

## EWG's HEALTHY BABY REGISTRY

One of EWG's favorite resources for tips on creating a healthy environment for your family is Dr. Natasha Beck MPH, Psy.D, Dr. Organic Mommy. **Her baby registry covers so much that we at EWG thought we'd focus on areas where we've done research and build our own healthy baby registry with her help.**

At EWG, we know how important baby and children's health is – especially in the first few months of life, when babies' bodies and brains are developing, and their thin skin is more vulnerable to the absorption of some chemicals.

**We also know that exposure to chemicals at an early age can have serious and long-lasting implications – “irreversible damage,” according to the World Health Organization.** For instance, long-term exposure to high concentrations of volatile organic compounds, or VOCs, can damage the liver, kidneys and central nervous system. Some VOCs, like pesticides and formaldehyde, are linked to cancer. Certain phthalates can interfere with hormones that affect proper growth and development. And these chemicals are found in products from baby diapers to crib mattresses to baby care products.

That's why our scientists and researchers **have spent countless hours researching, testing and creating tips and resources to help make the lives of parents and caregivers easier** when it comes to avoiding harmful chemical exposure and making sure the products they choose to use on and around their babies and little ones are going to be safe.

**We're very proud of the result – baby care products made to our highest standards for health and transparency.**



## EWG VERIFIED™: Baby care

### WHAT'S BEST FOR YOUR FAMILY

**Our EWG VERIFIED program now recognizes baby care products** that meet EWG's strictest standards for your and your family's health. From diapers to cleaning products and everything in between, we've got you covered.

Here are some of the brands who have baby care products that bear the EWG VERIFIED mark. **We encourage you to check them out.**

[Adorable Baby](#)

[ATTITUDE](#)

[Babo Botanicals](#)

[Baja Baby](#)

[Bare Necessities](#)

[Be Green Bath & Body](#)

[Beautycounter](#)

[Bets & Emy](#)

[Coterie](#)

[Daily Jungle Kids](#)

[Doctor Butler's](#)

[Earnest Mom](#)

[Earth Mama](#)

[EllaOla](#)

[Evereden](#)

[Everyone](#)

[Finally Pure](#)

[Hanulsoo](#)

[Healthybaby](#)

[Healthynest](#)

[Hello Bello](#)

[Inna Organic](#)

[Lowen's Natural Skin Care](#)

[made of](#)

[Mustela](#)

[Natracare](#)

[Niki's](#)

[Noleo](#)

[Offspring](#)

[Olivarrier](#)

[Ora's Amazing Herbal](#)

[Paul Penders](#)

[Pipette](#)

[Qet Botanicals](#)

[Soap for Goodness Sake](#)

[The Honest Company](#)

[thinkbaby](#)

[Vivvi & Bloom](#)

[Wash with Water](#)

[Whamisa](#)



## FOR BATHING

Children are not little adults. Pound for pound, kids are exposed to more chemicals in personal care products than adults. **What you use on your baby during and after bath time is so important because their developing systems are vulnerable to chemical hazards, and some ingredients can affect long term health.** Caregivers can make healthy choices by learning more about ingredients to avoid and using EWG's resources to find out whether your favorite bath products are safe for your kiddos.

The EWG VERIFIED mark means we've checked all the ingredients in a product for safety, so you can trust you are using the best for baby during this fun and bubbly bath time.

You can browse all EWG VERIFIED baby care products [here](#) or click the different product categories below to see the EWG VERIFIED options:

[Baby bubble bath](#)

[Bubble bath](#)

[Baby shampoo](#)

[Baby soap](#)

[Bar soap](#)

[Body wash/cleanser](#)

[Baby lotion](#)

[Baby oil](#)

[Bath oil/salts/soaks](#)

You can also use EWG's Skin Deep® database to find safer alternatives for your baby's bath time. Products with a **green score** – which indicates low health hazards – are a good place to start.

[Baby bubble bath](#)

[Baby lotion](#)

[Baby oil](#)

[Baby shampoo](#)

[Baby soap](#)

## FOR DIAPER CHANGES

Did you know the Consumer Products Safety Commission doesn't require manufacturers of disposable diapers to disclose their ingredients publicly or ensure their products are made without ingredients and materials of concern? Even though a diaper is a product a kid sits in for hours every day – and wears one for years. EWG decided to step in and set a standard

for all the ingredients in a diaper and require full transparency, so you, the caregiver, know exactly what your child is exposed to (and can hopefully avoid those nasty rashes!).

## DIAPERS

Choose baby diapers with the EWG VERIFIED mark. Currently the only diaper that carries the EWG VERIFIED mark is Healthybaby diapers.

## DIAPER CHANGE PRODUCTS

Choose diaper change products with the EWG VERIFIED mark or that score green in EWG's Skin Deep database.

EWG VERIFIED Wipes

### AS SEEN ON DR. ORGANIC MOMMY:

Dr. Organic Mommy's favorite, Dr. Butler's Organic Wipes, are EWG VERIFIED.

EWG VERIFIED diaper cream

You can also use EWG's Skin Deep database to find safer alternatives for your little one's diaper changes. **Choosing products that score green are the next best options.**

Baby powder

Baby wipes

Diaper cream

## FOR CLEANING

With asthma and many childhood cancers on the rise, it's important to know whether the products we use daily in our homes are a factor. Lax labeling requirements in current law mean people often don't know what they're buying. Consumers are often alarmed to learn that even when used as directed, products commonly found in homes and schools can release hundreds of chemicals into the air, including compounds linked to asthma, developmental and reproductive harm, and cancer.

Use EWG's Guide to Healthy Cleaning to choose safer cleaning products to use around your baby. Cleaning products for babies that bear the EWG VERIFIED mark and those that score an A or B in EWG's Guide to Healthy Cleaning are our top picks.

EWG VERIFIED cleaning products for babies from brands like Attitude and Healthybaby.

A-scoring cleaning products for babies

B-scoring cleaning products for babies



Cleaning baby bottles? Browse the link below to see the scores of baby bottle soaps on EWG's Guide to Healthy Cleaning. Choose a baby bottle soap that scores an A or a B in **EWG's Guide to Healthy Cleaning**.

**AS SEEN ON DR. ORGANIC MOMMY:**

Dr. Organic Mommy's favorite bottle brushes are **Redecker milk bottle brush** and **Haakaa Silicone Cleaning Brush kit**.

## **FOR FEEDING**

### **BABY BOTTLES**

When choosing a baby bottle to feed your little one, use **EWG's Guide to Baby-Safe Bottles and Formula**. Choose glass bottles instead of plastic to avoid exposure to microplastics and regrettable BPA substitutes. And choose a clear silicone nipple.

**AS SEEN ON DR. ORGANIC MOMMY:**

See Dr. Organic Mommy's favorite glass baby bottles and silicone nipples **here**.

### **MILK AND FORMULA**

Whether you're feeding breastmilk or formula in a bottle, use **EWG's Guide to Baby-Safe Bottles and Formula**, to feed your baby safely.

## **FOR NURSERY**

Preparing your baby's nursery and your little one's room can be daunting. Every parent or caregiver wants to make sure what they pick to outfit the space where their baby will sleep and play is safe. Babies and children are especially vulnerable to health problems from exposures to toxic chemicals. **Check out EWG's Healthy Home Guides** to reduce or eliminate toxic chemicals – like VOCs, flame retardants and phthalates – from your nursery and create a safer room for your baby.

### **CARPETS AND RUGS**

Carpets and rugs are small children's biggest source of PFAS exposure, since they crawl on the floor and put their hands in their mouths. So when you choose a carpet or rug for your home, your baby's nursery or your little one's room, select one made without PFAS. Make sure to avoid stain- and water-resistant treatments and cleaners, too. Use **EWG's Healthy Home Guide: Carpet** to find a carpet or area rug that's safer for your little one.

**AS SEEN ON DR. ORGANIC MOMMY:**

See Dr. Organic Mommy's favorite rugs for the nursery **here**.

## MATTRESSES

During the first few years of their lives, infants may spend most of their time sleeping or crawling in the crib. It can be tough to choose children's products that are good for air quality in the baby's room. **But we have you covered with these resources to help you choose a healthier mattress for your baby's nursery or little one's room.**

[EWG's Healthy Home Guide: Mattresses](#)

[Choosing a safer mattress for your baby's crib](#)

[What to look for when buying a crib mattress](#)

## FOR TRAVEL

Flame-retardant-free baby car seats

**AS SEEN ON DR. ORGANIC MOMMY:**

Check out Dr. Organic Mommy's picks for flame-retardant-free car seats, [here](#).



To get in touch with Dr. Natasha Beck MPH, Psy.D aka Dr. Organic Mommy visit [drorganicmommy.com](https://drorganicmommy.com) or check out her Instagram [@dr.organicmommy](https://www.instagram.com/dr.organicmommy).