

To get the most out of your Smart Nappy™ please read this information leaflet.

What is Smart Nappy™?

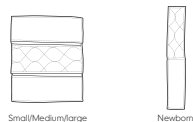
Our revolutionary nappy system is better for the environment, easier for you and comfy for your baby. Letting you choose between washable reusable pads or environmentally friendly disposable ones, Smart Nappy™ makes it easier to be greener. Welcome to the future of nappies!

Your Smart Nappy™ system consists of:

- Nappy outer (available in 4 sizes – newborn, small, medium and large)



- Reusable washable pad (available in 3 sizes – 1. newborn/booster pad, 2. small/medium and 3. large)



- Disposable pad (available in 4 sizes – newborn, small, medium and large)



The nappy outer has a unique patented cradle, which is designed to hold a choice of absorbent pads – either reusable or disposable.

By reducing the amount of waste sent for incineration or landfill, our reusable pads are kinder to the environment. Our disposable pads are much smaller than conventional nappies, disposing of the lightweight pad means less waste than an ordinary disposable nappy going into landfill sites. Many parents find that reusable pads are ideal for general use, whereas disposable pads are useful when you need extra convenience – for instance, when travelling or on holiday. But ultimately, of course, which type of pad you use is up to you.

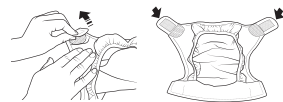
How to use Smart Nappy™

Before use

The reusable nappy pads need pre-washing before you use them; this increases their absorbency by fluffing up the fibres. The Smart Nappy™ outer wrap will also benefit from pre-washing, although it's not essential. Please see the care label (or the 'How to wash your Smart Nappy™' section below) for more details.

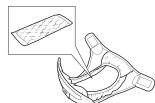
How to assemble

Step 1 Open the tabs on the nappy outer and lay it flat, with the outside of the nappy facing down, the cradle facing you, make sure the soft tips™ are not underneath your baby.



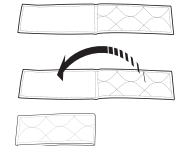
Step 2 Use the correct size reusable or disposable nappy pad. Please see the size chart 'which size for your baby' for more information

Step 3 If you are using Smart Nappy™ with a disposable pad, simply insert the pad into the cradle (you do not need to use a nappy liner). Please go to Step 7.



Step 4 If you are using a reusable pad you will need to fold it; how you do this depends on the size of the pad you are using.

- Newborn pad – a 2-panel pad which should be folded once (as shown)



- If nappies are wet rather than soiled, they can be dry pailed. Place nappies in a lidded nursery pail and put a few drops of tea tree oil (a natural antiseptic and disinfectant) in the bottom of the nappy pail, or on a piece of fabric again on the bottom. This keeps them smelling fresh. Then put it in your normal washing cycle.

- For pre-soaked items, we recommend washing at 40°C to reduce the impact on the environment. Items not pre-soaked should be washed at 60°C to ensure that all germs are eliminated. Reusable pads can be washed at up to 95°C. Smart Nappy™ outers should not be washed at more than 60°C; higher temperatures will damage the waterproof layer.

- Always wash your Smart Nappy™ on a full wash program – rather than a quick wash – to ensure that all dirt is removed.
- Smart Nappy™ can be tumble-dried but line drying is kinder to the environment – and the sunlight will help to whiten your nappies!
- Do not use chlorine bleach – this degrades the waterproof material.
- Do not use fabric softener – this reduces nappy absorbency.
- Please note that your Smart Nappy™ can't be returned once it has been washed.

Getting into a Smart Nappy™ routine

To make your life easier, it may help if you create a daily routine for your Smart Nappy™. Here are a few suggestions:

1 Set up your changing station and area. Keep your nappy pads, nappy outer, nappy pail with lid and all your other changing essentials here. You may wish to pre-prepare several nappies at a time – insert pad liners in the outer cradle and stack the nappies for convenience.

2 When changing your baby's soiled nappy, place the pad and liner into a 'top and tail' bowl. Close the Soft Tips™ ready for washing and to prevent them from becoming soiled. Wet nappy outers or reusable pads can be placed in the nappy pail with a lid. Then put a new pad and liner into the outer cover, and finish changing baby. Remember a snug fit is ideal, but not too tight – and the pad should be completely inside the cradle.

3 When you get a moment, take the liner and pad to the bathroom. Shake any excess poo into the toilet and place reusable pad in your nappy pail. Discard disposable pads and liners in household waste, not down the toilet.

- You can then wash your reusable pads and outer wraps when it's convenient.
- Reusable nappies need to be changed more frequently than disposable pads; around every 2 hours.
- Remember, if you change your smart nappy regularly it may not be necessary to change the outer every time.

How many Smart Nappy™ will I need each day?

This will vary with your baby's age and other factors, but here is an approximate guide:

- 3 Smart Nappies™ outers
- A minimum of 6 Smart Nappy™ pads (reusable or disposable)
- 1 liner for each reusable pad

Available in the Smart Nappy™ range:

Mothercare Smart Nappy™ Starter Set

- Contains 4 nappy outers, and 8 reusable pads

• Available in newborn, small and medium

Mothercare Smart Nappy™ Trial Set

- Contains 1 nappy outer, 1 reusable pad,

- 1 disposable pad and 5 nappy liners

- Available in newborn, small, medium

Mothercare Smart Nappy™ Outer Wrap

- Available in newborn, small, medium

- and large

Mothercare Smart Nappy™ Disposable Pads

- Contains 25 pads

- Available in newborn, small, medium

- and large

Mothercare Smart Nappy™ Reusable Pads

- Contains 2 pads

- Available in newborn, small, medium

- and large

Mothercare Nappy Liners

- Contains 100 liners

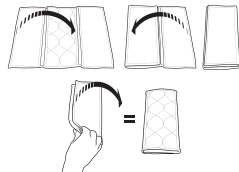
Mothercare Nappy Soak

- 500g box

If you have any further queries please contact our customer contact centre on 08453 30 40 30 – we'll be more than happy to help.

mothercare.com
realnappycampaign.com

- Small, medium and large pads – 3-panel pads which should be folded twice (as shown).



For all pads, please ensure that the quilted panel sits on the top after folding – this section will be next to your baby's skin. The fluffy terry panels should sit underneath the quilted panel in the cradle. Correctly folded in this way, the quilted layer wicks the moisture away from your baby's skin whilst the terry panels retain the moisture. To check that you've folded it correctly, just look for the care label, which should be always positioned on the inside of the pad when folded (not next to your baby's skin).

Step 5 Before inserting the reusable pad into the cradle of the nappy outer, you should fold a nappy liner and place it on top of the central panel. Nappy liners are essential when using reusable pads, and they are designed to: prevent soiling of the Smart Nappy™; make removal of solids easier; and prevent moisture seeping back onto your baby's skin. To prevent reducing their absorbency, it's essential that nappy liners (one size fits all) are folded correctly as shown.

- Newborn
Fold in half across the width



...and then in half again



Place on top of the reusable pad



Please ensure that the edges of the liner are tucked into the cradle to hold the liner securely in place.

- Small, medium and large
Fold in half, lengthways



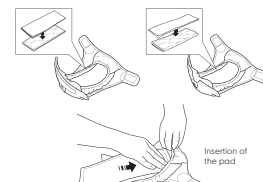
Place on top of the reusable pad



Please ensure that the edges of the liner are tucked into the cradle to hold the liner securely in place.

Step 6 Insert the reusable pad and liner into the cradle, taking care to ensure that both are fully enclosed

- Small/medium and large (two fold pad)
- Newborn (single fold pad)



Step 7 Your nappy is now ready to use. Simply place around the baby and close the Soft Tips™ tabs.

- Newborn
Small/medium and large



Which size for your baby?

Obviously, babies come in all shapes and sizes, so please consider the information opposite just as an approximate guide. To achieve the perfect fit for your baby, you may even need to use a different sized pad to the nappy outer. As always, find out what works best for your baby.

Using Smart Nappy™ at night*

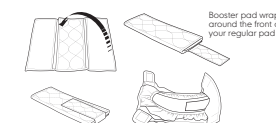
During the night, nappies tend to stay on longer than the recommended 2-4 hours, so you will need extra absorbency for night-time use.

Disposable pads are slightly more absorbent than re-usable pads, so they should be fine.

If you are using reusable pads we recommend that you use an extra 'booster pad' (actually a newborn nappy pad) with your small/medium or large nappy pad, to increase absorbency.

How you use this 'booster pad' depends on whether you have a girl or a boy.

- For a boy the extra absorbency is required at the front of the nappy. Place the unfolded reusable nappy pad horizontally on a flat surface, put your regular pad horizontally onto the newborn pad, which should then be folded over the main pad. Fold in the sides of your regular pad as normal. Place the 'booster pad' towards the front of the sling, as far forward as possible.



- For a girl the absorbency is required at the centre of the nappy. Fold your reusable pad as normal, take the folded booster pad and place in the centre of the reusable pad. Place the pads in the sling as normal.



Baby's age/weight Smart Nappy™ sizes

Age	Pounds	Kilos	Outer	Reusable pads	Disposable pads	Liners
Pre-mature & Newborn	4-11 lb	2-5kg	Newborn	Newborn	Newborn	One Size
Newborn & small baby	6-15 lb	3-6kg	Small	Small/Medium	Small	
Toddler 9 months	12-20 lb	5.5-9kg	Medium		Medium	
9 to 24 months	20-35lb	9-13kg	Large	Large	Large	

Is your Smart Nappy™ a perfect fit?

Here's how to find out:

- 1 Check the legs and waist to ensure there are no gaps; it should fit snugly all round.
- 2 If necessary, adjust the Soft Tips™ tabs.
- 3 If the nappy is coming off saturated and the cover starts to become wet, or if you're having to change the baby more often than every 2-4 hours, then it could be time to move up to the next size.

How to wash your Smart Nappy™

- You can wash Smart Nappy™ in amongst your regular wash.
- Remember to keep any soiled nappies or washing materials away from inquisitive babies or toddlers.
- Before use, wash the reusable pad in non-biological powder. Each subsequent wash will improve absorbency. The Smart Nappy™ outer wrap will also benefit from pre-washing, although this is not essential.
- After use, remove any solids down the toilet before washing.
- Always close the 'Soft Tips™' tabs before washing, to prevent them catching onto other clothes.



- Both Smart Nappy™ reusable pads and nappy outers may some times become soiled. Here are two ways to get them clean:

1. Soak – Use nappy soak to remove stains and leave your nappy smelling fresh and clean. Simply place soiled nappies in a plastic bucket (with a lid) containing soak solution, leave it for the recommended time, then rinse, before finally washing it in a normal cycle.

2. Prewash – Use a prewash cycle to remove light soiling, then wash as normal.



get to know
smart nappy

