

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)



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



Clean up your cleaning products, which typically contain toxic ingredients. Look for fragrance free options with "clean," non-toxic ingredients.



Look for 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.



Be mindful of wi-fi and other radiation. Keep electronics away from your body and your child's as much as possible, instead of holding the phone to your ear. Limit time that kids use electronic devices, and consider unplugging wi-fi at bedtime. Cases are available for reducing radiation from cell phones/tablets, as well as electromagnetic shielding maternity bands and clothing for pregnant moms. (see BabySafeProject.org)

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.



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))



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)



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.



Cut out toxins during renovation. Many types of furniture, paints and flooring options contain chemicals that can harm developing babies and kids. Choose natural fiber rugs, real wood furniture, and paints labeled zero-VOC (and toxic-free) when possible.