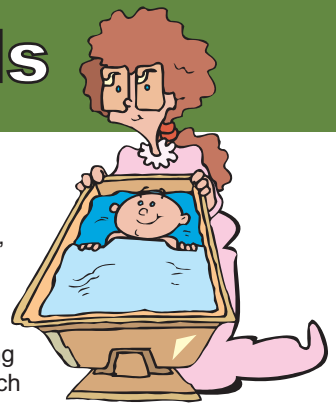


How to lower your baby bills



Best Value Disposable Nappies

When my son was born, I was embarrassed to leave the house if he wasn't wearing Huggies - what would the other mothers think? Now when I see other babies wearing Huggies, I feel sorry for the poor mother. She has fallen for the 'Huggies is best' ploy. From my experience, they are a huge waste of money. The generic supermarket brands all do the job; Woolworths Homebrand, Coles Reliance, Aldi Angelic and so on. Some of these are less than half the price of Huggies, yet they don't leak and last all night. By using these brands, you can save over \$500 in a year!

Cloth Nappies \$1000 Cheaper!

One of the easiest ways to make savings on baby essentials is to use cloth nappies. Even by using cloth nappies for daytime only and reverting to disposables at night, you can still save well over \$1000 a year, compared to using disposables around the clock. Modern cloth nappies do not require soaking in Napisan or other chemical solutions; they can simply be washed using the cheapest enzyme free detergent at half the recommended strength. The sun kills any bacteria when drying.

Nappy Liners

I find Homebrand kitchen wipes make perfect nappy liners (they are similar to Chux but much cheaper). A pack of ten costs just over a dollar and I cut them in half to make 20. I reuse them many times, as they wash really well. I just throw them in the nappy bucket along with the nappies and hang them out to dry - only needing to throw them away if they're too nasty to deal with!

Contributed by Gillian Egan

Nappy Bucket for \$1.00

I bought my nappy bucket for \$1.00 from a bakery. It has a lid and holds 25 litres of water. The bakers get their flour or sugar delivered in them and have a surplus of buckets.

Contributed by Liz Parnell

Nappy Sacks

Instead of buy 25 Nappy Sacks for \$1.56, or six cents per bag, go to your favourite fruit shop and buy a roll of 1000 sturdy bags for \$10.00. The total saving is \$62.40. Fruit shop bags are great - the plastic is thick, it contains the smell and you can use them for all sorts, not just nappies!

Nappy Rash Prevention Powder

Cornflour in a salt or pepper shaker works really well. It is much cheaper at just \$0.74 for 500g at Woolworths.

Contributed by Julie Myers

\$2.00 Mattress Protector

When toilet training your child, instead of buying expensive waterproof mattress protectors, which cost up to \$60, buy a \$2.00 or \$6.00 shower curtain from your local bargain shop. All you need to do is attach each corner to the mattress with nappy pins.

Contributed by Sharon Buckland

Home made baby wipes

I make really effective baby wipes by buying kitchen wipes (such as Chux), and scrunch them up in a lunchbox with Sorbolene cream in water. I add a drop or two of lavender oil, which is kind to baby's skin, and being washable and reusable, they are much cheaper than commercial wipes.

Contributed by Gary Woodman

Baby Shampoo

I only use the Homebrand baby shampoo now. It costs about \$2.00 250ml, which is around a fifth of the price of Johnson and Johnson brand. My baby has never cried after getting it in her eyes, and she has never had any problems with her skin either, enabling me to use it as a body wash for her as well.

Contributed by Selina Scott

Lactation Consultant

If you are having trouble breastfeeding, major public hospitals have lactation consultants available that you can visit for free - even if your child was not born at that hospital. Much better than being charged up to \$135 per hour with a private lactation consultant or speech therapist.

Jars of Food

Jars of baby food are expensive. Each jar costs around \$1.00 more than preparing it yourself at home. By purchasing just two jars a day, you are throwing \$728 down the toilet over the course of a year - think about it!

Osteopath and Breastfeeding

I saved \$750 on formulae by taking my son to an Osteopath when he was having trouble breast feeding. It cost just \$40 and she was able to fix the problem in under ten minutes. Amazing! If only someone had suggested it to us sooner.

Cheap dummies are great

The nurse at the hospital advised me to throw away expensive dummies ("Honey, you would cut your nipple off if it was that shape!") in favour of cheaper brands. How right she was. My son loves the \$1.98 two pack of dummies from Big W. Even though I was given Nuk and Avent brands, he prefers the cheaper ones. They come in orthodontic or cherry shape. They are great value and hold up well to being sterilised every day. If you are having to buy two dummies each month, you are saving \$168 per year!

Contributed by Melissa Baker

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