

getting real is simple

- 1) Buy cloth diapers and covers
- 2) Use them on your baby
- 3) Wash and dry

even simpler...

If you want to avoid the washing process, you can use a diaper service. To find a local diaper service, contact the National Association of Diaper Services: www.diapernet.com.

Mission

The Real Diaper Association is a collective nonprofit organization in which parents and small businesses take the lead in creating a cultural shift to increase the use of simple, reusable cloth diapers. We connect current cloth diapering parents to the long history of cloth diapering. Cloth diapers are real diapers. The Association organizes local advocates and activists for cloth diapers through a member-supported resource center which plans campaigns, trains organizers, distributes educational information, supports local groups, and connects users to the U.S. Cloth Diaper industry. Local Real Diaper Circles reach users face-to-face with knowledge and tools to make cloth diapering accessible and acceptable to U.S. parents, who have the power to change the world one baby at a time.

To join, go to:

www.realdiaperassociation.org

For more information, check out our website at: www.realdiaperassociation.org

**REAL DIAPER
ASSOCIATION**
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getreal:
Facts about Cloth vs.
Throwaway diapers

did you know?

Over 27 billion disposable diapers are sold and then put into landfills in the U.S.

Disposable diapers contain traces of dioxin, listed by the EPA as the most toxic of all cancer-linked chemicals.

Americans spend about 7 billion dollars on disposable diapers every year. If every one of those families switched to simple home-laundered cloth diapers, they would save more than \$6 billion, enough to feed about 2.5 million American children for an entire year.

What are you going to do about it?

Real Diaper Facts:

health issues

In 1955, before modern disposable diapers were sold and consumed, it was estimated that 7% of babies and toddlers had diaper rash. In 1991, long after plastic disposable diapers dominated the market, the number jumped to 78%.

Disposable diapers contain traces of Dioxin, an extremely toxic by-product of the paper-bleaching process. It is a carcinogenic chemical, listed by the EPA as the most toxic of all cancer-linked chemicals. In small quantities, dioxin causes birth defects, immune system suppression, skin and liver diseases, and genetic damage in lab animals. It is banned in most countries, but not the U.S.

Disposable diapers contain Tributyl-tin (TBT) a toxic pollutant known to cause hormonal problems in humans and animals.

Disposable diapers contain Sodium Polyacrylate, a type of super absorbent polymer (SAP), which becomes a gel-like substance when wet. This chemical can cause skin irritations and severe allergic reactions including vomiting, staph infections, and fever.

Environmental concerns

Cloth diapers are kinder to the environment than disposables. Consider these facts:

- * Disposable diapers generate sixty times more solid waste than cloth.
- * Disposable diapers use twenty times more raw materials, like crude oil and wood pulp
- * No one knows how long it takes for a disposable diaper to decompose, but it is estimated to be about 250-500 years under optimal circumstances, long after your children, grandchildren and great, great, great grandchildren will be gone.
- * Disposable diapers are the third largest single consumer item in landfills, and represent about 4% of solid waste. In a house with a child in diapers, disposables make up 50% of household waste.
- * Over 92% of all single-use diapers end up in a landfill.
- * Throwaway diapers use twice as much water as cotton diapers, mostly in the manufacturing process.

cost

Your baby will need anywhere from 6,000-9,000 diapers during the first three years of life. How much will that cost if you are using disposables?

Disposables. If you purchase disposable diapers, you can easily spend over \$65 a month. You will have spent more than \$1,600 by the time your baby turns two. You will have nothing to show for this money except stinky diapers in a landfill!

Diaper Services. If doing diaper laundry is not your bag, a service can be an option, usually costing between \$13 and \$17 each week. Over the course of 2 years, you will spend \$1,600, about the same as disposable diapers. However, the diapers get used over and over, and do not enter a landfill until they are nothing but rags.

Cloth Diapers. If you use simple pre-fold diapers and covers, you will only need a few dozen diapers (in various sizes), which you can use over and over. The cost of cloth diapering can vary considerably from as low as \$300 for a basic set up to \$1000 or more for organic cotton fitted diapers and wool covers. You can spend even less by using found objects (old towels & T-shirts) or much more by buying designer diapers.

One ton of garbage is created for each baby who uses disposable diapers.

For more information, go to:

www.realdiaperassociation.org/diaperfacts.php