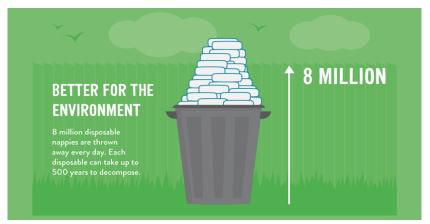
Currently in the UK about eight million disposable nappies are thrown away each day, which accounts for about 3% of our household waste



Disposable nappies in landfills take hundreds of years to degrade, but also have a big impact through the manufacturing, transport and chemicals they require.

For more information please visit: https://www.nhs.uk/conditions/pregnancy-andbaby/potty-training-tips/

Nappies Potty Training

Potty training can save you £400 a year!

70% of schools say children are starting in nappies!

* Most parents think about potty training when their child is between 2 and 2 and a half.







The average packet of nappies costs:

£7

Pack of 32

Disposable!

Top Tips for Potty Training

- 1. Drink plenty
- 2. Check for constipation
- 3. Use easy clothing
- 4. Pick a potty
- 5. Get into a routine
- 6. Keep it short
- 7. Encourage boys to sit down
- 8. Be consistent
- 9. Give lots of praise
- 10. Be patient!



The average packet of Pants costs:

£4

Pack of 10

Reusable!

How do I get my child ready for potty training?

It helps if you can:

- 1. Get your child involved
- 2. Talk about wee and poo
- 3. Keep the nappies in the toilet
- 4. Plan a reward system
- 5. Read picture books
- 6. Talk to your health visitor