

Alternatives to Disposable Diapers

It might be hard to believe now, but less than two decades ago there was a raging debate over the future of disposable diapers in the United States and Canada. The threat that disposable diapers posed to our environment was widely documented, and many areas were considering measures to keep continued disposable diaper use from clogging up landfills. Thanks to some clever manoeuvrings by some big companies, the debate was shelved.

Today, another environmental crisis has combined with a decided preference for many parents toward a more natural approach and once again we are searching for alternatives to the disposable diaper. Not only is the issue one of environment, today the advantages of the cloth diaper as far as the health of the child are also in the forefront of parents' minds.

When it comes to alternatives to disposable diaper, there really is only one category, and that is the cloth diaper. Cloth diapers are washed rather than thrown out, and therefore logically do less environmental harm and are also a lot easier on the tender skin of a baby.

Cloth diaper is still a very broad category, and there are different types of cloth that diapers can be manufactured from. Let's take a look at some of the cloth materials which can be used to make diapers.

Cotton: Probably the number one material for most clothes, cotton is also the main material used for cloth diapers. Again, looking back to 1990, we can see that cloth diapers made from cotton came under fire as just as environmentally harmful as disposables. To a large extent, this depends on how the cotton is produced. The use of organically grown cotton is a choice that means far less environmental impact.

Nylon. Yes, this synthetic material is also being used to make cloth diapers. Nylon cloth diapers need to be fitted exactly to the size of your child to prevent discomfort.

Pocket diapers. This kind of cloth diaper comes with an inner and an outer layer; the outer is water proof and the inner is of fleece, to keep the baby warm. As for the absorbing material, well, parents get to choose the content and the amount themselves! This is actually quite a big development in cloth diapers, because parents can now tailor the diaper for different occasions (such as bed time!)

Cloth diapers are the only reasonable alternative to disposables, but this doesn't mean your choices are limited. There are a few different cloth diaper options so that parents have more flexibility when it comes to baby's waste containment needs.

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