



# the Nappy Wrap

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*The Nappy Wrap is published by  
the Australian Nappy Network Ltd.  
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ABN: 83 128 449 187*

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## Editor's Note

Here in Canberra, winter has hit my family square in the bronchial tubes. Which means lots of rugging up in woollies. While I'm always sad to see the end of singlet-and-minky-AIO days, there's lots of gorgeous hand-knit soakers and longies to fulfil my fashion urges.

One of the great things about making a fashion statement with cloth nappies is that it gives me an "in" to advocacy. When someone comments on how cute my little boy looks, I can proudly tell them it's actually a cloth nappy. If you love spreading the cloth bum word, check out the Australian Nappy Network and Reusable Nappy Week websites for ways you can help in your local area.

[www.nappynetwork.org.au](http://www.nappynetwork.org.au)

[www.reusablenappyweek.com.au](http://www.reusablenappyweek.com.au)

*Emma*

## Meet Kira Jessup - our new National Coordinator for Reusable Nappy Week!

*I am* a former Biomedical Scientist, now SAHM to two beautiful kids; a 3 year old son and an 8 month old daughter. I am married to an Environmental Engineer and we are both very conscious of the impacts our decisions will have on the future of our children. For us, the environmental and health benefits of reusable nappies were our main reason for choosing to put both our kids in them from birth. The fact that they also saved us money and were adorable was an added bonus. After the birth of our daughter. I wanted to start becoming more involved in the advocacy side of reusable nappies. I have become dismayed at people's willingness to become a "throw-away" society and I want to help implement a positive change for the future. Thus I have agreed to take on the role as Reusable Nappy Week Coordinator and am looking forward to this year's events.



# Back to Basics

by Emma Davidson

With all the talk of modern cloth nappies, perhaps it's worth taking another look at the trusty terry square. Just as the Hitchhiker's Guide to the Galaxy says that a towel is "about the most massively useful thing an interstellar hitchhiker can have", so a terry square is a massively useful thing for a parent. Mop up spills, use it as an impromptu change mat, padding to prop a sleeping baby in a safe position, burp cloth... and even as a nappy. There are some benefits to using terry squares as nappies.

## Easy to use

Although terry squares need to be folded for use, it doesn't take long to learn how. Most mothers and aunts are chuffed at being asked to show the next generation how to put a nappy on a baby. There are also plenty of video tutorials on YouTube, and websites like [The Nappy Lady](#) in the UK have instructions for many different ways to fold terry squares.

## Absorbent

Despite all the talk of super-absorbent hemp, bamboo and microfibre nappies, the humble cotton terry square can be folded to provide absorbency where it's needed for boys or girls. Boys often need more absorbency in the front, while girls need it in



Juliet Davidson wearing a triangle fold at seven months old, with her older sister Sophia Davidson in an MCN at 2 years old

the middle (and towards the back overnight). QEII Family Centre in Canberra is a publicly funded residential centre providing help with issues such as sleep, and provides terry squares as nappies. A great demonstration that babies can sleep through in a terry square!

For babies with serious heavy wetting habits, hemp or bamboo terry squares might provide an economical alternative to the more expensive fitted nappies.

## Easy to clean

White cotton terry towelling does seem to hold stains better than any other fabric on the planet. But it's still possible to dry pail with terry squares. Rinsing off solids with a Little Squirt, or holding the nappy in the toilet and pushing the half-flush button, can help. A pre-wash rinse cycle and then washing in hot water will do the job most of the time. Sunlight is effective in fading stains. Most important in preventing stains is to ensure the nappies don't wait more than a day to be washed. When nappies do become stained, it's a good excuse for dye experiments. I find that purple covers most stains but still looks good.

(Continued on page 3)



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Offer expires 31 November 2009 and is valid one per customer.

## Back to Basics (cont'd)

(Continued from page 2)

### Versatile fit

Because the nappy fold can be varied to suit baby's developmental stage or size, terry squares are perfect for newborns to toilet training. Simply get larger size covers as the baby grows. If you have both a toddler and newborn in nappies, a few terry squares and some wipes are all you need when going out – no need for multiple sized nappies for each child.

Your business could be advertised in *The Nappy Wrap*, reaching a growing group of discerning parents interested in natural, environmentally responsible parenting choices.



Billy Davidson wearing the Jo Fold at under 2 weeks old

### Economical

The ultimate reason why terry squares are still used is cost. A few dozen terry squares, a few safety pins or Snappis, and a few good quality covers can cost less than \$200. Add on the cost of larger covers as baby grows, and you'll still spend less than \$400 by the time your child is toilet trained. Terry squares are durable for re-use on the next baby, or can be passed on to friends having babies (even if just for use as spill rags). Many grandmothers still have a terry square or two around the house somewhere as dust cloths.

The next time someone asks for your recommendation for an inexpensive, versatile cloth nappy system, why not consider terry squares? Families who can't spare the cash for the upfront investment in a full modern cloth stash could start with terry squares, and add to their stash with modern cloth using the savings through not having to buy disposable nappies every payday.

Emma has a stash of more than 70 modern cloth nappies, covering more than 25 brands. But she still uses her trusty terry squares on high rotation for their reliability, and because it's the only nappy that her mum knows how to use when she's babysitting.

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A baby is shown sitting on a white surface, playing with colorful toys. The baby is wearing a white cloth nappy with a yellow and black pattern. The baby's hands are on a yellow and red toy.

For information on sponsorship opportunities and advertising rates, visit the Australian Nappy Network today:  
[www.nappynetwork.org.au](http://www.nappynetwork.org.au)

Advertising deadline for Spring eZine 15/8/2009

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# Let's Go Surfing!

Bookmark our home page now and visit it regularly as we add news articles and links to events around the country every week.

[www.nappynetwork.org.au](http://www.nappynetwork.org.au)

Check out these other interesting websites:

<http://ausnappynetwork.wordpress.com/>

The official Australian Nappy Network blog gives you all the latest news from the world of modern cloth nappies, and you can add the RSS to your feed reader or aggregator to keep up-to-date.

<http://www.facebook.com/pages/Australian-Nappy-Network/7844960377>

Find us on Facebook, and show your support by becoming a fan. Find out what's on and RSVP to events. There's lots of other cloth nappy fan groups on Facebook, with titles like "Save The Planet - Use Modern Cloth Nappies!" and "Cloth Rocks!"

<http://www.reusablenappyweek.com.au>

Get involved in Reusable Nappy Week so that more parents know they have an easy, economical, environmentally friendly alternative to disposable nappies. Volunteers are needed Australia-wide. Your support can be as simple as coming along to help at an event, or putting up posters about events in your area, and some events will be child-friendly if you need to bring the kids while you're spreading the good cloth nappy news.

<http://www.tribalbaby.org>

Tribal Baby is a great way to find out about the ultimate eco-friendly solution – no nappies! Charndra has tips on being part time nappy free – a great solution for mums who aren't able to go full time nappy free.



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## *Are you a passionate cloth nappy advocate?*

Do you enjoy sharing with others how to get the most out of their cloth nappies? Do you want to meet others who share your passion?

Would you like to direct your interest in cloth nappies into helping others access information (instead of spending more money on a nappy stash!)?

## *Why not volunteer for the Australian Nappy Network?!*

All of our volunteers are parents, many of whom are not currently in the paid workforce. Volunteering can be an opportunity to update your skills or learn something new to add to your CV.

## *Reusable Nappy Week Volunteers: VIC*

Planning for Reusable Nappy Week (RNW) 2009 is underway, but the Australian Nappy Network is still recruiting volunteers to plan activities in Victoria.

Each state independently plans events for the week (which runs from October 13-19<sup>th</sup> in 2009) with resources such as promotional materials, funds, and so forth being provided centrally. Some states have individual coordinators and others are being planned by a team of enthusiastic parents.

If you can help coordinate RNW in any state or territory (but particularly in Victoria where our previous coordinator has stepped down) we'd love to hear from you! Coordination requires making sure that there are at least some events taking place in your state/territory, and can involve as many or as few events as we have the volunteer energy to run. Contact [fiona@webwords.net.au](mailto:fiona@webwords.net.au) to express interest

## *Volunteer Coordinator*

The Australian Nappy Network is always looking for volunteers to fill roles within our organisation such as within advocacy projects or within the administration that keeps us running.

We are in need of somebody who can act as Volunteer Coordinator – keeping in contact with volunteers, matching skills to needs and advertising voluntary positions. If you would like to have a go at this role, please email [fiona@webwords.net.au](mailto:fiona@webwords.net.au) to discuss.

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Finally, the Australian Nappy Network has as of the 1<sup>st</sup> of May decided to make membership free. All cloth nappy advocates are invited to become members, receive our regular ezines and so forth, and the capacity to access our public liability insurance for cloth nappy advocacy and represent us at events. This change is in recognition that our members are our most dedicated volunteers and we prefer not to ask our volunteers to pay for the privilege of helping us out. We do appreciate all donations however!

Members can sign up via our website <http://www.nappynetwork.org.au>

And lastly anyone can join our forum here <http://www.nappynetwork.org.au/forum/index.php> where our plans for RNW and projects are discussed. If you are a member PM one of the moderators to make sure you get access to the members only discussions.

Happy advocacy!

Fiona Young  
(ANN Director and founding member)

What would you like to see in The Nappy Wrap?  
Send your story ideas to  
[info@nappynetwork.org.au](mailto:info@nappynetwork.org.au) today!

## CELEBRITY BABIES IN CLOTH

*compiled by Emma Davidson*

During April, Celebrity Baby Blog ran a poll on what would make readers opt for cloth. Given that it was Earth Month during the poll, and Celebrity Baby Blog occasionally reports on Hollywood mums who use cloth, it's not surprising that there were quite a few positive comments to the question on the blog.

And the results?

26% of respondents use cloth, 14% use a mix of disposable and reusable nappies, and another 4% use a hybrid system (eg disposable pads in reusable pants). That means that 44% of respondents use at least some reusable nappies.

The second question was "What benefits would persuade you to consider cloth diapers over disposables?".

Although 19% said they would not consider reusable nappies for any reason, 39% said "just as convenient as disposables", 20% said "less waste for landfill", and 11% said "less diaper rash and usually potty train 6 months quicker".

Sounds like modern cloth has a definite advantage in converting disposable users, as they're so easy to use and clean compared to terry squares.

# Calendar of Events

## Queensland

A morning tea get-together and modern cloth info session is held on the first Thursday each month at [the Cloth Nappy Shop](#) in Brisbane (previously the Pookey Pockets shop)

6/76 Queens Road, Kingston QLD 4114

June 4th 10.30am - 12pm

July 2nd 10.30am - 12pm

August 6th 10.30am - 12pm

Please either BYO munchies or a plate to share - tea/coffee is provided.

The Brisbane ANN Advocacy Kit lives at the Cloth Nappy Shop, so is always available for you to look at during shop hours.

## Victoria

ANN Silver Sponsors, Chris' Dial a Nappy hold monthly free nappy information sessions at their shop in Northcote, Victoria about a variety of options, styles, use and care. The sessions are available to all mums, dads, carers, health and childcare professionals.

Please see [www.dialanappy.com.au/contact.htm](http://www.dialanappy.com.au/contact.htm) for contact details to RSVP.

June Sat 20 1.30pm - 2.30pm

July Sat 18 1.30pm - 2.30pm

August Sat 1 1.30pm - 2.30pm

## New South Wales

Regular ANN Sydney Meetings Winter 2009

Wednesday 1st July 10-12pm

Wednesday 19th August 10-12pm

10-12pm

Macquarie Centre Community Room  
Shop 458, Level 4

Macquarie Centre, Herring Rd, North Ryde

The Sydney ANN Advocacy Kit will be on display and tea and coffee making supplies will be provided. Come and see the kit and have a chat to other parents who love cloth nappies. Please BYO morning tea munchies.

Macquarie Centre is located on Herring Rd at North Ryde. It is easily accessible from most parts of Sydney by Epping Rd, the M2 Motorway, bus and train. There is 3 hour free ticketed parking available. The Community Room is on the top level between the Medical Centre and the Greater Union Entrance. For parking follow the Greater Union signs.

Any questions, please contact Louise Scott ([louise@nappynetwork.org.au](mailto:louise@nappynetwork.org.au))



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ANN nappy meet in Newcastle  
12 June - Gregson Park, Hamilton  
Opposite fire station and public school.

The ANN advocacy kit will be on display.

# Updated membership/subscriber news

Since taking on our first members 12 months ago, we have been reviewing the value of membership to ANN as an organisation and members themselves. In that time, it has become particularly clear to us that although we need money, more than anything, we need passionate, enthusiastic individuals such as you, to volunteer their time to assist with running events, projects, activities, campaigns and administration.

With all this in mind, and following consultation with some ANN members, the Board of Directors has decided to cease charging membership and subscription fees as of 1 May 2009. Instead we will offer those applying for membership or subscriber status the option to donate a nominal amount to financially support the ANN.

It is hoped that the removal of fees will see membership numbers increase, and likewise the pool of volunteers available to help with reusable nappy advocacy utilizing ANN resources. Many hands make light work, and we certainly need many hands to continue to

do the work that a relatively small number of volunteers have been doing to date, and to pick up projects and activities that have been neglected due to a collective lack of time, in spite of much drive and passion!

We will continue to have 2 'classes' of membership 'member' and 'subscriber' the distinction being the same as before in that those who become members agree to abide by the ANN constitution, code of ethics, are permitted to engage in activities on behalf of the organisation and have voting rights.

Members and subscribers will continue to be issued membership numbers, which they can use for any ANN and ANN sponsor benefits such as competitions and discounts.

We would like to encourage supportive individuals who have already paid fees to think the fees paid as a donation. Should you have any concerns or issues with this, please contact us and we will process inquiries about refunds on an individual basis (within 2 months of the date of this letter).

In the coming weeks we will be sending out a request for assistance with projects (grant applications, IT, merchandising, volunteer coordination, etc!) and activities (such as Reusable Nappy Week in October - we are still hunting for a team to help with RNW in Victoria).

Please have a think about whether there is anything you think you might be able to help with, or if you know someone who might be interested in helping, or supporting ANN by becoming a member, please direct them to the ANN website <http://www.nappynetwork.org.au>

In the meantime, if you would like to see what's going on with ANN and see if there is anything you can help with now, please pop in or register to participate at the ANN advocacy forum: <http://www.nappynetwork.org.au/forum>

(nb - we have had some spam-applicant issues of late, so forgive us if it takes a day or so to confirm your registration. Please use a 'straight-forward' username to make it easier to distinguish spam from the real deal!)

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# Wrapping up the Great Down Under Nappy Hunt - March 2009

by Shane Fletcher

The 6th Great Cloth Nappy Hunt was our most successful ever with over 2100 hunters, \$5700 in prizes and over 50 000 Icons found and clicked during the month of March. But after the hunt was over, and while everyone was waiting to see if they'd be one of the lucky ones, they were all encouraged to reminisce a little bit, and vote for their favourite Sponsors. The categories were Trickiest Icon to Find, Best Mini-Hunt, Best Product Discovered During the Hunt, Best Customer Service and Best Overall Site. The votes were tallied, and the winners were:



## Trickiest Icon to Find - *Outrageous!*

Stacey of *Outrageous Cloth Pads* set the bar in the very first Down Under hunt when she hid the link to her Icon in her logo, in the Dot at the bottom of her exclamation mark. In each successive hunt she has gone further and further in her levels of sneakiness, and in no small part due to her, we now split the hunt into Regular and Extreme Sites.

Generally it's a head to head battle between *Outrageous* and *Pookey Pockets*, to see which site results in the most heads being banged on the table. Stacey just pipped Bek this time around reclaiming the "Tricky" crown that Bek had taken from her in September. The rumour is that they will be collaborating on the *Gossamer Dreams* Icon in the next hunt ... so be prepared.



## Best Mini Hunt - *Obsidian Star*



*Obsidian Star*, another cloth pad shop (although she sells a lot more than that) took out this prize her first time out. What is it about cloth pad WAHMs and being computer savvy? She was another extreme site, that kept the hunters guessing, but apparently, in an enjoyable way.

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### Best Product Discovered - Harry's Rocky Road

When we got Harry's application, I was pretty confident right then that he would take out this prize. Sitting at a computer looking for Icons while nibbling on Rocky Road sounds like the perfect way to be hunting, and it seems a lot of you agreed.

### Best Customer Service - Possum Pouches & Sustainable Hemp Products

This is generally a close category, and this year it actually ended in a tie.

Possum Pouches incorporating KK Nappies®, KeesterKovers®, Ceejay Nappies® and Possum Knits® is wholly a WAHM business based in South East Queensland.



Sustainable Hemp Products is a family business selling all manner of clothing and products made from Hemp and other natural fibres.



### Best Overall Site - iBreastFed.com

This went to another newcomer, and in this case it went to an information only site.

This is a great source of information and support for breast feeding mothers.

[ibreastfed.com](http://ibreastfed.com)

Thanks again to all the Sponsors for making this event so successful.

We'll be calling for Sponsors for the next hunt soon, but if you would like to get in early, drop us a line at

[Sep2009@clothnappyhunt.com](mailto:Sep2009@clothnappyhunt.com)

Visit our Brisbane store!



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