

Parenting, Naturally!

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And green mama!



Green Parenting Ideas!

- Before and During Pregnancy
 - Start the new life off well
- New mom and baby
 - Creating a less-toxic environment
- Raising your child
 - The 3 R's (not reading 'riting and 'rithmetic!)



Pregnancy: What can harm the new life



- Plan for a healthy baby before pregnancy
- >50% pregnancies are not planned
- Many women expose their babies to something harmful without knowing it
- Eat a healthy diet free from hormones
- Avoid environmental toxins



6 Quick Steps to Reduce Chemicals in Your Body

1. Know if your home has pesticides or lead-based paints (33040 and 33070)
2. Eat foods low in animal fats, remove skin and excess fat and lower dairy intake (toxins are stored in fat)
3. Wash and peel fruits and vegetables to pesticide residues on the skin (and buy organic!)
4. Know your salt/ freshwater fish warnings
5. Avoid solvents and gasoline fumes
6. Workplace contaminant caution, especially pregnant and lactating women

New Baby: Needs a healthy environment

AVOID:

- Plastic toys/cups for “mouthers” (**BPA's!**)
- **Lead** in paints, metals
- **Formaldehyde** in pressed woods and fabrics
- **Dioxins** in diapers and bleached products
- Absorbent **metals** (mercury, aluminum...)
- **Pesticides** (in foods, clothing, and beds)

Toxic!

Baby is exposed from day 1

(in the womb)

- Toxins are stored in maternal fat
- Most cross through the placenta
- Toxins can mobilize into mother's milk
- Infant exposed through environment
- Infant exposed through foods

What can toxins do to mom or baby?

- Are difficult to remove from the environment and the BODY!
- Collect in human fat tissue and are stored
- Are linked with numerous health issues
 - Cancers
 - Immune function disruption
 - Neurological dysfunction
 - Respiratory complaints



Free and Sustainable!

- **Breastfeeding - a valuable natural resource**
- Requires no resources for advertising, packaging, shipping, or disposal.
- No energy is wasted sterilizing bottles and refrigerating them.
- No water or detergent is needed for washing and mixing bottles.
- It does not create pollution from the manufacturing and disposal of bottles, teats, and cans.

New Baby: First Foods Count!

What is in those cans of baby formula?

- 3,506,870 lbs. of steel from formula cans
- 364,463 lbs. of paper
- 359,608 lbs. of HDPE from plastic milk containers
- 3,790,007 gallons of milk, requiring 65,271,668 lbs. of dairy feed to produce

- 861,192 gallons of oil (equivalent) for cow milk, formula production transportation and refrigeration-which produces ...

- 19,373,385 lbs. of carbon dioxide

- 4,892 acres of forest are required to absorb this amount of carbon dioxide

Impact of bottle feeding

- Bottles and nipples require plastic, glass, rubber, and silicon; production
- **Artificial feeding means more tampons**

Women who practice total, unrestricted breastfeeding average over 14 months without menstruating. Multiply this by the four million US births each year to see that over one billion sanitary products annually could be kept out of our nation's landfills and sewers*

BPA

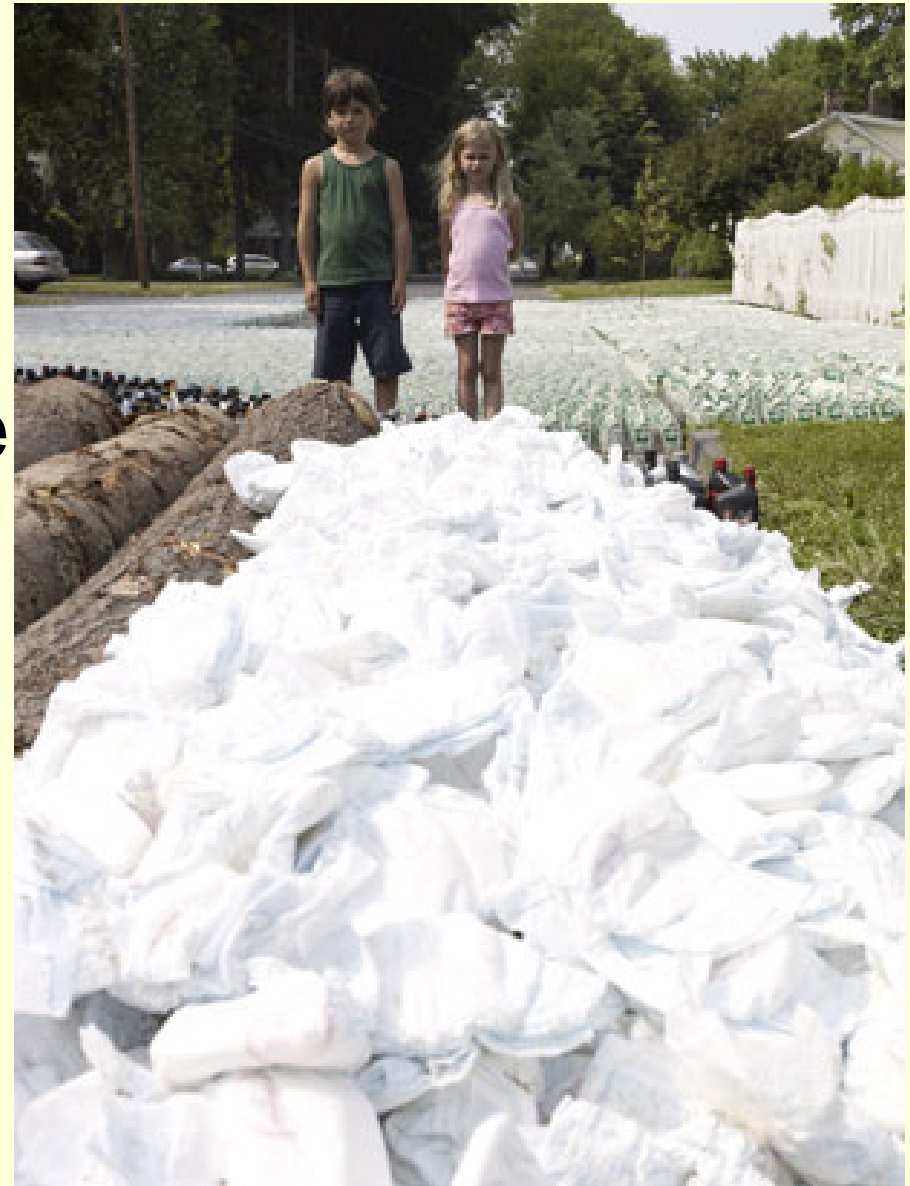
- **Danger in Plastic Baby Bottles?**
- The chemical is known as bisphenol A in plastic baby bottles
- BPA leaching into the milk of babies in a bottle
- Can cause: low sperm count, hyperactivity, early puberty, obesity, small testes size, and enlarged prostates.
- **BPA in infant formula**
- leaches from metal into formula at levels which, are **in excess of doses that caused serious adverse effects in animal tests.**

Plastic bottle alternatives

- **What is the alternative to polycarbonate baby bottles?**
- Polypropylene bottles have a recycle symbol and the number 1 or 2,5 on the bottom!

Diapers!

- Every child adds about 6500 disposable diapers to our landfills.
- Disposable diapers can take up to 500 years to decompose.



That Stinks!

- Serious threat of contamination from disposable diapers because of human sewage going into land and sea
- Disposal of human waste in residential garbage is technically prohibited
- Instructions on disposable diaper packaging recommend that you shake out any fecal matter into the toilet before disposing of it.
- Viruses found in feces can pose a threat to our water supplies and wildlife.

Disposable Diaper Alternatives!

- **Hybrid diapers (cloth cover, flushable inside liner) from gDiapers.com**
- **Cloth diapers, easy to use, velcro and snaps and very comfy for baby**
- **“greener” disposables, diapers not made with plastics and gels, but rather non-bleached wood pulp! Tushies and Seventh Generation make such diapers.**

Mercury Alert!

- Methylmercury can harm developing nervous system, found in fish
- Ethylmercury was an ingredient in vaccines until recently, now only in flu

Recommendations for Healthy Mom and Healthy Baby

- Limit consumption of fish from polluted water (PCB's, Mercury)
- Limit foods with animal fat (hormones, toxins)
- Limit foods that may contain pesticides
- Reduce use of BPA exposing plastics
- Limit dioxins (bleached products)

The Healthy Newborn

- Has cloth or dioxin-free diapers
- Has mothers milk from the tap
- BPA-free bottles/cups
- Waits until 6 months to eat
- Eats whole foods , organic when possible
- Has toys, bedding and items from stainless, wood and natural fibers

The 3 R's Savvy Kid

- Shops wise with mom
- Helps to grow foods
- Knows how and when to recycle
- Eats sustainably
- Sleeps on non-toxic bedding
- Plays outdoors often
- Gets involved with local efforts

Presenting



