

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-and-baby/potty-training-tips/>

Nappies

VS

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.

 **Hertsmere**
Leisure



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