


# Healthy Start Nursery Necessities

Preparing to bring your precious addition home? Here's a comprehensive checklist to outfitting your nursery – PLUS, we've added the essentials you need to look for to give your baby the healthiest start possible.

 The guidelines for choosing the safest options for your baby's healthy start.

 The guidelines for choosing the healthiest option for the planet.


We can't always afford ALL the green options; for more information about which are the most critical, [click here](#).


If we carry green options in our [online store](#) or our Apex NC shop, just click on a product category to visit our selections.

## Nursery Furniture & Accessories


Colors/Pattern(s) you like: \_\_\_\_\_


Bassinet/Cradle

 Look for solid wood; avoid particle board/pressed wood (commonly found in drawers and panels), or look for 100% urea-formaldehyde-free particle board/pressed wood; look for no-to-low VOC finishes.



 Solid hardwood preferably FSC-certified; or reuse an older bassinet/cribble (after verifying it meets current CPSC safety standards).

Crib


 Look for solid wood; avoid particle board/pressed wood (commonly found in drawers and panels), or look for 100% urea-formaldehyde-free particle board/pressed wood; look for no-to-low VOC finishes.


 Solid hardwood preferably FSC-certified; or reuse an older crib (after verifying it meets current CPSC safety standards).

Mattress/mattress cover


  Look for organic mattresses with natural rubber foam, no vinyl/PVC/polyurethane or other chemicals; look for organic fabrics and natural non-toxic fire retardants such as wool.


Rocker/glider/ armchair

 Look for solid wood; avoid particle board/pressed wood, or look for 100% urea-formaldehyde-free particle board/pressed wood; look for no-to-low VOC finishes.


 Solid hardwood preferably FSC-certified; look for natural or organic fabrics and cushions, and organic fill; or reuse an older chair (after verifying it meets current CPSC safety standards).

Dresser



 Solid hardwood preferably FSC-certified or 100% formaldehyde-free particle board/pressed wood; look for no-to-low VOC finishes.

 Reuse an older dresser (after verifying it meets current CPSC safety standards).



Changing table

 Use a bed or the floor, or consider a changing table that converts to a dresser or storage; reuse an older changing table (after verifying it meets current CPSC safety standards).


Changing table pad/cover

  Use a contoured organic changing pad. Consider mailing the polyurethane pad that the changing table came with back to the manufacturer as a protest!

Bedding and Quilts/Blankets


  Look for organic cottons or bamboo, and organic batting/fill.

Mobile



 Reuse an older mobile; look for one made of wood. Mobiles can be a choking hazard and

should never be placed in a crib.



Table lamp or floor lamp



 Consider a lamp that will become an heirloom or one that can be used in other parts of the house. Although CFLs are great for the environment, we don't recommend them for a baby's room due to the risk of a break.

Rug/carpet


  It's best to have no carpet, but if you have to use it choose an all natural rug such as Earthweave. If you want an area rug choose an all natural rug like 100% wool or consider rug tiles by Flor.


Wall decorations/ borders

  Skip the wallpaper unless you can use one like Mod Green Pod which is vinyl-free, silk screened with non-toxic water based inks, and uses a non-toxic glaze.

  Make sure that wall decorations are heirloom quality or can easily be used in other rooms. Look for wall hangings that are hand painted with non-toxic paints and put on recycled salvaged wood or wood from a sustainable source.

Air Purifier



 Look for one that has three levels of filtration: dust filter, carbon filter (for odors and gases) and medical grade HEPA; avoid filters associated with ozone.

 Look for one that is easy to maintain, with long lasting filters (preferably those measured in years of life).

Nightlight

Baby monitor

Stainless Steel Garbage Can

  To keep smells down empty any diaper treats into the toilet, and empty the garbage daily.

Roll guard

 Look for organic cotton and fill.


Side-by-side sleeper


 Look for organic cotton and fill.



Hangers

  Look for used ones at your local resale shop, or look for ones made of bamboo.

Toy chest

 Solid hardwood preferably FSC-certified or 100% formaldehyde-free particle board/pressed wood; look for no-to-low VOC finishes; look for or install slow-release hinges.

 Reuse an older toy chest (after verifying it meets current CPSC safety standards).



  Filled with wooden toys with non-toxic finishes or stuffed toys made from organic cotton and fill.

## **Feeding**



Nursing pillow

  Look for organic fabrics and fill.

Nursing pads

  Look for organic cotton.

Burping cloths


  Look for organic cotton or bamboo which is naturally anti-microbial, very soft, and

absorbs better than cotton.



- Breast pump
- Milk storage bottles

  Look for glass or BPA-free milk storage bottles.

- Nipples

 Look for silicone nipples.


- Bottle brush
- Diapers

  Look for cloth or the new disposable diapers that are biodegradable such as Gdiapers or Seventh Generation.


- Bibs

 Look for organic cotton and fill.



- Booster seat

 Solid hardwood preferably FSC-certified; or reuse an older seat (after verifying it meets current CPSC safety standards).

- High chair

 Look for one that grows with your child or converts to a chair; look for solid hardwood preferably FSC-certified; or reuse an older high chair (after verifying it meets current CPSC safety standards).

- Small spoons /forks/plates/bowls

  Look for BPA-free items; look for stainless (especially sippy cups).

## **Bathing**



## Baby bath

Check that the bathtub meets Juvenile Products Manufacturing Association's certification.

Bathtubs are not meant to be left unattended.

For eco-friendly options, give your baby a sponge bath until the cord falls off and after that they can take a bath with you. Just make sure that you have someone to hand you the baby. Another option is a new product called a Tummy Tub®. It is made from the safe plastic polypropylene and is recyclable, uses less water, and saves energy. Babies feel warm and secure as they relax in the familiar fetal position.



## Wash cloths

  Look for organic cotton.

## Tub spout cover

A protective cover to protect against injuries.

Baby soaps/wash/lotion (Check the Cosmetic Safety Database to make sure the items you choose follow up-to-date guidelines.)

  Made with natural ingredients, non-toxic, no artificial preservatives, paraben free, no synthetic fragrances, no petroleum products; look for recyclable or reusable packaging.

Soft natural bristle brush


Hooded bath towels

  Look for organic cotton or bamboo.


## **Traveling**

Car seat

Baby carrier/Slings

 Look for organic fabrics

Diaper bag


 Look for organic or recycled fabrics.

Stroller

 Look for organic lining fabrics.

Sun shades for car window

Portable crib/ playpen

 Remove provided mattress and install an organic mattress or pad; consider making a statement by returning the synthetic mattress to the manufacturer and saying you don't want polyurethane foam!

Sheets for portable crib/playpen

  Look for organic cotton or bamboo.

### **Soothing & Playing**

Receiving blankets


  Look for organic cotton or bamboo.

Pacifier

 Look for silicone or natural rubber such as Natursutten.


Baby swing

Bouncy seat

 Look for organic fabrics


Music for babies

Teething option

 Freeze an organic washcloth or use a product made of silicone like Smart Mom Jewlery. (Do

not buy plastic teethingers that may contain phthalates to soften the plastic.)

Activity mat/center

 Put down a blanket with an organic pad underneath or choose one without soft plastic toys attached

Soft blocks

 Look for organic cotton and fill.

Stuffed toys (no buttons or attached decorations)

 Look for organic cotton and fill. (Remember: no buttons or attached decorations.)

## Health

Nose aspirator

Ear or rectal thermometer

Safety scissors

Baby nail clippers

Vaporizer

Safety gate

Outlet plugs

Cabinet door latches

Appliance locks


Toilet locks

Fireplace bumpers

## Clothing

*\*For children under 3 years old, seek organic, bamboo or hemp fabrics and avoid all synthetics*

Sleepers

 Look for tight fitting sleepwear (By law all sleepwear is treated with fire retardant chemicals, but these carry other health risks too; to read more and make an informed decision that's right for you, [click here.](#))

Onesies

Playwear

- Baby gowns
- Hats
- Booties/socks
- Shoes