



Washable Wipes

Another great way to save money and the environment! It is obviously down to personal choice whether you use disposable or washable wipes but here we can set out a few reasons that may sway you towards the washable variety!

Advantages of washable wipes:

- Saving money - at least £200 over the first 2 years of baby's life - more if you have subsequent children
- enables you to control what goes on baby's bottom - the ingredients in some disposable wipes are mind-boggling:
 - benzoic acid
 - butylene glycol/propylene glycol (antifreeze!)
 - parabens
 - benzyl alcohol
- baby's skin is 5x thinner than an adults so it will inevitably absorb a lot more
- easy to use if you're already using reusable nappies (and if you're not for that matter!)
- disposable wipes are just not as effective as washable - they tend to 'smear' the poo around rather than wiping off. You end up using loads for a really bad poo (our record is 10!!). Fabric wipes tend to have more 'traction' and are much better at the job!
- If you've ever used a disposable wipe on your face, you probably found that it left your skin feeling tight and dry - not something you wish for your baby's bottom
- it is just one less thing you need to worry about running out of and spending money on



Which wipe should I choose?

- They can be made of any washable material - cotton terry, bamboo and minky wipes are the most effective.
- Bamboo does tend to stay a bit softer, and has been shown to be antibacterial in nature.
- Cotton terry wipes are great for bums and bamboo may be better for faces and hands due to their softer nature
- Minky wipes are beautifully soft and great for sensitive skin

Hunnyhelp - how to use washable wipes

- you'll need to make up a wipe solution (see later)
- you'll need some sort of container - Cheeky Wipes containers are great or an old ice cream tub/plastic container with lid
- you can either
 - ✓ store the wipes in the solution ready to go (not for too long as they can start to smell a bit musty - although if you keep plenty of soaking solution in the container and squeeze out as you need it doesn't seem to be a problem) or
 - ✓ you can dip them in the solution when needed or
 - ✓ keep a spray bottle with solution in and spray onto wipes as needed
- once used, you can either put the wipes in your nappy bucket or have a separate container with sanitising solution in to soak them - the choice is yours!
- if you want to use warm water, you could keep solution in a thermos flask ready to use but it is best to use cold water for soaking. To be honest, the cold wipes have never bothered our daughters at all and the act of squeezing out the solution warms them up anyway!
- wash with your nappies and if you're using the soaking method, they don't even have to be dried before using again - easy-peasy!

Hunnyhelp - Wipes Solution ideas

- plain water is fine! This is a good option for newborns
- 1-2 drops of tea tree oil in 700ml plain water
- 1-2 drops of lavender oil in 700ml plain water
- steep a chamomile teabag in boiling water and use when cooled
- you can add a small amount of olive oil if you wish to keep the skin soft and help the wipe 'glide' over the skin
- Cheeky Wipes 'Fresh' and 'Mucky' essential oil blends make the whole process really easy and smell fab!

So, overall, washable wipes are good for baby, good for your finances and good for the environment - and in our experience because of their 'grippy traction'(!) out-perform disposable wipes every time!