A GUIDE TO CREATING A *Nontoxic Nursery*

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YOUR GUIDE TO BUILDING A NONTOXIC NURSERY

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WELCOME FRIEND

Preparing a safe and healthy nursery for your baby is an exciting step in your parenting journey.

This guide provides practical tips, a comprehensive checklist, and DIY ideas to help you create a toxin-free, sustainable space.

Congratulations on your bundle of joy!

With Love,

-Dr. CeCe

Questions?

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CHAPTER ONE

CHOOSING LOCATION AND AIR QUALITY

In choosing a physical room for you baby's nursery, there are two important factors to consider:

1. **Ventilation:** If possible, select a room with natural air circulation.
2. **Distance from Pollutants:** To the best of your ability, avoid rooms close to the garage, heavily trafficked areas, or places near strong fumes or odors such as the kitchen.



AIR QUALITY

In maintaining clear air quality, consider:

- **Plants**: Add air-purifying plants like s*pider plants or peace lilies*. Ensure they're non-toxic to pets if you have any.
- **Fragrance-Free**: Avoid scented candles, plug-ins, and air fresheners. Opt for essential oil diffusers instead.
- **Dust + Allergen Control:** Use a vacuum with a HEPA filter and clean regularly.

What About AIr Filters?

Air quality is critical in creating a safe and healthy nursery. Choosing the right air purifier and filters can help reduce airborne toxins, allergens, and pollutants. Below is a list of highly-rated air purification systems ideal for nurseries, along with their features.



HEPA AIR PURIFIERS

(High-Efficiency particulate air filters)

- **Blueair Blue Pure 211+**
  - Features:
    - HEPASilent filtration captures 99.97% of airborne particles, including dust, pollen, and smoke.
    - Energy-efficient and quiet, perfect for use in a baby's room.
    - Washable pre-filters available in various colors to match your nursery decor.
  - *Ideal For: Medium to large-sized nurseries.*
- **Honeywell HPA300**
  - Features:
    - True HEPA filter captures particles as small as 0.3 microns, including mold spores and allergens.
    - Carbon pre-filter helps reduce odors and VOCs.
    - Covers up to 465 sq. ft., making it suitable for larger nurseries.
  - *Ideal For: Homes with pets or high levels of allergens.*
- **Levoit Core 400S**
  - Features:
    - 3-stage filtration system with True HEPA filter and activated carbon for VOCs and odors.
    - Smart app control with real-time air quality monitoring.
    - Whisper-quiet operation in Sleep Mode.
  - *Ideal For: Small to medium-sized rooms with modern tech integration.*
  -
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ACTIVATED CARBON & ULTRAVIOLET AIR FILTERS

- **Molekule Air Mini+**
  - Features:
    - PECO (Photo Electrochemical Oxidation) technology destroys airborne pollutants, VOCs, and bacteria.
    - Compact design fits seamlessly into nursery spaces.
    - Real-time air quality sensors.
- *Ideal For: Nurseries with high VOC levels or homes in urban areas.*

- **Austin Air Baby's Breath Air Purifier**
  - Features:
    - True HEPA and activated carbon filtration for removing VOCs, allergens, and odors.
    - Designed specifically for nurseries.
    - Quiet operation to prevent disruptions during sleep.
  - *Ideal For: Homes with strong chemical sensitivities.*

- **Pure Enrichment PureZone 3-in-1 Air Purifier**
  - Features:
    - True HEPA filter and UV-C light to kill airborne germs and bacteria.
    - Compact, lightweight design for small spaces.
    - Ultra-quiet operation suitable for nurseries.
  - *Ideal For: Parents seeking added protection against bacteria and viruses.*

- **GermGuardian AC4825E**
  - Features:
    - UV-C light combined with True HEPA filtration.
    - Reduces mold spores, bacteria, and viruses.
    - Affordable and compact.
  - *Ideal For: Small nurseries with humidity concerns.*



SMART AIR PURIFIERS AND NATURAL AIR QUALITY BOOSTERS

- **Coway Airmega 200M**
  - Features:
    - True HEPA filter and activated carbon to tackle particles and odors.
    - Air quality monitoring adjusts purification levels automatically.
    - Sleek, modern design fits nursery aesthetics.
  - *Ideal For: Parents seeking a hands-off, smart solution.*
- **Dyson Purifier Cool TP07**
  - Features:
    - HEPA H13 and activated carbon filtration.
    - Acts as both an air purifier and fan for better air circulation.
    - Real-time air quality monitoring via an app.
  - *Ideal For: Nurseries needing both air purification and cooling.*

Factors to Consider When Choosing an Air Purifier

- **Room Size:** Match the purifier's coverage area to your nursery's square footage.
- **Noise Level:** Look for a unit with a quiet or sleep mode.
- **Filter Replacement:** Ensure filters are easy to replace and check replacement costs.
- **Energy Efficiency:** Choose energy-efficient models to save on power bills.
- **Certifications:** Look for CARB (California Air Resources Board) compliance and Energy Star ratings.

Natural Air Quality Boosters

- While air purifiers are essential, combining them with natural air-improving methods can enhance their effectiveness:
  - **Plants**: Add non-toxic, air-purifying plants like areca palms or parlor palms.
  - **Salt Lamps:** Himalayan salt lamps may help reduce airborne particles, though they are less effective than purifiers.
  - **Ventilation:** Regularly open windows to allow fresh air circulation (if outdoor air quality is safe).



CHAPTER TWO

NON-TOXIC MATERIALS, SUSTAINABLE + SAFE DECOR

Setting up a safe, toxin-free nursery is easier when you know where to shop! Here's a list of companies offering non-toxic, eco-friendly products to help you create a healthy space for your baby.



QUICK TIPS

OPT FOR NON-TOXIC MATERIALS

- **Paint:** Choose VOC-free (volatile organic compound) paints for walls and ceilings.
- **Flooring:** Avoid synthetic carpets that emit toxins. Opt for natural fibers like wool or jute rugs, or bamboo flooring.
- **Furniture:** Select solid wood furniture with non-toxic finishes instead of particleboard, which often contains formaldehyde.
- **Bedding:** Use organic cotton, bamboo, or linen for sheets and crib covers. Look for certifications like GOTS (Global Organic Textile Standard).
- **Mattress:** Choose an organic mattress free of flame retardants and other chemicals. Natural latex, wool, or coconut coir are good options.
- **Curtains and Cushions:** Opt for untreated and natural fabrics. Avoid synthetic dyes and finishes.

Choosing Paint & Wall Treatments:

1. **Benjamin Moore – Natura Line**
   - VOC-free paint available in a wide range of colors.
   - Certified asthma & allergy friendly.
2. **ECOS Paints**
   - Water-based, VOC-free, and non-toxic.
   - Offers nursery-specific paints with no harsh odors.
3. **Clare Paint**
   - Greenguard Gold-certified and sustainably produced.
   - Stylish color options with safe formulations.

Choosing Furniture:

1. **Babyletto**
   - Solid wood cribs with non-toxic finishes.
   - GREENGUARD Gold-certified products.
2. **Oeuf**
   - Modern, sustainable furniture made from FSC-certified wood.
   - Finishes are free of harmful chemicals.
3. **IKEA (Select Lines)**
   - Solid wood cribs like the Sniglar Crib use water-based finishes.



QUICK TIPS

OPT FOR NON-TOXIC MATERIALS

Choosing Mattresses:

1. **Naturepedic**
   - Certified organic crib mattresses free of flame retardants and polyurethane foam.
   - Made with natural latex, cotton, and wool.
2. **Avocado Green Mattress**
   - Non-toxic and handmade with organic materials.
   - Offers mini crib and bassinet options.
3. **My Green Mattress**
   - Affordable, GOTS-certified crib mattresses.
   - Hypoallergenic with natural latex and wool.

Choosing Bedding & Textiles:

1. **Burt's Bees Baby**
   - Organic cotton crib sheets, blankets, and swaddles.
   - GOTS-certified and free of harmful dyes.
2. **Coyuchi**
   - Offers sustainably sourced organic bedding.
   - Products are dyed with non-toxic, plant-based pigments.
3. **Aden + Anais Essentials**
   - Known for muslin swaddles made from organic cotton.

Choosing Decor & Accessories:

1. **Lorena Canals**
   - Machine-washable, natural fiber rugs free of toxic dyes.
2. **Crate & Kids**
   - Sustainable, non-toxic nursery furniture and décor.
3. **The Tot**
   - A curated collection of non-toxic baby toys, décor, and accessories.



QUICK TIPS

OPT FOR NON-TOXIC MATERIALS

Choosing Toys:

1. **PlanToys**
   - Sustainably made wooden toys using water-based, non-toxic dyes.
2. **Green Toys**
   - Durable toys made from 100% recycled plastic, free of BPA and phthalates.
3. **HABA USA**
   - Wooden toys crafted from PEFC-certified beech wood with water-based stains.

Choosing Cleaning Products:

1. **Branch Basics**
   - Concentrated, plant-based cleaning products safe for baby spaces.
2. **Babyganics**
   - Nursery-specific surface wipes, cleaners, and laundry products.
3. **Aspen Clean**
   - Nontoxic, clean ingredients safe for the entire home.



CHAPTER THREE

DIY PROJECTS

Creating a non-toxic nursery doesn't mean sacrificing style or creativity! These DIY projects will add a personal touch to your baby's space while keeping it safe from harmful chemicals. Each project uses natural, sustainable, and non-toxic materials to ensure a healthy environment.



DIY PROJECTS

HANDMADE MOBILE

Materials:

✅ Natural wood embroidery hoop or driftwood branch
✅ Organic cotton yarn, hemp twine, or natural jute string
✅ Wooden beads (unfinished or painted with VOC-free, water-based paint)
✅ Felted wool shapes or wooden animal cutouts
✅ Beeswax polish (optional for wood protection)

Instructions:

1️⃣ If using an embroidery hoop, separate the inner and outer rings. Use the inner ring as your base. If using a branch, ensure it's smooth and splinter-free.
2️⃣ Cut multiple lengths of string (12–24 inches) to hang your decorations.
3️⃣ Thread wooden beads and attach wool shapes (like stars, clouds, or animals). You can make felted wool shapes by cutting and stitching two layers together, stuffing them lightly for dimension.
4️⃣ Tie each strand securely to the hoop or branch. Space them evenly to balance the mobile.
5️⃣ Attach three or four longer pieces of twine to the top of the hoop or branch, bringing them together to create a hanging loop.
6️⃣ Hang from a ceiling hook above the crib or changing table (not within reach of the baby).

Why It's Non-Toxic:

✔ Uses untreated natural materials
✔ No plastic or synthetic dyes
✔ No VOC paints or glues



DIY PROJECTS

Upcycled Toy Storage

Materials:

✅ Wooden crates or baskets (unfinished or treated with natural oils like linseed or beeswax)
✅ Jute rope or cotton handles (for carrying)
✅ Chalk paint (VOC-free) or milk paint (optional for decorating)
✅ Stencils or wood-burning tool (for personalizing)

Instructions:

1️⃣ Sand down any rough edges of the wooden crate to make it baby-safe.
2️⃣ If painting, apply a thin coat of VOC-free chalk paint or milk paint and let dry completely.
3️⃣ Use a wood-burning tool to engrave a simple design or your baby's name on the side for a personalized touch.
4️⃣ Drill small holes on each side to attach jute or cotton rope handles for easy carrying. Knot securely on the inside.
5️⃣ Seal with a natural beeswax or linseed oil finish for added durability.
6️⃣ Use baskets inside the crate to separate small toys, books, or stuffed animals.

Why It's Non-Toxic:

✔ No plastic bins that off-gas chemicals
✔ Safe, baby-friendly finishes
✔ Sustainable and upcycled materials



DIY PROJECTS

NONTOXIC WALL ART

Materials:

✅ Reclaimed wood or natural canvas
✅ Non-toxic, VOC-free watercolor or milk paint
✅ Natural sponges or wooden stamps
✅ Organic cotton or linen fabric (for textile art)
✅ Pressed flowers, leaves, or baby's handprint

Instructions:

A. Painted Wooden Wall Art

1️⃣ Lightly sand reclaimed wood and wipe clean.
2️⃣ Use VOC-free watercolor or milk paint to create simple designs (abstract shapes, rainbows, or mountains).
3️⃣ Let it dry and apply a natural wax for protection.
4️⃣ Hang using hemp twine or wooden brackets.

B. Fabric Hanging Wall Art

1️⃣ Cut a large piece of organic cotton or linen fabric into a rectangle.
2️⃣ Use water-based, non-toxic dye or stamps to create a pattern.
3️⃣ Attach a wooden dowel to the top with twine to hang it like a tapestry.

C. Nature-Inspired Art

1️⃣ Collect dried flowers or leaves. Arrange them on recycled paper or wood.
2️⃣ Secure them with non-toxic adhesive or natural beeswax polish.
3️⃣ Frame in a solid wood frame with a glass cover.

Why It's Non-Toxic:

✔ No synthetic dyes, glues, or off-gassing plastic prints
✔ Uses natural pigments and repurposed materials
✔ Creates a calming, organic feel in the nursery



CHECKLIST: TOXIN FREE NURSERY SET-UP



- [ ] **Furniture and Décor:**
- [ ] VOC-free paint and finishes
- [ ] Solid wood furniture
- [ ] Organic crib mattress
- [ ] Natural fiber rugs
- [ ] **Bedding and Fabrics:**
- [ ] Organic cotton or bamboo sheets
- [ ] GOTS-certified textiles
- [ ] Non-toxic curtains
- [ ] **DIY Projects:**
- [ ] Custom mobile
- [ ] Upcycled toy storage
- [ ] Hand-painted wall art
- [ ] **Air Quality:**
- [ ] Air purifier with HEPA filter
- [ ] Air-purifying plants
- [ ] Fragrance-free environment
- [ ] **Cleaning and Maintenance:**
- [ ] Natural cleaning products
- [ ] Regular vacuuming with a HEPA filter
- [ ] Washable items cleaned with eco-friendly detergents

BONUS PAGE!

ULTIMATE NON-TOXIC BABY REGISTRY: SAFE & ECO-FRIENDLY MUST-HAVES

Bringing a baby into the world means making choices that prioritize safety and health. This non-toxic baby registry includes organic, chemical-free, and eco-friendly essentials, from skincare to baby gear. All recommended brands use safe materials, no harsh chemicals, and sustainable practices to give your newborn the best start in life.



🛁 Non-Toxic Baby Skincare & Bath Essentials

1️⃣ Baby Wash & Shampoo
- Earth Mama Organic Baby Wash (castile-based, fragrance-free)
- Babo Botanicals Sensitive Baby Wash (oat & calendula, EWG verified)
- Dr. Bronner's Unscented Baby Castile Soap (organic oils, gentle)

2️⃣ Lotion & Moisturizer
- Earth Mama Organic Baby Lotion (calendula & shea butter)
- Weleda Baby Calendula Cream (organic calendula extract, beeswax)

3️⃣ Diaper Cream
- Badger Organic Diaper Balm (zinc-free, USDA organic)
- Earth Mama Organic Diaper Balm (no petroleum, clean ingredients)

4️⃣ Baby Wipes
- Water Wipes (99.9% water, no added chemicals)
- Coterie Wipes (plant-based, biodegradable)

5️⃣ Baby Powder (Talc-Free)
- Era Organics Baby Powder (cornstarch & arrowroot-based)
- Motherlove Organic Baby Powder (no talc, gentle for sensitive skin)

👶 Organic Cotton Baby Clothing & Accessories

1️⃣ Clothing (Onesies, Bodysuits, Pajamas)
- Hanna Andersson (GOTS-certified organic cotton)
- Kate Quinn Organics (bamboo & organic cotton)
- Burt's Bees Baby (affordable organic basics)

2️⃣ Hats & Socks
- Finn + Emma Organic Beanies
- Parade Organics Baby Socks

3️⃣ Swaddles & Blankets
- Aden + Anais Organic Swaddle Blankets
- Coyuchi Organic Baby Blankets
- LouLou Lollipop Muslin Swaddle

4️⃣ Crib Sheets
- Naturepedic Organic Cotton Sheets
- Burt's Bees Baby Fitted Crib Sheet

🍼 Non-Toxic Feeding Essentials

1️⃣ Baby Bottles
- Pura Kiki Stainless Steel Bottles (plastic-free, BPA-free)
- Lifefactory Glass Baby Bottles (silicone sleeve for grip)
- Philips Avent Glass Baby Bottles

2️⃣ Breast Pump & Milk Storage
- Spectra S1 Electric Breast Pump (hospital-grade, BPA-free parts)
- Haakaa Silicone Manual Pump (one-piece, no plastic)
- Mason Bottle Silicone Lids (for breastmilk storage in glass jars)

3️⃣ Organic Baby Formula (if needed)
- Bobbie Organic Infant Formula (European-style, USDA organic)
- Holle Goat Milk Formula (EU organic certified, no additives)
- Kendamil Organic Whole Milk Formula (UK-based, no palm oil)

4️⃣ Pacifiers & Teethers
- Natursutten Natural Rubber Pacifier (one-piece, BPA-free)
- Hevea Natural Rubber Pacifier (biodegradable, non-toxic)
- Oli & Carol Natural Rubber Teethers (handmade, eco-friendly)

🚼 Non-Toxic Diapers & Changing Essentials

1️⃣ Disposable Diapers
- Coterie Diapers (hypoallergenic, chlorine-free)
- Healthynest Diapers (plant-based, EWG certified)
- Dyper Bamboo Diapers (compostable, no phthalates)

2️⃣ Cloth Diapers
- Esembly Cloth Diapers (organic cotton inserts, leakproof)
- Thirsties Natural All-in-One Cloth Diapers
- GroVia Organic Cotton Cloth Diapers

🛒 Non-Toxic Travel & Baby Gear

1️⃣ Stroller
- Bumbleride Indie Stroller (recycled, non-toxic fabrics)
- UPPAbaby Vista V2 (PFAS-free, safe materials)

2️⃣ Car Seat
- Nuna Pipa Lite RX (Greenguard Gold-certified, flame retardant-free)
- Clek Liing Infant Car Seat (OEKO-TEX fabric, no added flame retardants)

3️⃣ High Chair
- Stokke Tripp Trapp (solid wood, non-toxic finish)
- Lalo The Chair (BPA-free, food-safe materials)

🛌 Non-Toxic Nursery Essentials

1️⃣ Crib
- Oeuf Sparrow Crib (solid wood, non-toxic finishes)
- Babyletto Hudson Crib (GREENGUARD Gold-certified)

2️⃣ Mattress
- Naturepedic Organic Crib Mattress (GOTS-certified, no flame retardants)
- Avocado Organic Crib Mattress

3️⃣ Air Purifier
- Blueair Blue Pure 211+ (HEPA filter for VOCs & allergens)
- Molekule Air Mini+ (PECO technology for toxins)

4️⃣ Low-EMF Baby Monitor
- Babysense HD Baby Monitor (low radiation, secure transmission)
- Eufy SpaceView Baby Monitor (no WiFi, minimal EMF exposure)

🌿 Natural Remedies & Wellness Essentials

1️⃣ Infant Probiotics
- Mary Ruth's Organic Baby Probiotics
- BioGaia Protectis Baby Drops

2️⃣ Gripe Water & Tummy Relief
- Wellements Organic Gripe Water
- Motherlove Gas Relief Drops

3️⃣ Baby Chest Rub (for congestion relief)
- Maty's Organic Baby Chest Rub (no petroleum, essential oils)
- Zarbee's Baby Chest Rub (soothing eucalyptus & lavender)

4️⃣ Teething Remedies
- Earthley Teeth Tamer (clove & catnip extract)
- Jack n' Jill Natural Teething Gel

5️⃣ Sun Protection
- Badger Baby Sunscreen SPF 30 (zinc oxide, no oxybenzone)
- Thinkbaby Safe Sunscreen

Need More Support?

Head on over to The Discovery Doc Resources to gain access to our freebies and guides!

There you will find E-Books on navigating a holistic pregnancy and postpartum period, treating mastitis naturally, beating pregnancy induced cholestasis, protocols for postpartum hair loss, and so much more!

Gain access to holistic supplement protocols on our FullScript account!

There you will find natural remedies and protocols for allergies, cold and flu, immune support, gut health, ear aches, pregnancy, and overall wellness.

Questions?

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