

# WASHABLE SOLUTIONS FOR OLDER CHILDREN

The average age for a child to be potty trained in the UK is between two and three years old, and using washable nappies instead of disposables during that time can save parents up to £500, as well as preventing around 5,000 nappies going into landfill. So if, for any reason, you have a child who is likely to take longer to be able to use the toilet independently, or who may never be able to achieve full continence, then the financial and environmental savings become even greater.

While there is a huge selection of cloth nappies for babies weighing up to 35lb, above that the choice becomes more limited - but there are some readily available options. You might like to look at the following:

Sam-I-Am XL nappy fits from 30-50lb

Easy Peasy Bumper fits up to 45lb

Ella's House Bumhugger XL fits 40lb plus

Minki Huggle XL fits 35lb plus

Hip Hip Baby Real Easy XL fits 45lb plus

Motherease offers two wraps in large sizes, fitting up to 45lb, the Rikki and Airflow

For older children, nappy manufacturers also offer some options, such as:

Minki Yoyo XL fits ages 3-7

Motherease Bedwetter Pants - these come in two sizes, 40-55lb and 55-65lb, (fit most children up to 10).

Mother of Eden Overnight Undies - made by the makers of Fuzzi Bunz, these fit up to age 12

[www.arizona.free-online.co.uk](http://www.arizona.free-online.co.uk) also offers terry shaped nappies and flat terry squares in a huge range of child and adult sizes.

For a child or young person who might be embarrassed about their incontinence, and who might also want to be able to change their own protection, then designs that look more like conventional underwear might be more suitable, especially for school. There are a number of companies offering these products, and bear in mind that if there is a medical reason for your child needing them, then you can usually get an exemption form to avoid paying the VAT, so look out for a retailer that offers this service.

For example, for boys you could choose navy briefs with a built-in absorbent pad that can hold up to 215ml and is suitable for wetting and soiling. They come in six different sizes fitting up to age 12. Or there is a very discreet boxer short style in black that comes in sizes fitting up to a 32in waist and holds up to 230ml. Both are available from [www.pshealthcare.co.uk](http://www.pshealthcare.co.uk) and retailers. A slightly different design of boxer short in grey is available in a range of teen and adult sizes and is designed so that the user can also go to the toilet themselves with ease. You can find these at [www.allaboutincontinence.co.uk](http://www.allaboutincontinence.co.uk), [www.clearwellmobility.co.uk](http://www.clearwellmobility.co.uk) and other retailers.

Girls might like the award-winning children's incontinence pant range from manufacturer Ganmill which includes the pretty Stars pant with built in absorbent pad (holding up to 100ml). These look like normal knickers and come in sizes from age 3 to 11. Available from [www.pshealthcare.co.uk](http://www.pshealthcare.co.uk), [www.arizona.free-online.co.uk](http://www.arizona.free-online.co.uk) and other retailers. P S Healthcare also offers a more absorbent girl's pant with a pretty heart pattern that holds up to 215ml and comes in sizes up to age 12.



Left to right: Motherease Bedwetter Pants, Boy's Navy Briefs, Girl's Ganmill Stars Pant, Boy's Black Boxers