

# How can you protect your baby from dangerous chemicals?

## 1. Food

Food is very important for your baby's health.

1. It is good to buy **organic food**.

Organic means that the fruits, vegetables or cereals are grown without using chemicals.

For example, no chemicals are used to kill insects.

It is better for nature.

It is good to buy **organic vegetables** and fruits for your baby.

Especially for the fruits and vegetables that you eat without peeling them. For example: grapes and strawberries.

2. It is also a good idea to use **kitchen equipment that does not contain plastic or Teflon**.

Teflon is a chemical often found in frying pans.

It is also a good idea to buy baby bottles made of glass or stainless steel.

Stainless steel is grey and looks like metal.





### 3. You should not give your baby too much fish.

A baby can eat fish,  
but only 1 time per week at a maximum.  
Small fish are best.  
Large fish often contains  
more dangerous chemicals.



## 2. Bath time

A baby's skin is different from an adult's skin.  
A baby's skin is thinner.  
A baby's skin allows more things to pass  
into the body.

So when it comes to bathing your baby  
only use products  
when you really need to!

If you use products such as soap or creams,  
choose fragrance-free and eco-friendly products.



Eco-friendly means that they respect nature.

When a product is eco-friendly, it is often written on the label.



It is better to use sun creams with mineral filters for babies.  
This is also written on the label.



Here are some apps to help you choose the right food or bath products:

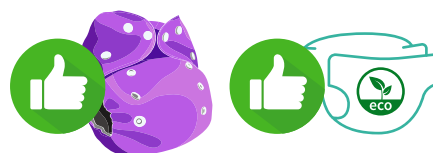
- INCI Beauty,
- Yuka,
- Clean Beauty.



### 3. Nappies

Nappies are in contact with your baby's skin all the time.

You should use washable or eco-friendly nappies.



This is often written on the label.

Look on the label to see if it says:

- FSC,
- Nordicswan,
- Oeko-Tex



You should also clean your baby's bottom using a natural liniment.



Liniment is like a cream for cleaning your baby's bottom when changing nappies.

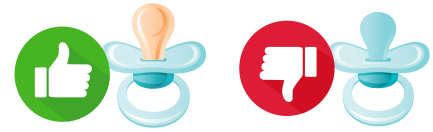
It is better than wipes!



#### 4. The teat

You should buy a teat made with natural rubber or silicone.

Do not buy a teat that is made of plastic.



#### 5. Clothes

It is a good idea to buy second-hand clothes.

These are clothes that someone has already used.

You should wash new clothes before you put them on your baby.

You should buy clothes without plastic designs.



#### 6. The baby's bedroom

In the bedroom, it is best to use second-hand furniture and fabrics.

When you use new furniture or fabrics,  
you should leave them in a room  
with the windows open  
for several weeks.

You should choose eco-friendly furniture and fabrics.

This is often written on the label.

Look on the label to see if it says:

- NF environnement ameublement,
- FSC 100%,
- CertiPUR.





You should also open the bedroom windows  
2 times a day for 15 minutes.

Wash the bedroom floor often with water  
and, if necessary, with black soap.

You should not lay carpets.  
There is always a lot of dust in carpets.



Do not use perfume indoors.



## 7. Toys

You should choose toys made from natural,  
eco-friendly materials.

This is often written on the label.

Look on the label to see if it says:

- Spiel Gut,
- Oko Test,
- Nordic Swan



**ÖKO\*TEST**



You should choose things made in Europe.  
Because there are rules in Europe.



You should avoid buying cuddly toys with foam.

For more information,

Look on the website: <https://docteurcoquelicot.com>.

