



Night time Nappies

Your baby will wear a nappy for around 900 nights! If using disposables, that equates to approximately 30 bin bags!

Parents often feel a bit anxious about leaving their baby in a nappy all night but there are some really good options available. For newborns that are still waking for a night feed, it is advisable to change their nappy at the same time as the feed - they often poo at this time! But for older babies who may sleep through for 10-12 hours (yes, this does eventually happen! hoorah I hear all you new parents shouting!) you'll need a nappy that can cope for that long without leaking.

You may have to use a different nappy for night compared to during the day or use the same nappy in a slightly different way. This guide should help you decide the best option for you and your baby.



How to make a nappy last through the night?

- Need enough absorbency in the nappy - this will usually involve using boosters of some sort
- often choosing a different fabric for a night time nappy helps - such as bamboo which is highly absorbent
- use a nappy cover (either as 2 part system or as integral part of nappy) which won't wick any wetness and therefore won't absorb any moisture
- remember it is not a problem for baby's skin to be wet - and it is often only when a baby wakes up in the morning that they do a big wee- they often haven't been that wet all night
- stay dry liners (such as fleece) will keep skin drier but it's probably not an issue to have wet skin as long as skin is clean when nappy is put on

HunnyHelp - How to make individual nappy types work through the night

Flat nappies

- could use 2 together - you may need a larger wrap to ensure this is secure but it must still be close fitting
- add any booster - such as a folded muslin cloth, folded terry or bamboo/microfibre booster

Shaped nappies (2 part)

- these often come with a booster pad - you could try adding more than 1 at night time if necessary
- use different fabrics to aid absorbency - bamboo nappies are incredibly absorbent and often don't even need boosting. Another good option is the Lollipop Softee.
- Use separate booster pads - a bamboo booster in a non-bamboo nappy is a really good choice
- if the shaped nappies are different sizes, you could try a larger size at night for increased absorbency, always ensuring the wrap is big enough but still snug enough to contain leaks

Pocket nappies

- add extra layers to the pocket - as many as you like as long as the nappy doesn't start gaping around the legs
- fleecy layers over the pocket will keep your baby dry and comfortable
- the extra layers can be anything you like (within reason!) - folded terry squares can be a good option but can increase bulk
- some people like to use microfibre cloths as boosters in pocket nappies (yes, the ones you buy as cleaning cloths!!) - they are incredibly absorbent and have the added advantage of being fast drying and not too bulky. The pocket cover will protect baby's skin from any dyes in the cloths.
- bamboo and microfibre boosters also work well
- folded muslin cloths are great - and have numerous uses once your child out of nappies!
- these nappies are very flexible and adjustable and often means you can use the same nappy day and night

All in One nappies

- add extra booster pads/layers as required - again these can be anything you'd like to use
- take care to ensure everything is tucked in
- may need to go up a size for night time use to incorporate the extra layers

Remember!!!! Babies don't mind having a big bum - a bulky nappy is not a problem to them at all at night as they won't be wearing their clothes but lovely stretchy sleep suits/pyjamas!!