

Simple tips for an eco-friendly baby

There you were, quietly doing your bit to save the planet, and along comes a teeny bundle of mess-creating, gadget-needing joy. But worry not. We've got a list of easy eco-friendly baby tips to help you carry on living a greener life.

- ✧ Try to choose eco toys made of wood, natural rubber or plant-based bioplastic.
- ✧ Consider shopping for bamboo baby bowls, spoons and cups. Eco-friendly and beautiful.
- ✧ Try swapping to biodegradable bin bags and nappy bags.
- ✧ Try cotton wool or flannels for changing time at home (it may be harder to avoid using wipes out and about so biodegradable baby wipes will come in handy).
- ✧ Have a go at mixing up your own cleaning products using things like vinegar and bicarb of soda.
- ✧ Avoid too much 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, dim at night – it can help get baby into a good sleep routine.
- ✧ Go for a stroll in your local park.
- ✧ Take a trip to the farm – urban farms are fun too.
- ✧ Explore your garden (if you're lucky enough to have one!)
- ✧ Aim to shop from your local butcher, baker, greengrocer and farmers' market.
- ✧ Try growing your own! Even a window box of tomatoes is a great start.



- ✧ Swap to a milk delivery service – it's local and avoids plastic bottles.
- ✧ Check out your local charity shops. They're a treasure trove of everything from clothes to books and furniture.
- ✧ Upcycling can be a fun family project.
- ✧ Consider switching to eco nappies, biodegradable nappies or washable/reusable nappies.