from 100% polyester fleece - they will need pre-washing a couple of times before use.

#### Advantages

- can be re-used, therefore reducing waste and costs
- they are large enough to cover the whole nappy area and catch most of the poo (they don't tend to move around as much inside the nappy as paper liners)
- they don't let staining through to the nappy - microfleece resists staining, and does not hold faeces like other fabrics can.
- they can sometimes allow you to re-use the nappy if the baby has done a poo soon after the nappy has been put on (and the nappy has plenty more absorbency left)
- they form a really effective 'stay-dry' layer to wick moisture away from baby's skin

#### Disadvantages

- they require washing
- you'll need to get rid of most of the poo off the liner before washing - this can sometimes be a bit messy - it involves 'sluicing' the poo off the liner in the flush of the toilet

If the baby is breastfed, their poo is not offensive (it actually smells quite sweet - honestly!) but can be very runny. Liners will be invaluable at this stage as the poo can really stain the nappies if left in contact for too long - it may be easier to use paper liners at this stage.

