



# MY NAPPY COUNT

Every baby will use a different number of nappies. Record the number of nappy changes made for up to 3 days by marking a tick after each nappy change is completed.

## Age

- 0-6 mths     6-12 mths     12-18 mths     18+ mths

This sheet is (tick):

- before receiving nappy pack/attending workshop  
 after receiving nappy pack/attending workshop

## Day 1

Disposable    Reusable

✓

Total  
disposable

✓

Total  
reusable

## Day 2

Disposable    Reusable

✓

Total  
disposable

✓

Total  
reusable

## Day 3

Disposable    Reusable

✓

Total  
disposable

✓

Total  
reusable

