

# WELCOMING YOUR BABY INTO AN ENVIRONMENTALLY SAFE HOME

## Your Baby's Room

- + Hardwood floors with organic cotton or wool rugs
- + Solid wood furniture (no pressed wood or plastic)
- + Flame-retardant-free bedding (wool is a natural flame retardant)
- + Use a vacuum with a HEPA filter for cleaning
- + Avoid vinyl wallpapers

## Feeding Your Baby

- + Breast feeding is best
- + Avoid early introduction of solid foods
- + Consider using probiotics early on
- + Use ceramic or stainless steel feeding utensils and bowls
- + Use glass baby bottles
- + Use silicon nipples
- + Do not microwave anything in plastic or use plastic wrap in the microwave
- + Do not store food in plastic
- + Use fresh, locally grown, organically grown foods
- + Use filtered tap water for cooking/feeding rather than bottled water

## Your House and Garden

- + Leave your shoes at the door
- + Avoid use of pesticides both inside and outside the house
- + Use environmentally safe cleaning agents

