

Leading Purveyor of Hybrid Nappy Unveils Top Changing Tips

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www.gnappies.co.uk

London, UK ([RPRN](#)) 02/20/12 — Parents interested in adopting eco-friendly nappies needn't be put off by the thought of arduous changing regimes, says gNappies, a hybrid nappy system retailer. Forget pins and plastic pants, cloth nappies have moved on - and the gNappies system offers a user-friendly option with

Velcro closures, insert pouches and a disposable element to make life even easier. But if the thought of changing a [cloth nappy](#) is still too much to bear, then help is at hand with this ultimate guide.

The gNappies system comprises little gPants, which come in a variety of colours and patterns, washable and reusable gCloths and gRefills – a guilt-free disposable refill. These inserts are then simply fitted into the removable pouch of the little gPants. [Disposable nappies](#) take up to 500 years to decompose in landfill, whereas a gRefill will break down in 50-100 days if home composted. gRefills can also be disposed of in domestic waste, and take up a lot less space compared to regular disposable nappies.

Kim Graham-Nye, who founded gNappies with her husband Jason, said: “By following our simple hints and tips, along with a little practice, eco-conscious parents will be [changing nappies](#) in a jiffy.”

Getting started

- Plan ahead – whether you're going to use cloth, refill or a combination of both, consider how often you'll want to do laundry and cater accordingly. gCloths have to be changed more frequently than disposables. These are not as absorbent as they are free from chemicals, so expect to get through around 12 a day.
- Always keep some gRefills handy as a guilt-free disposable option when needed, such as when out and about. These fit easily and discreetly in any handbag or changing bag.
- If you're planning to use gCloth, as they're made from hemp, they will need to be washed several times before use to maximise their absorbency.

The act itself

- Insert the biodegradable gRefill or gCloth by pressing it into the little gPants pouch.
- Close tabs in the back, away from little hands.
- If you're using biodegradable gRefill you can compost it if it is wet, or simply bin it.
- If you're using gCloth, put solid waste in the toilet and pop the insert into your nappy bin.
- The gCloth liner lays on top of the gCloth and helps to separate the waste and the wet, which helps to keep the nappy clean, and they can be flushed down the toilet for convenience.
- Pre-load for next nappy change.
- The little gPant pouch may get soiled, so having a few on hand is always helpful.
- gPants may also get soiled, but these can be machine washed.

Cleaning up

- Consider what you'll do with soiled cloths – a lidded bin to put them in is the most sensible option and some people throw them in dry whilst some will prefer to put them into a wet nappy bin, to soak prior to washing.
- Avoid detergents with added fabric softeners when washing gCloths, as they lay down a film which prevents absorption. Also avoid chlorine bleach or other whitening agents as they can damage hemp fibres. Accept that cloth nappies will stain, but laying them out in the sun is a great way to whiten them naturally.
- Close velcro tabs, wash and tumble-dry little gPants with your regular laundry, as needed. Pouches should be machine washed on cold or warm (never hot) and air dried.

The full gNappies range is available for purchase via the gNappies UK website. UK stockists also included the Baby Natural and Amazon websites. To get started, parents can purchase gBundles, visit www.gnappies.co.uk for further information.

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