# Planet-saving tips for an eco-friendly baby

Saving the planet doesn't have to stop because you've had a baby. Yes, they're a teeny bundle of mess-creating, gadget-needing joy. But we've got a list of simple eco-friendly baby tips, from eco toys to biodegradable diapers, to help you live a greener life.

- ☐ Choose eco toys made of wood, natural rubber or plant-based bioplastic.

- ☐ Consider shopping for bamboo baby bowls, spoons, and cups. Eco-friendly and stylish.

- ☐ Switch to biodegradable bags for your garbage bins and diaper pail.

- ☐ Consider switching to diapers made from eco-friendly or biodegradable materials or even switching to reusable cloth diapers. There may be a company with cloth diaper service in your area.

- ☐ Try cotton balls or washable flannel cloths for diaper changes at home (it may be harder to avoid using wipes outside of your home, so biodegradable baby wipes will come in handy).

- ☐ Try making your own eco-friendly cleaning products using ingredients like vinegar or baking soda. Look online for recipes from a trustworthy source.

- ☐ Choose eco-friendly activities to do with your baby. Like a stroll in your local park or a trip to the farm—urban farms are great if you live in a city.

- ☐ Spend time in your garden (if you're lucky enough to have one!)

- ☐ Try growing your own fruits & veggies! Even a window box of tomatoes is a great start.

- [ ] Shop locally and in season, when possible. Farmers' markets are a fun place to take the family.

- [ ] Join a local and online Mom-2-Mom group. They're a treasure trove of gently used items like clothes, books, and even furniture.

- [ ] Upcycling can be a fun family project.

- [ ] Get outside and reduce family screen time, particularly towards the end of the day.

- [ ] Adjust your lighting according to the time of day.

- [ ] Aim for bright, open curtains and blinds in the daytime, and keep things dim at night—it can help get baby into a good sleep routine.

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