



# **Mothers & Others for a Livable Planet Guide to Natural Baby Care: Nontoxic and Environmentally Friendly Ways to Take Care of Your New Child**

*Mindy Pennybacker, Aisha Ikramuddin*

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A friendly, step-by-step parent's resource for safe, practical, and affordable baby care.

No job is more important to you than taking care of your child. Mothers & Others for a Livable Planet understand this, and they want to help. For the last ten years, they've been a leading voice for raising children in natural, nontoxic, and environmentally friendly surroundings. Mothers & Others for a Livable Planet Guide to Natural Baby Care puts all of their pioneering research, advocacy, and support right at your fingertips. This wonderfully practical and accessible resource offers straightforward information and simple advice on how to reduce babies' and children's exposure to environmental toxins and embrace safer practices and "greener" products. Engagingly written and clearly organized for quick and easy reference, the book discusses:

- \* caring for yourself during pregnancy
- \* eliminating dangerous chemicals from your home
- \* breast-feeding and bottle-feeding
- \* affordable organic baby food
- \* nontoxic rugs, paints, clothing, toys, and furniture
- \* avoiding pollutants such as pesticides, dust mites, molds, microbes, chemical fumes, and cigarette smoke
- \* safe soaps, shampoos, and lotions
- \* environmentally sounder diapers, furniture, and other greener product choices.

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