

●  
ALL THAT YOU NEED TO KNOW ABOUT

**ABOUT ECO-  
BABY CARE &  
GREEN  
PARENTING**

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*Pratibha*

[www.pratsmusings.com](http://www.pratsmusings.com)

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*For the millennial parents who believe that they  
can bring up kids in a world free from chemicals.  
And well, they can!*

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*All that you need to know about*

# ***ECO-BABY CARE & GREEN PARENTING***

***Pratibha***

[www.pratsmusings.com](http://www.pratsmusings.com)

## From my desk....



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*To the boys in my life who put up with my eccentricities  
and make me believe that I am the best mom in the  
whole wide world!*

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Being a parent is an incredible feeling, but bringing up twins was something I was unprepared for. While the excitement of nurturing new lives was there, so was anxiety and challenges that I had to face as a new mother. To be able to bond with the babies, to be able to take time out for myself, to be able to nurture them right, were some of the many thoughts playing on my mind.

When the boys arrived home, like most parents, I was overwhelmed. Lack of sleep, niggling thoughts if my parenting was right, and more; these thoughts constantly were on my mind.

Unlike parents today, who are more aware of the perils of chemical laden products, I was blissfully unaware of a chemical-free life. I slathered the chemical laden products on my just born twin boys; till a visit to a store changed my entire perspective.

Opting for sustainable living is more than a fad. It is a choice that parents make. Eco-friendly living and products are good for you and the earth. They are free from toxins, chemicals and all those ingredients that are harmful for the baby.

Natural and organic products are often PETA certified, vegan and made following ethical practices. When you choose organic products, you are promoting livelihood of local artisans, you are choosing gentle and safe products that are free from nasties. When you choose natural, you are choosing products that are safe and gentle for your baby's tender skin.

I made the switch to green living eight years ago; when my boys were almost two years old. Today, when I buy a product for them, the first question I am asked is, "Is this organic?"

This e-book is a snippet of my transition to leading a chemical-free life by opting for sustainable living. Some of these are snippets from my blog posts and I have made an attempt to list my tried and tested ways to care for your baby and yourself. What you will find in this e-book are tips, DIY recipes and wellness nuggets that helped me as I evolved into a parent who chose to live a sustainable life.

*Trust me, there is a life of chemical-free living out there, and no it's not expensive, but perfectly do-able.*

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## Part I: Why Choose Eco-friendly for Baby?

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When someone asks me this question, I always ask, why not?

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With all the awareness about the various chemicals in our skin care products, it is a fact that we need to look for safer and more natural options. With all the things that new parents have to deal with, finding safe and natural baby products just adds another chore to the list!

*Did you know that there are harmful toxins to watch out for in baby products?*

I used to be one of the moms who bought the well-known chemical laden products for the boys till they were almost two. It all changed when I was introduced to the world of natural living. I began to read more on the natural options available, learnt more about the ingredients that go into the products and made more informed choices.

Since your little one's skin is very sensitive and also the fact that their tender skin absorbs close to 60% of what is applied on it should make you read the labels and choose the right



products. Let's get to the point, yes there are harmful toxins in baby products and there are ways for you to find out what is right and what is not.

When you choose organic and eco-friendly products, you are choosing for chemical free alternatives. You are also choosing to make a difference to your future and your children's health by choosing to reduce the carbon footprint on the planet. When you choose to adopt sustainable living, you are making that conscious choice to sustain the world.

I am sure that the next question in your mind would be how do I know if the product is natural? Or organic and chemical-free? What are the ingredients that are not good for my baby?

## What ingredients do I avoid in baby products?



How do I know which product is good for my child? There are so many products in the market. Which one is really good? Why not X, but why Z? Isn't a particular brand in the market since so many years? So why should I make that switch now? We grew up using the products so why not our children?

These are some of the questions I am often asked by the readers of my blog.

Here is a list of common ingredients that are a strict no-no. No matter how famous the brand is, if you see these in the ingredient list, steer away from the product. I've also listed why they are harmful and reason why they should be avoided.

### Phthalate & Parabens

**Phthalate & Parabens are the most common of them all and are listed in soaps, shampoos and lotions.** Parabens can also be found in a few wet wipes. Repeated exposure to parabens can cause tumours, hormone disruption and skin irritation.

Phthalates have been linked to endocrine disruption that can cause not just reproductive problems but also affect the concentration levels. Prolonged exposure can lead to allergies, asthma and in some cases even cancer.

### Sodium Laureth Sulfate (SLES)

SLES is the main ingredient that causes the product to foam or lather. **It is commonly found in soaps, bubble baths, shampoos, body washes and face wash.** This highly toxic ingredient can be very harsh on the baby's tender skin and when there is a repeated exposure to SLES, it is known to damage the immune system and in some cases also inflame the skin.

### 1,4-Dioxane

**It is commonly found in bath products and liquid soaps.** Most of the times it is not listed on the label because it is a chemical by product. It is known to be a possible human carcinogen, and the ingredient is commonly linked to many types of skin allergies. It is possible that the ingredient 1,4-dioxane is a part of products that contain SLES and PEG compounds.

### Mineral Oil

**Most of the regular baby oils are essentially made of mineral oil mixed with fragrance,** which is not a combination you would want to use on the baby's tender skin. Mineral oil is a cheap by-product of petroleum processing and when applied on the skin it acts as a plastic wrap and inhibits the skin's ability to release toxins.

### Fragrance

Love that sweet baby-smell? Don't you feel like just cuddling up to them when you've applied them with that baby lotion? Most of the fragrances that are used in baby products are artificial and this is **most commonly used in shampoos, body and hair wash, powders, body lotions, massage oils and diapers!**

### Talc

**Talcum powder is a powder made from a mineral called talc.** Sometimes fragrance and powdered mineral is added to the talc that cause a lot of skin irritation and allergies. Talcum powder is made from talc that may be contaminated with asbestos fibers causing respiratory toxicity and cancer.

## Triclosan

**Triclosan is found under anything that is labelled as anti-bacterial.** Triclosan is known to be an endocrine disruptor and is harmful for the environment. This ingredient is used in antibacterial soaps, hand washes, baby wipes to name a few.

Each time you pick up a product for your baby, or even for yourself, do check the labels. Ask yourself, does your baby need that teething ring or the pacifier. Or if that super nice smelling lotion and body wash is something you would really use for your baby.

*If it's an ingredient that we have listed which you spot, stay away from it. Read that label and ensure that you give nothing but the nature's goodness to your little one. Educate yourself, know more about why we say no to the ingredient. Stay away from harmful ingredients in baby products.*

## So what are chemical-free products?

I've listed what is not good for the baby and you; and I am sure that the next question in your mind is; so what is good and how do I know which product is good for my baby and me. There is a lot of green washing that happens today. Brands list their range of products as natural and organic but fail to disclose the complete list of ingredients either on the website or the product packaging.

*Chemical free or chemical-free is a term used in marketing to imply that a product is safe, healthy or environmentally friendly because it only contains natural ingredients. (Source: Wikipedia)*

## What should I look for in natural and organic baby products?

Apart from the list of ingredients, ensure that you look for the Ecocert certification. This certification was introduced in France in 2003 and it helps to maintain standards for natural and organic cosmetic products.

When you choose Ecocert certification products, it comes with a guarantee that 95% of the ingredients used in the products are naturally derived and are organic. Only brands that follow high level of ethical standards right from acquiring the produce that go in making of the product to following strict procedures in the making of the product are given this certification.

By buying products that have an Ecocert stamp of approval, you know that the brand has adhered to the extremely strict guidelines; ensuring that the products you buy are 100% organic and natural. These products are free from nasties, SLS, fragrances, phenoxyethanol, and parabens that can cause irritation and rashes.

## Part II: Getting Started with Green Parenting – Food & Diapers



Let's look at some of the most important issues that new parents face when the baby is born. It is a no-brainer that breast milk is the best for your little one. But if you for some reason cannot feed the baby, don't mope about it. It doesn't make your role as a mother incomplete.

In this part I'll focus on the very basics; the food and diapers bit. What should you choose? A disposable or a cloth diaper? Which one is economical? Let's quickly look at some eco-friendly solutions that can be easy to follow.

## The Right Food

Pretty tricky right. What's good for you and me, may not be good for the little one. Till your baby is small and is dependent on breastfeeding or formula milk, its fine, but once they grow up, there is so much to choose from.

### Breastfeeding

As I mentioned earlier, it goes unsaid that breastfeeding ensures the maximum nutrition your baby can get. There is no scope of wastage and hey, it's good for you and the baby too! Feeding time can create a wonderful bond between you and your little one.

If you are struggling with the basic problems of breastfeeding that include lactation, latching and more, consult a lactation expert and your doctor. They will be the best people to advise you on how to tackle certain issues.

### Homemade Baby Food

When you are ready to wean your baby off the feed, you'll need to look for alternate options that are healthy and nutritious for the baby. Home cooked food is the best option. The good part is that you know what goes in it. Choosing seasonal veggies can help your baby get the right nutrition too! Opt for absolutely less or no salt and sugar in the foods that you cook for your little one. Most foods contain the right amount of salt that they need. Artificial flavouring is a strict no-no. Start with smoothies and purees. As your little one grows up, add a bit of texture to the food so that they can learn to chew the food.

*Keep in mind these things when you make and store your own baby food:*

- Clean your hands and vessels that you would use properly before you start cooking.
- Disinfect the cooking surface with a natural and organic surface cleaner to ensure it is 100% clean.
- When the baby is just starting to eat home-made food, especially when you feed them fruits, don't add any sugar. Let them acquire the natural taste of the food.
- If you store food in glass jars, always scoop out the food in a different container to avoid any contamination.
- Use refrigerated food within 2 days; but if you do have a choice, opt to make fresh food.

Doctors say that home-made baby food is good for the baby because it is preservative free and natural (especially when you use organic produce). It is also one of the best ways to give your baby a lot of food options and prepare them to eat nutritious food.

## Natural Foods in in the Market

There is a range of wholesome natural and organic foods that are specially made for babies are available in the market. Opt for brands that believe in reviving the

**My Little Moppet** and **Slurp Farm** are two brands that are reviving the art of feeding the baby with natural grains and millets. These foods are free from preservatives, chemicals and all toxins. These are packed with healthy nutrients that your baby will need.

## Eco-friendly Baby Feeding Products

Opt for eco-friendly cutlery. When I was a tot, I remember having my own steel plate that had sections to accommodate the sabzi, dal and salad along with the roti and rice. Steel plates are reusable and they last for a really long time.

Avoid plastic and heating food in plastic containers is a strict no-no. Ditto for melamine.

Amazon India has a great collection of steel cutlery that is good for everyday use. You can check it here.

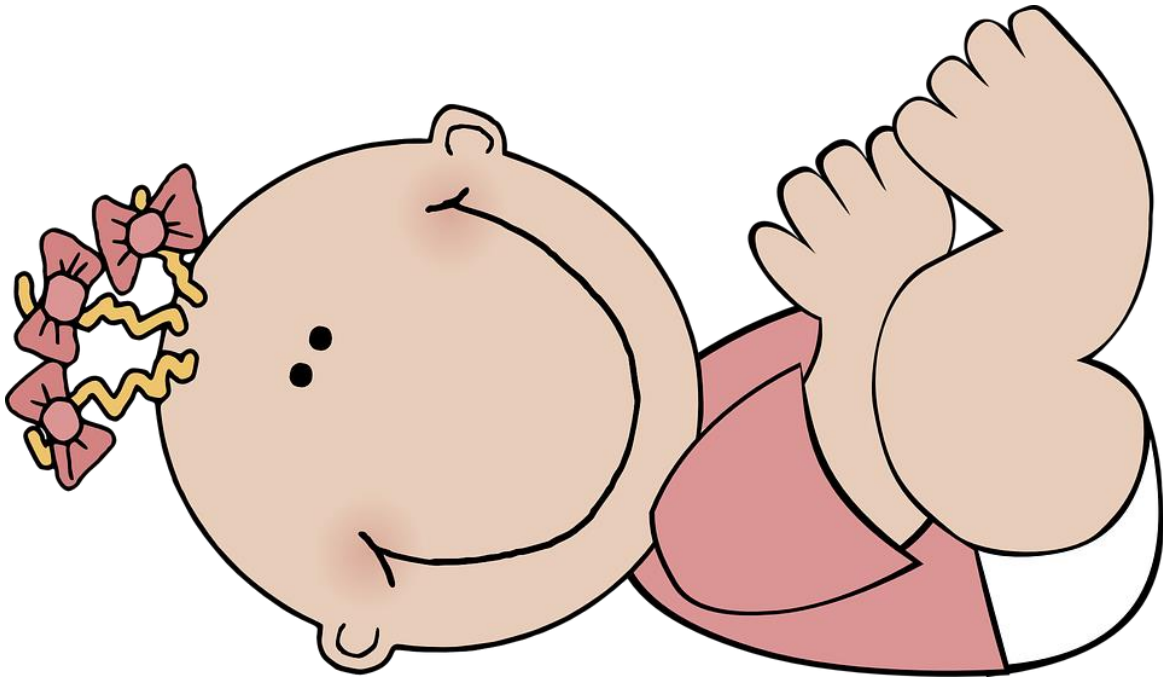


## Clothing and Diapers



These are yet another important aspect of reducing the carbon footprint on earth. Diapers are unavoidable, but when you think of the trash that it's going to create on the planet, you would like to choose better options. As a new parent (and if you have twins!) the whole prospect of switching to cloth diapers can be very challenging and overwhelming. The very thought of multiple diaper changes; especially at night when you can get that one hour of extra sleep things that you must keep in mind when choosing cloth diapers.

## Cloth Diapers



With more parents becoming aware of the hazards caused by diapers, there is a slow but sure move towards choosing cloth diapers as an option. Whether this going to affect the industry of use and throw diapers is what time will tell, but for now an increasing number of millennial's are choosing to reuse and recycle to be able to leave a better planet for the future generation.

With a snap or a hook, the modern cloth diapers make an easy fit for your little one. They are available in sizes that are adjustable and are convenient and versatile. Moms who have switched to cloth diapers say that cloth diapers are far better at containing spills and mess in comparison to a disposable diaper.

Cloth diapers today come with an adjustable fit, with thicker elastic at the legs and back to keep them in place. Choosing the right cloth diaper is not an easy task for new parents, here are some things that you need to keep in mind when choosing a cloth diaper.

## What to Keep in Mind When Choosing Cloth Diapers

The most important factors that parents need to keep in mind when choosing a cloth diaper are the following:

### Cost

Let me tell you that cloth diapers for new-borns can be expensive; this is because you will need to try out various options before you zero in on one that best meets your requirements. Pre-folds are economical but they may not really meet the needs when the baby grows. You can opt for the one size cloth diaper that will need to be folded into a triangle and wrapped around the baby. These diapers are not very expensive and can last a long time. As the baby grows you can move to fitted cloth diapers with covers for an extra protection.

### Convenience

Convenience is not one of the strong virtues of a cloth diaper is a myth that we need to break. A new mum mailed to me and said that it was daunting to think of cloth diapers as an option. She thought it would be difficult to use and laborious to maintain. But you know what? Cloth diapers that have been designed today are as easy to change as disposable diapers and well, with regular laundry in place you won't have to rush out in the middle of the night to stock up on diapers just because you are low on them.

As for the convenience bit; you just need to wash that extra load of laundry of cloth diapers to ensure that you have freshly cleaned diapers available for use when you need them.

### Containment

To ensure maximum containment, you can opt for fitted cloth diapers because these reduce the risk of leakages and spills. Fitted diapers **are usually made of cotton, bamboo, hemp or fleece and are very absorbent; but these are not waterproof.** Swaddling and diaper experts recommend that you should use a cover over the fitted cloth diaper for extra protection. Fitted diapers will either have snap on buttons or Velcro to keep the diaper in place.

*Don't worry if your baby outgrows the diapers, you can always use the old cloth diapers as an extra absorbing cloth in the new cloth diapers. Isn't that a good way to reuse all the stuff you already have?*

## Why Choose Cloth Diapers



Now that you have read about the factors to keep in mind while choosing a cloth diaper; the next question is obviously, “do you really need a cloth diaper?” Is this something that you can give a miss? Ummm, if you are opting for sustainable living, I would say no. There are many reasons why moms are choosing cloth diapers. Luckily there are a variety of cloth diapers available in the market today and choosing one that meets the needs is convenient.

But you know what? I have to confess that I did not jump on to the cloth diapering bandwagon at all when I was bringing up the kids, so now I take that extra effort to let people know the benefits and reasons why moms are choosing cloth diapers today and help you make that switch to green living.

Here are some of the reasons why parents are choosing cloth diapers over disposable ones.

#### They are cost-saving

Using a cloth diaper is far more cost effective in comparison to a disposable diaper. They are washable and you can reuse it till it actually wears out. A parent is likely to spend at least 10 times more on disposable diapers in comparison to reusable cloth diapers. A pro tip that I read was that for a longer shelf life of the reusable cloth diaper, it is best to line dry them in sunlight to extend their life.

#### No more pollution

A diaper takes 500 years to decompose! Ever seen those diapers that are discarded with human waste? Gross, ain't it? And when a diaper reaches a landfill with that human waste, it can contaminate the environment depending where it has been disposed. Right from contaminating the ground water or worse still making its way into water bodies that people use.

A cloth diaper on the other hand allows you to flush out the solid waste which means that it will go through the sewage channel and it is less likely to spread disease.

#### You are going chemical-free

Disposable diapers not only contain truckloads of chemicals, but they also contribute to the landfill. A disposable diaper will contain chemicals that helps to absorb the liquid to keep the baby skin dry. These chemicals can be hazardous to your baby's tender skin. Not only are you exposing the baby to dangerous chemicals but also making them prone to hazardous health concerns.

*Now that we have dealt with diapers, let's move on to another aspect of dressing that your baby needs. Clothing! There are a variety of organic and natural clothing options available for your little one. In the next section, let me introduce you to it.*

## Green Clothing



Love that fancy romper for your little one? They would certainly look cute in it, wouldn't they? But did you know that even the softest of clothes that you choose for your little one can have loads of chemicals that you can't see in it?

Yes, the range of organic clothes you pick up for the little ones are expensive, but would it make sense to spend so much on just clothes? Well, yes it does. Because you are choosing the best clothes for your little one. Clothes that don't cause a rash!

### Is organic clothing necessary?

Let me say, like I always do; organic is the only way to be healthy. Baby skin is tender and sensitive. When you choose for organic clothing that have been made with naturally grown products, there are lesser chances of the baby developing a rash. Plus you are ensuring that your baby is wrapped in the goodness of clothes that are made without the use of potentially harmful chemicals or toxins that could irritate baby's skin.

## Conventional Cotton vs Organic Cotton – What's the difference?

The main difference between conventional cotton and organic cotton is the way it is made. Conventional cotton often uses harmful chemicals and toxins that go in the process of making it. And most of the times these chemicals and harmful ingredients are a part of the clothing no matter how many times it is cleaned.

Organic cotton does not use any of the harmful chemicals and toxins that conventional cotton does. Organic cotton comes with a certification; right from the place that the seeds are planted to how it's grown is free from pesticides and chemicals. Organic cotton is grown and processed naturally. It is grown in a toxin free environment and harvested in the most delicate manner. Some brands also use vegetable dyes to color the cotton clothing to ensure your baby is wrapped in the goodness of nature.

Cotton is passe, bamboo cotton is in. Most cotton clothes are laden with pesticides and not to mention the brighteners and softeners that are used to make it wearable. Organic clothing is made without any pesticides and you can be assured of the best clothing for your child. You can choose clothes made from bamboo, hemp and organic wool.

Koonik, Omved, Nino Bambino, Awerganic are some brands that you can consider for organic clothing.

*Let's look at the third and the most important aspect of choosing eco-living for your little one- grooming!*

### Part III: Go Green Grooming



Trust me, it's not a big deal when you decide to care about the environment. So, are you ready to embark on a journey that makes you a more conscious parent? A journey that makes you save that carbon footprint on the planet by making more earth-friendly choices? A journey that allows you to choose an array of natural and organic products that are good for you and the earth? A life of no toxins and no nasties? If you nodded a yes, dig right in!



## Why should I choose eco-friendly products for grooming my baby?



Did you know that your baby's skin is so tender and delicate that it absorbs almost 60% of the products that you apply on their skin; whether it is a body wash, massage oil or a hydrating body lotion. Baby skin is more delicate and more permeable than adult skin, so don't you think it is important that you choose the safest products for your baby?

Organic and natural products are made from natural, bioactive extracts and therapeutic grade essential oils that also help to soothe the skin and calm the minds. Needless to say that organic products are much better than synthetic counterparts.

## Skin Care



Caring for a new born is more than just a diaper change! There is a massage time, grooming, tending to a daily routine, using eco-friendly products and more. Here is a complete green baby guide that will help you to make that switch to using eco-friendly products a lot more easily than you imagined.

As I have always said, caring for baby's sensitive skin and soft hair requires you to use products that suit their tender skin. The products you choose need to be free from all nasties, chemicals and toxins. Most commercial baby products are laden with chemicals. Steer clear from these products. You need opt for products that are natural and organic.

I've listed some super essential grooming products for your little one that will take care of all the skin and hair care needs.

## Massage Time



As a parent, you would, but naturally opt for the best massage oils for your baby. But how do you know what is good and what is not?

In India the concept of massage is popularly known as '*Tel Malish*'. Massaging your baby helps to create a bonding with it. It's the time that you choose to spend and connect with your little one.

Massaging a baby is one of the most common rituals that mums follow for their new-borns and toddlers. A child is given a massage before the bath or at night time before they sleep so that the nourishing oils penetrate deep in the skin keeping it soft and supple. A massage has lots of health benefits and it plays an important role in the growth and development of baby's body.

A natural and nourishing massage oil will help to strengthen their muscles and bones. A traditional way of heating the massage oil would be in a copper vessel. Please remember that you should never heat the oil in a microwave because it loses its healing properties.

Another alternative is to take a bit of the oil on the palm and rub the hands to warm the oil. Use light strokes to massage your baby with this oil to let its nourishing properties penetrate deep into the skin.

A massage also helps to create a special bond between you and your little one. Make it your special time with the baby when you choose to massage them.

## Ubtans

Ubtans is one of the gentlest cleansing powder that you can use for your baby for a wash. It works excellently as a cleanser especially after a massage. Often made with a blend of lentils and skin soothing herbs, these are ground to a powder that is mixed with water to form a runny paste. It is then massaged gently on the tender baby skin and washed with tepid water. If you do want to try an ubtan, try the ones from [Omved](#) and [Krya](#).

## Soaps

Soaps on the contrary last longer and are easier to use in comparison to an ubtan. They are non-messy, clean faster and more efficiently. But don't be misled by the chemical laden ones. For your baby that has super tender skin, choose these ultra-mild and gentle soaps that are available in Omved, MamaEarth and Rustic Art. Most of the soaps are made in a base of pure coconut oil with a blend of therapeutic grade essential oils that are healing for your baby's tender skin.

## Body Washes

It is perfectly safe to use a body wash for your little one too. Body washes are in the liquid form that are easier to spread and in most cases cause a light lather that cleanse your little one. All organic body washes are made with the natural base of areetha or shikakai that is one of the gentlest ingredients in baby care. Juicy Chemistry, MamaEarth and Omved have an excellent range of body washes for babies that you can explore.

## Hair Care

### Hair Oil

You love a champi? I love a head massage; in fact so much that I am pretty much game for it at any given point of time in the day (or night)! Choose a hair oil that is free from mineral oil and other ingredients like parfum or fragrances. You can also opt for organic coconut oil to give your little one a head massage. A head massage helps to boost the blood circulation and maintain good scalp health. Sesame oil is another option that you can choose to massage not just the scalp but also the baby's body.

### Shampoos /Hair Wash

I have found two types of hair washes that are most effective. Krya, a brand that I love has a range of powder hair washes that promise to clean the scalp so gently. Another brand Omved that actually introduced me to the world of green has a liquid shampoo made in a base of gentle cleansing areetha and a load of therapeutic essential oils that is good for your baby's skin! A shampoo is one of the most important hair care essentials that you will need for your little one. Juicy Chemistry, MamaEarth and Omved have an excellent range of body washes for babies that you can explore.

## Grooming Accessories



### Dusting powder

We all go giddy over that baby fragrance. Mothers' often empty half a bottle of powder on the babies to keep them sweet smelling. But did you know that most baby powders contain talc? Talc is a mineral-based product used in baby powder that helps to absorb moisture and makes one feel refreshed. A talcum powder is still used as an option to prevent diaper rash in babies and infants. The good news is that there are options to the talc. Opt for 100% natural dusting powders that are available with MamaEarth, The Mom's Co and Forest Essentials. These are made from corn starch that is chemical free and added therapeutic essential oils that keeps the baby smelling clean and fresh.

## Moisturising Lotion

Once you have bathed the baby, it is important to keep the baby's skin nourished and hydrated. In the olden times, moms would dab a teeny bit of coconut oil onto the damp skin of the baby to keep it hydrated. But times have changed. There are a variety of chemical-free moisturising lotions and creams available that are nourishing for your baby's tender skin.



## Other must – have accessories



## Diaper Rash Cream

A diaper rash mostly affects new born babies and toddlers. They develop red and inflamed rashes that lead to discomfort and irritation on their skin. The diaper rashes appear on the buttocks, the folds of the thighs and their genitals. While it is important for mothers to ensure that their little one's skin is clean, dry and moisturized, it is also important use a chemical free and natural diaper rash cream that is soothing for their skin.

MamaEarth, Juicy Chemistry, LaFlora Organics and Omved are some brands that have natural diaper rash creams



## Easing Colic

If you have a colicky baby, then this one is a boon, so I am told. Packed with ajwain and flax seeds, when warmed and placed on the baby's tummy and chest provides them a lot of relief. Plus it's a warm snuggly feeling that lets them sleep well. A must buy if you are not looking for any other alternatives to soothe your little one. You can also opt for tummy roll-ons from Mother Sparsh and MamaEarth to ease the colic.

## Natural Pillow

One of the products that you must have in your baby essentials is a baby pillow. Don't go for the synthetic ones, instead opt for the pillow by Omved that smells of lavender and is filled with mustard seeds that help to shape the head of the baby.

It's expensive, I don't deny that. But when you look at the other benefits, price doesn't matter. It's 100% safe for the tender baby skin. 100% chemical free and no nasties. If you want to give your baby the best, go for this!

## Vapour Rub

A natural decongestant helps to alleviate blocked noses and congestion. An organic and a natural vapour rub will be free from camphor, petroleum jelly or mineral oils. To use, gently rub the balm over the chest, back and soles of the feet for faster relief. MamaEarth and Life & Pursuits are two brands that I am aware of that have natural vapour rubs made especially for babies.

## Insect Repellents

There are a variety of repellents available on the market today. Right from mosquito patches, fabric roll-ons, spritzes and more. Choose repellents that are a natural blend of essential repellent oils like Citronella, Peppermint, Lemon and Eucalyptus. Choose repellents that are 100% Deet free as this is safe to be applied on the skin. Of course do carry out a patch test before applying it directly on baby skin. MamaEarth, LaFlora Organics are some of the brands that you can consider for your baby. You can also opt for reed diffusers that are an excellent no smoke option, safe to use in nurseries and in bedrooms.

## Wet Wipes

Choosing baby wipes that are packed with natural ingredients is important for your baby's tender skin. Wipes that are available in the market are filled with harmful chemicals that are not limited to mineral oils, fragrances and parabens. One look at the ingredients and you will know that it is full of chemicals and harmful for your baby's tender skin. Natural and organic wet wipes are great for your baby's skin because it helps to gently cleanse and keep your baby's skin all protected. Natural wipes are also pH balanced, which ensures that your baby's skin does not dry up.

## Natural Laundry Detergent

You can't be dunking your little one's clothes in the regular laundry, can you? Because their skin is so gentle and tender, you need a gentle laundry detergent too. Choose plant based laundry detergent for babies is dermatologically tested and is completely safe for gentle cleaning of baby's clothes, sheets, towels, diapers etc. Choose a detergent that is free from all harmful toxins such as bleach, foam boosters, SLES etc. making it safe for your baby's skin.

## Eco-friendly toys

As parents, we're probably bombarded with decisions that we need to make for the health and well-being of our children. We choose nutritious foods, ensure that they get the required hours of sleep, work on the social skills and more. But as a parent, did you even once consider the toys you chose for your children? It is important that toys for babies and young children are not only fun to play with but are also safe. It is also important to choose eco-friendly toys that also stimulate child development.



By choosing eco-friendly toys, you are reducing your carbon footprint on the planet. Sustainable living is the call of the hour to save the planet and when you make an informed choice, you are making the planet a better place to live in.

Most eco-friendly toys are made from natural, high quality wood with water-based, safe (lead & chemical free) colours ensuring the highest quality & the safest finish for your child. As a parent, nothing is more important than the safety of my child. And when you are offered a chemical free solution, I would take it any day over the mass produced plastic toys

## Wrapping it up

Parenthood is fun; but it can be scary too. With the number of products available in the market, it can be overwhelming on what you want to choose. When you make a choice to go chemical-free and opt for a range of toxin free products, you are making a right choice. Not only are you reducing the carbon footprint on the planet, but also making a choice to opt for natural & eco-friendly products that are safe for you and the earth.

I wrote this book with the idea that I could reach out to millennial parents; introduce them a world of green and sustainable living. Whether it was choosing natural skin care products or switching to cloth diapering. The choices to go green are many. And I hope that this book will give you more ideas to let your precious bundle of joy lead a chemical-free life.

## About Me

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*When I am not rooting for the environment, I am creating magic with social media.*

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Pratibha is the founder of the blog; [PratsMusings](#) blog that focuses on chemical-free living.

“I left a cushy corporate life 10 years ago to spend time raising the twins.

As a mum to twin boys, I know and am aware of the benefits of organic products and needless to say that is what I advocate.

My blog chronicles parenting tips, product reviews, DIY tips and other nuggets of information that will help can help to lessen

the carbon footprint on the planet.

What started as a fledgling blog, this is now a work-from-home career for me. I have had the opportunity to work with some well-known brands in the capacity of a blogger and a social media consultant. “

Author of [15 Types of Content you can use for your Social Media](#) [available on Kindle](#).

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