

# Expecting? How to Create a Healthy Nursery

## Are the products you're using safe for your baby?

You want to create a safe, healthy environment for your new arrival and that takes planning and a little bit of research. There are many products and building materials that can actually be harmful for your family. Here are some tips on creating an eco-friendly nursery that baby will love.

One of the biggest dangers to any home occupant is off-gassing. Furniture and building materials usually use chemicals in their manufacturing processes and these release toxic gases into your home. In fact, indoor air can be [two to five times](#) more polluted than outdoor air, leading to asthma, allergies and a wealth of health problems. There are ways to reduce the number of chemicals in your nursery and ensure your indoor air is clean and healthy.

### Reduce VOC's

[Volatile Organic Compounds](#) (VOCs) are the chemicals that can cause everything from [headaches, eye, nose and throat irritation and dizziness to respiratory ailments and cancer](#). When renovating your nursery, opt for VOC-free paints and building materials. Materials made from natural substances like wood and stone have fewer chemical additives. When choosing wooden building materials or furniture, be sure they carry the [FSC stamp](#) so you know they were sustainably harvested.

Choose VOC-free furniture and avoid any chemical cleaners in your home. You [can make your own effective cleaners](#) from things you have in your pantry. All you really need is vinegar, baking soda and lemon juice to get your home squeaky clean and germ free.

### Reduce Harmful Chemicals

Soap, just like the anti-bacterial products, [kills germs effectively](#). Anti-bacterial soaps contain chemicals that are harmful to humans and not all bacteria are bad. Young children, in particular, need of bacteria to [boost their immune systems](#), so killing all the germs in your home may actually not be the best thing for your family.

### Avoid Fire Retardants

Baby clothing, bedding and toys are often coated in fire retardants as a way to make them safer. Unfortunately, these chemicals aren't very good at slowing fires and they can lead to severe health issues including [hyperactivity and lower IQs in children](#). Women who have been exposed to large amounts of fire-retardant chemicals find it more [difficult to conceive and have smaller babies](#).

## Bisphenol A (BPA)

BPA is an endocrine disruptor that can have a negative impact on the health of babies. It can be found in some plastic baby bottles, formula, sippy cups, pacifiers and teething toys.

## Improve Indoor Air Quality

Removing chemicals from your environment will help to improve your indoor air quality, but you can also help by installing a [HEPA filter](#) to clean your air. Plants do a wonderful job of filtering the air and removing chemicals while creating oxygen. Plants also relax people and improve their feelings of happiness, so they are the perfect addition to your home and nursery. Get a list of the plants that do the best job of filtering your indoor air [here](#).

The trouble with air fresheners is that they don't freshen your air—they only add a chemical concoction to your already unhealthy indoor air. [Make your own air fresheners](#) from everyday items like lemons, essential oils, vodka and baking soda.

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