

# ALTERNATIVES TO SINGLE-USE DIAPERS

During the first 30 months of its life, a baby needs about **4 500 disposable diapers**. This puts a great strain on the family's budget as well as the environment. We work with parents, doctors and businesses to help more families to find out about the alternatives and to easily **reduce the use of disposable diapers**. Here's what we did on this topic since 2019.

## 2019

### ZERO WASTE BABY INFORMATIONAL CAMPAIGN

Promoted alternatives to disposable diapers on our Facebook and Instagram pages. Wrote about reusable diapers, elimination communication and timely potty training.

### TRANSLATING THE REPORT BY ZERO WASTE EUROPE

Translated into Ukrainian a report on the environmental & economic costs of single-use menstrual products, baby nappies & wet wipe by ReZero, Zero Waste Europe, ReLoop and Break Free From Plastic.

## 2020

### ZERO WASTE WITH BABIES

Organized a live talk Zero Waste with Babies: is it Possible? where we discussed about the first year of a baby's life and the waste associated with the upbringing of children.

### DISCUSSING DIAPERS ON THE LVIV ANNUAL BOOK FORUM

Held a discussion Litterers since Birth on the topic of diapers and potty training. The talk was based on the Loose the Diapers! book. Among the speakers were the book's author Maria Kachmar, social psychiatrist Marten de Vries, the book's translator Liubov Bokalo, and founder of the Book Lion bookstore Kateryna Ivanova.

## 2021

### REUSABLE NAPPY WEEK CAMPAIGN

Joined the Reusable Nappies Week, an international advocacy campaign drawing attention to the babies' toilet hygiene in the context of waste.

### LOSE THE DIAPERS: THE BOOK

Translated into Ukrainian Lose the Diapers! book by Maria Kachmar who is a Ukrainian Canadian and a mother of two daughters. The book describes an easy way to potty train children at an early age. We also presented the book in Lviv. The money for publishing were raised at the Big Idea crowdfunding platform.

### LOSE THE DIAPERS: AWARENESS CAMPAIGN

Took part in the Lviv City Council competition for social-cultural projects and implemented a project on disposable diapers alternatives:

- created a page on our website with information on wasteless alternatives to single-use diapers.
- designed posters and leaflets on reusable baby hygiene products for clinics in Lviv.
- held online and offline meetings for parents and doctors.
- translated into Ukrainian the resume of the [UNEP report](#) single-use nappies and their alternatives: Recommendations from Life Cycle Assessments.
- created a special project with the Tvoje Misto media on disposable diapers: Our great-grandchildren will still find them intact.

## 2022

### SUPPORTING THE USE OF REUSABLE DIAPERS, POTTY TRAINING, AND ELIMINATION COMMUNICATION

We recorded **6 videos** on the topic of toilet hygiene for babies on the following topics:

- What's wrong with disposable diapers: pediatricians' thoughts;и педіатрів;
- How to make a diaper out of a swaddle cloth;
- How to choose a potty;
- Elimination communication: practical recommendations;
- How to make a diaper out of a T-shirt.

We organized **events** where we talked about alternatives to disposable diapers and shared our experiences:

- with family doctors and pediatricians;
- with parents of babies;
- with representatives of the Lviv City Council Department of Health.

We purchased a **demonstration set** of reusable hygiene products for our future events.

### DIAPERS FOR RENT: NEW PILOT PROJECT

Thanks to the help of our foreign partners, we are testing the reusable **diaper rental service**: we hand over a set of diapers to the parents of small children, teach them how to use them, talk about their experience and impressions, and then pass on the disinfected diapers to the next family. For now, the service is free for the families, but in the future, it can function as a social enterprise.

### SUPPORTING LOCAL MANUFACTURERS

Together with the Lviv City Council Entrepreneurship Support Center, we held a **round table for manufacturers** of reusable hygiene products and representatives of the authorities to start a dialogue on the creation of a local market for textile products. We discussed the assortment, prospects, foreign experience, and methods of supporting manufacturers.

### STUDYING FOREIGN EXPERIENCE

We learned about the diaper renting services in the world and visited a company that collects and recycles disposable diapers.

### WEBINAR ON BABY CARE

We held a webinar "**Taking care of babies: zero waste approach**" for the participants of the "Eco-friendly" family marathon.

## 2023+ plans and dreams

### LOSE THE DIAPERS: THE BOOK

Our immediate plans include publishing and distributing the Lose the Diapers! book that was delayed because of the war.

### DIAPERS FOR RENT

We want to continue and Diapers for Rent project: increase the diaper selection, attract more families and share their experience.

### DIAPER CALCULATOR

Together with the SoftServe IT company we plan to launch the disposable items calculator — an online tool that calculates how using disposable items affects the environment. The first product in the calculator will be disposable diapers. The user will be able to calculate how many diapers one child uses at a certain age and what amount of money family spends on these diapers.