

Tips for Healthy Baby & Kids

Do's



Look for healthier personal care products for the whole family, from soap and makeup to diaper rash cream and baby wipes. (see www.ewg.org/skindeep)

Don'ts



Avoid personal care and cleaning products that list "fragrance" as an ingredient, as it can include chemicals linked to cancer and endocrine (hormone) disruption.



Choose organic whole foods when possible, including fruits and vegetables, whole grains and antibiotic-free meats which will keep you fuller longer. Save money by signing up for coupons, shopping local farmers markets and buying in bulk.



Avoid products containing flame retardants, identified by the product label. Opt for flame retardant-free couches and other upholstered furniture, nursing pillows, crib mattresses, car seats and kids pajamas (for a listing of car seats tested for flame retardants, see www.HealthyStuff.org)



Clean up your cleaning products, which typically contain toxic ingredients. Look for fragrance free options with plant based ingredients like essential oils.



Just say "no" to pesticides in and around the home. Look for pesticide-free pest sprays at major home improvement stores. Avoid chemical lawn treatments and nurture outdoor spaces using organic methods. (see www.BeyondPesticides.org)



Choose stainless steel or glass for baby bottles, sippy cups and kids' lunch containers. Re-usable containers means spending less on throw-away snack bags and disposable table ware.



Avoid storing and serving food in plastic containers, as they may contain BPA, phthalates, PVC and other toxins (even plastics labeled BPA-free may contain substitute chemicals that are just as unhealthy). Don't heat food or drinks in plastic (or put it in the dishwasher) as these may increase toxins being released.

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Be mindful of wi-fi and other radiation. Keep electronics away from your body and your child's as much as possible. Limit time that kids use electronic devices, and consider unplugging wi-fi at bedtime. (see BabySafeProject.org)

Don'ts



Cut out toxins during renovation. Many types of furniture, paint and flooring options contain chemicals that can harm developing babies and kids. Choose natural fiber rugs, real wood furniture, and paints labeled low or NO VOC's and water based.



Visit www.ImusEnvironmentalHealth.org for more information on greening your life!