

Tips to Avoid Toxic Chemicals During and After Pregnancy



Sweet Dreams

Crib mattresses and other common household products can have flame retardants, known as PBDEs (Polybrominated Diphenyl Ethers). PBDEs can be found in textiles, furniture, upholstery, and electronics. They may cause cancer and may impact brain development and thyroid function. Your safest choice is if the label says "CONTAINS NO ADDED FLAME RETARDANTS."

Clear the Air

Many paints, glues and flooring materials can release toxic chemicals long after you complete a project. Choose paints that are "VOC-free" and "water-based". If you are pregnant, don't work on or near remodeling projects and avoid time in recently remodeled rooms. Whenever possible, open a window to air out and refresh a repainted room.



Playtime

Chemicals in toys are no fun. Look for soft toys labeled 100% natural rubber or plastic free. Phthalates in soft toys are linked to reproductive health, brain development problems, and other risks. Solid wooden toys that are not painted are another safe option to limit exposure to lead. Toys made with organic and untreated cotton, hemp, linen or wool will be less toxic because pesticides or other harmful chemicals aren't present.

Ban BPA & BPS

Plastics and food don't belong together. Because heating releases chemicals in plastic that can disrupt healthy hormonal function, never use plastic for warming milk or food. Stainless steel and glass bottles and sippy cups are a safer choice for feeding and for storing mother's milk if you are a busy breastfeeding mom.

Build Better

Choose solid wood furniture because it doesn't contain formaldehyde, which can increase the risk of certain cancers as well as asthma. If buying a new crib isn't in your budget, borrowing a solid wood crib from someone you know or buying second-hand furniture that has likely off-gassed chemicals is a better choice.

Mom & Baby Skincare

Soft, clean skin means skipping harmful chemicals in lotions, creams and cleansers. Limiting the number of ingredients is an easy way to choose safer products. If you can't easily pronounce it, it doesn't need to be on your skin. Avoid polyethylene glycol compounds (PEGs), sodium laureth sulfate and chemicals that end with '-eth' (like laureth, cetareth or steareth). Look for pure shea butter, cocoa butter and jojoba oil without additives or fragrances.