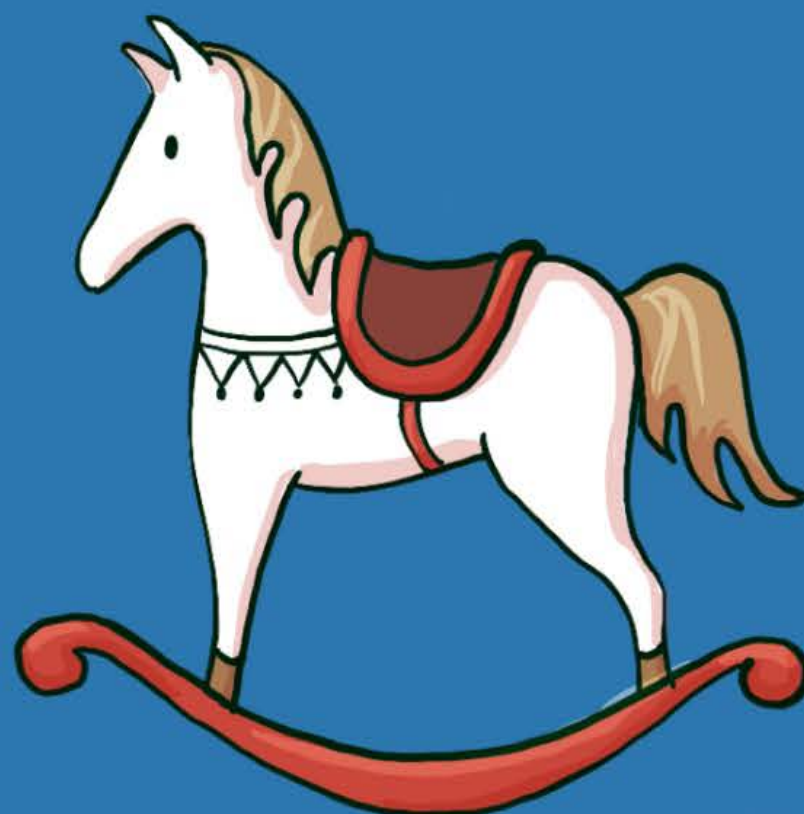
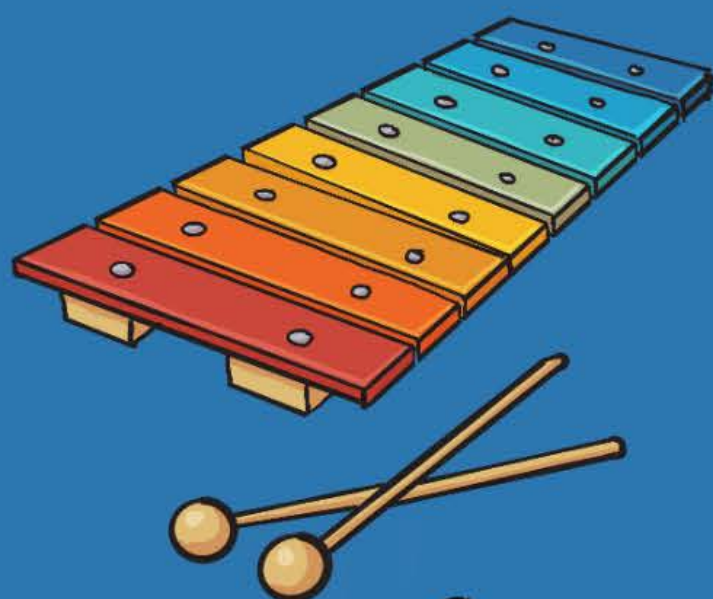




How to raise a

BABY

sustainably



Ommmmm...
One step at a time



Having a baby can be very stressful, especially if you're trying to live a low waste lifestyle. Don't blame yourself – your baby's health and your own well-being should be top priority. But every step you take towards sustainability, no matter how small, makes a difference.

Having a baby is one of the biggest life changes a person can go through. And even though it is a magical experience, it can also be very, very stressful. You are underslept and don't have time to eat. You might be in some pain while recovering from labor or a major operation, and on top of it all, you're responsible for keeping a brand new human alive.

And if you're a conscious person who's been living a low waste lifestyle, now on top of it all, you feel the guilt of creating mountains of garbage daily.

Please breathe and don't blame yourself. Your baby's and your own health, both physical and mental, should be a priority above all else.

This book is not meant to criticize your current way of parenting, but simply to give you some ideas and guidelines. Some of the suggested practices actually require way fewer resources than their well-known alternatives. Others are a bit more ambitious. Do things at your own pace. And keep in mind that every step you take towards raising your baby sustainably does make a difference, no matter how small it might seem.

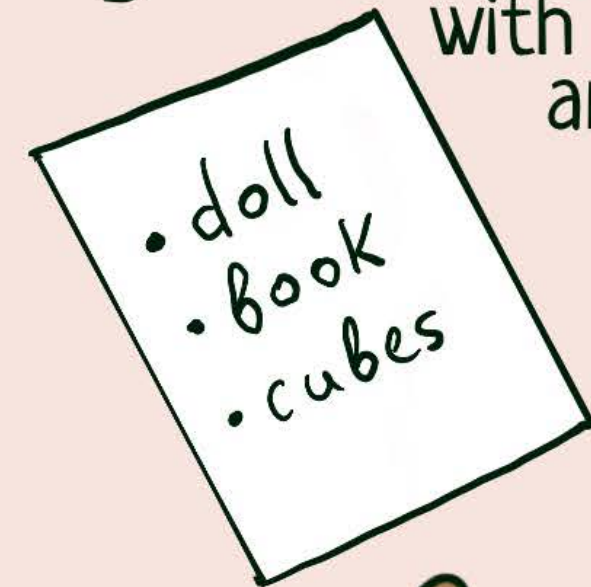
get
plastic toys
second hand



look for
hand-me-downs/
heirlooms



share
gift wishes/needs
with friends
and family



textile
toys
from
natural
fibres



stick to the
classics

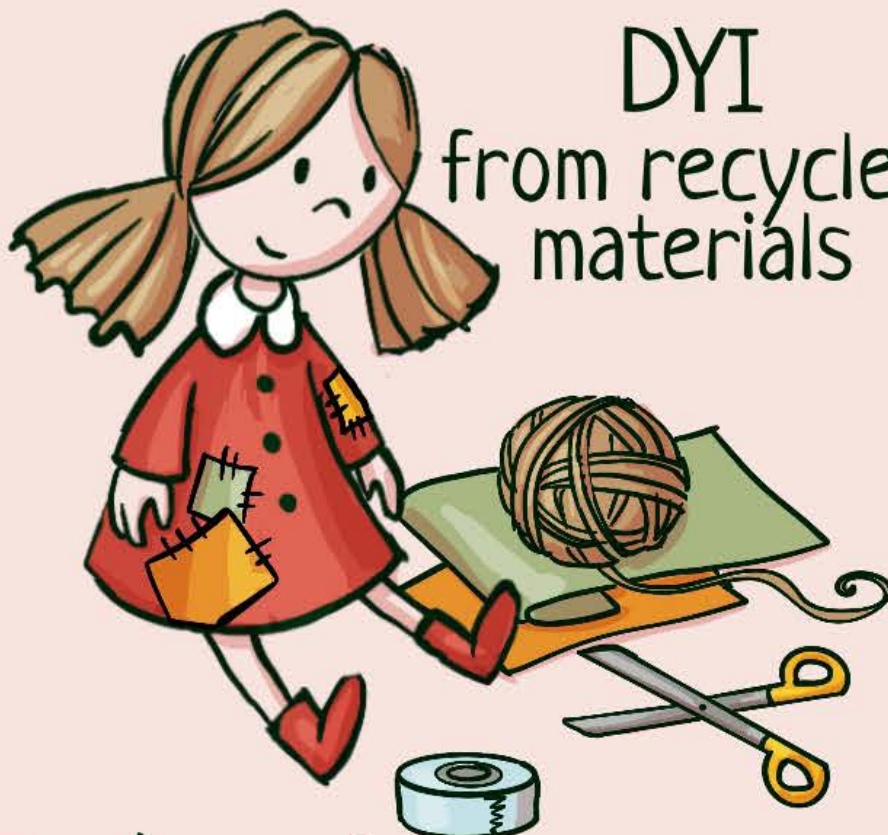
don't
overbuy



rent/borrow
items that get
outgrown fast

sustainable parenting: TOYS

DYI
from recycled
materials



fix/mend
before you
get new

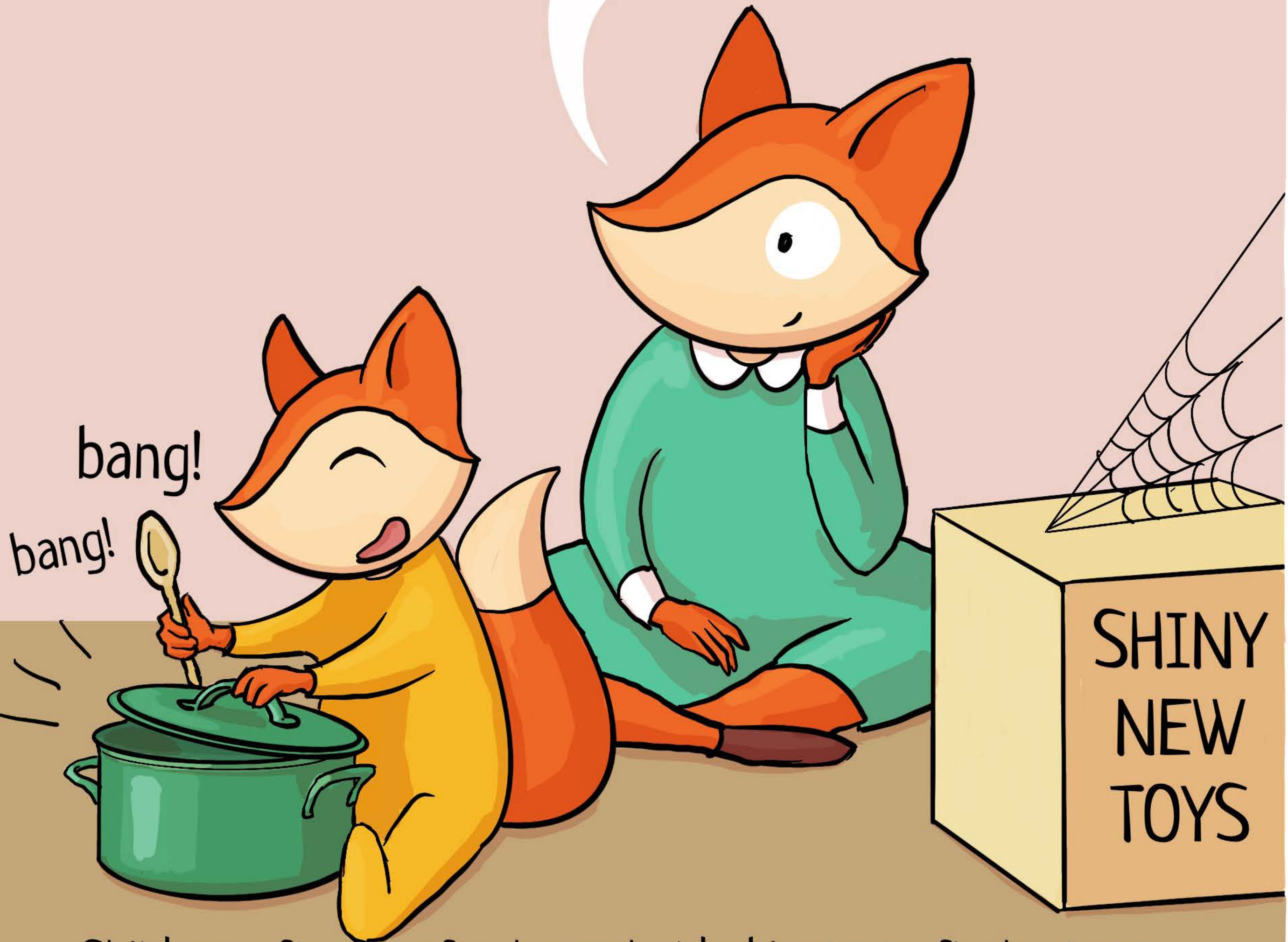


wooden
toys



always make those choices based on the unique situation of your baby. their health and well being should be a priority above all else. always check used items for loose bits or broken pieces that might be a choking hazard. clean thoroughly second hand items before first use.

I'm never buying toys again...



Children often prefer household objects to flashy toys.
So what if instead of buying more and more to show our love,
we simply share the magic of everyday life.

second hand

hand-me-downs

adjustable
length

mended

sustainable
parenting:

CLOTHES

natural
fibers

color
need not
depend on
gender

one size
bigger
(to last longer)

rentals
(for special
occasions)

always make those choices based on the unique situation of your baby. their health and well being should be a priority above all else. always check used items for loose bits or broken pieces that might be a choking hazard. clean thoroughly second hand items before first use.

What a beautiful baby boy

She's actually a baby GIRL whose mom does not believe in industry-fabricated profit-driven gender-based color assignments



If grown women can wear blue, why shouldn't baby girls.

Before mid/late 19th century, all babies wore WHITE because it was easier to clean/bleach.

PASTEL colors started appearing in baby clothing in mid-19th century, with no gender assignment.

In the 1920s, colors began to be assigned to gender, only PINK often was the boys' color, because it was lighter shade red, and red symbolized fire and masculinity. BLUE was the girls' color, because it symbolized harmony and femininity.



In the 1940s, manufacturers started creating clothing in both pink and blue for both boys and girls to test which version was more popular for which gender. Ultimately, pink for girls and blue for boys became the standard, but it could have gone the other way.

In the 1980s, ULTRASOUND technology improved, allowing parents to find out the gender of their baby before birth. MARKETING companies saw an opportunity to increase sales by convincing parents to buy new clothes and gear for each new baby, rather than reusing items they already had.



I can't wait to see this red dress on your little girl in a couple of years.



Reusing baby clothes is a great way to reduce waste and have a positive impact on the environment. You can pass them on to other families, donate them to charity, or sell them.

formula
in recyclable packaging

glass
bottles



breastfeed
if possible



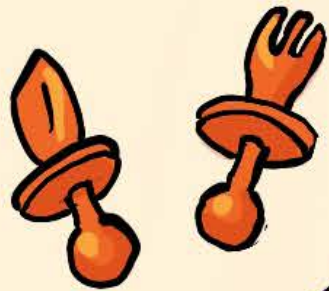
haakaa/
hand pump
(no electricity)



glass
jars

sustainable
parenting:

FEEDING



reused
bibs and
utensils



BLW
baby led weaning



reused
high chair

always make those choices based on the unique situation of your baby. their health and well being should be a priority above all else. when choosing/using food always check that your baby doesn't have an allergic reaction. if in doubt check with your pediatrician.

5-second rule!



Just because something has touched the floor,
doesn't mean it's not delicious anymore.

- Baby-led weaning is an approach to introducing solid foods to babies that allows them to feed themselves with finger foods, rather than being spoon-fed purees.

- With baby-led weaning, babies are encouraged to explore different types of foods and learn how to self-regulate their intake. Parents offer a variety of healthy finger foods and let their baby choose what to eat and how much to eat.

- This approach promotes independence, develops fine motor skills, and encourages a positive relationship with food.

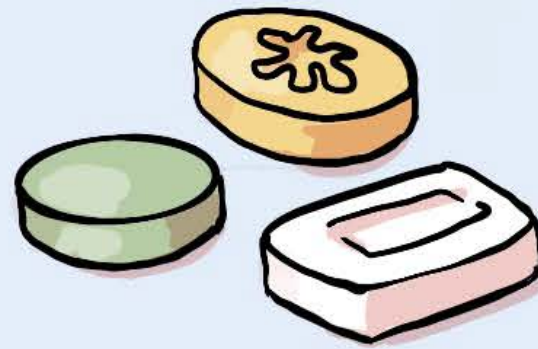
- It's important to note that babies should be developmentally ready for solid foods and supervised closely during feeding.

- Baby-led weaning may create less food waste than purees because it allows babies to choose what and how much they want to eat, which can reduce the likelihood of food being wasted.
- With purees, parents often prepare more than the baby can consume, and any leftovers may need to be discarded because they cannot be stored for long periods of time.
- In contrast, with baby-led weaning, parents can offer small amounts of different foods at a time and only add more if the baby wants it. Any leftover food can be stored and offered again later or incorporated into another meal.

natural
cosmetics
in glass
packaging



solid baby
soap and shampoo

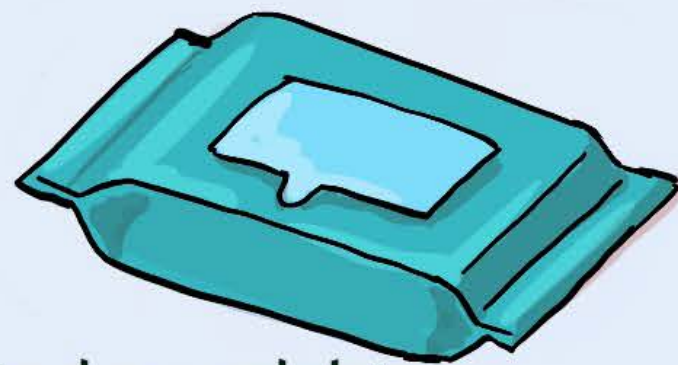


washing at the sink
(instead of wet wipes)

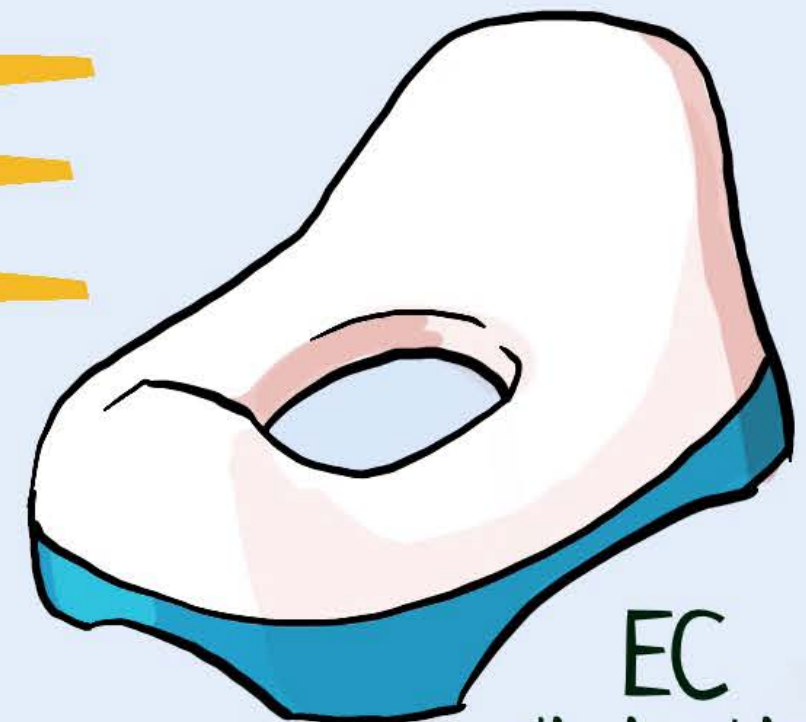


sustainable
parenting:

HYGIENE



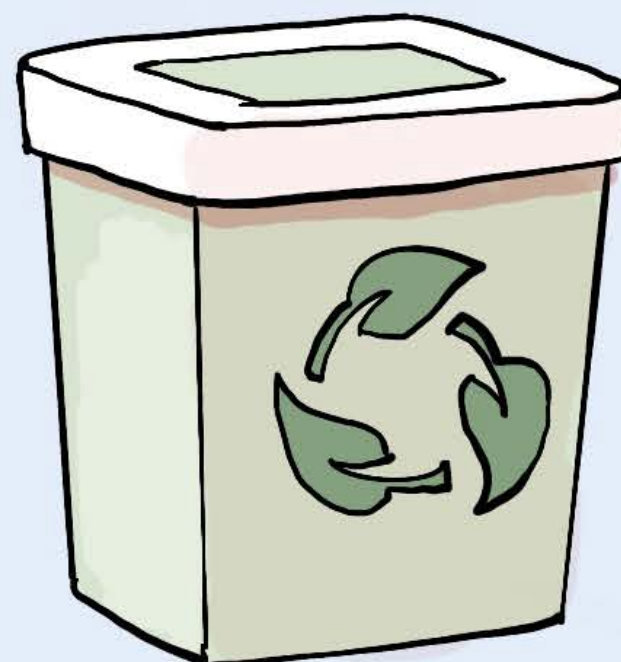
biodegradable
wet wipes



EC
elimination
communication



reusable
cloth nappies



biodegradable
diapers

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Elimination Communication

Elimination communication (EC) is a method of early potty training for infants, which involves parents or caregivers responding to an infant's signals of needing to urinate or defecate, and providing a suitable place for elimination, such as a toilet or a potty.



EC significantly reduces the number of disposable diapers ending up in landfills, which take up to 500 years to decompose. Additionally, it conserves precious resources like water and electricity by requiring less washing of cloth diapers.

EC involves different techniques, including:

- Timing: Observing an infant's natural elimination patterns and timing, and offering them a potty or toilet during these times.
- Communication: Using specific sounds or words to communicate with the infant about elimination, and encouraging them to use the potty or toilet.
- Observation: Paying close attention to an infant's body language, facial expressions, and vocalizations to anticipate their elimination needs.
- Intuition: Developing an intuition or "gut feeling" about an infant's elimination needs, based on their behaviors and signals.

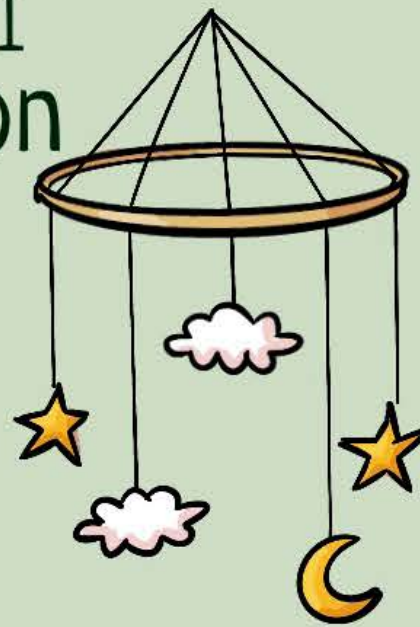
There are different types of EC:

- Timing-based: caregivers observe the infant's natural elimination patterns and timing, and offer them a potty or toilet during these times.
- Cue-based: caregivers learn to recognize the infant's signals or cues for elimination and respond quickly to provide a suitable place for elimination.
- Diaper-free: caregivers rely on other means to catch the infant's elimination and avoid or minimize the use of diapers.
- Part-time: caregivers practice EC only part-time, for example during the day or when at home, and use diapers or other backup options at other times.

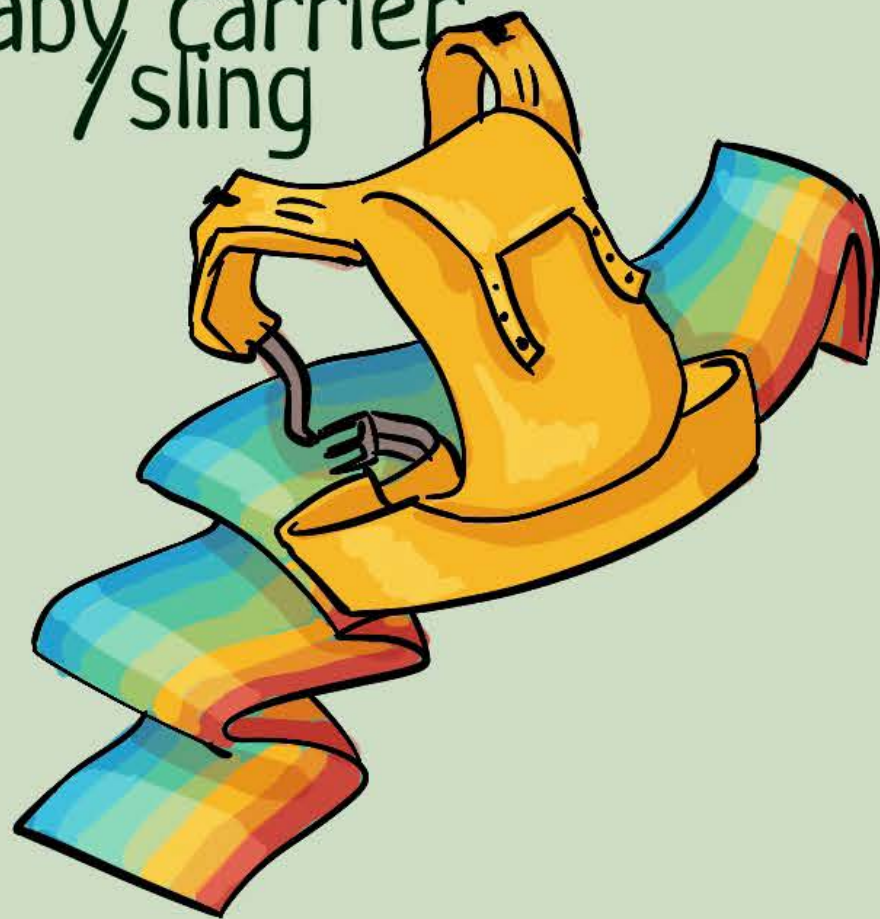
Each approach's effectiveness may vary depending on the infant's age, developmental stage, and individual needs. Caregivers may need to experiment with different techniques to find the best fit for their family.

@aware_animals

reused/DIY
decoration



reused
baby carrier
/sling



car chair

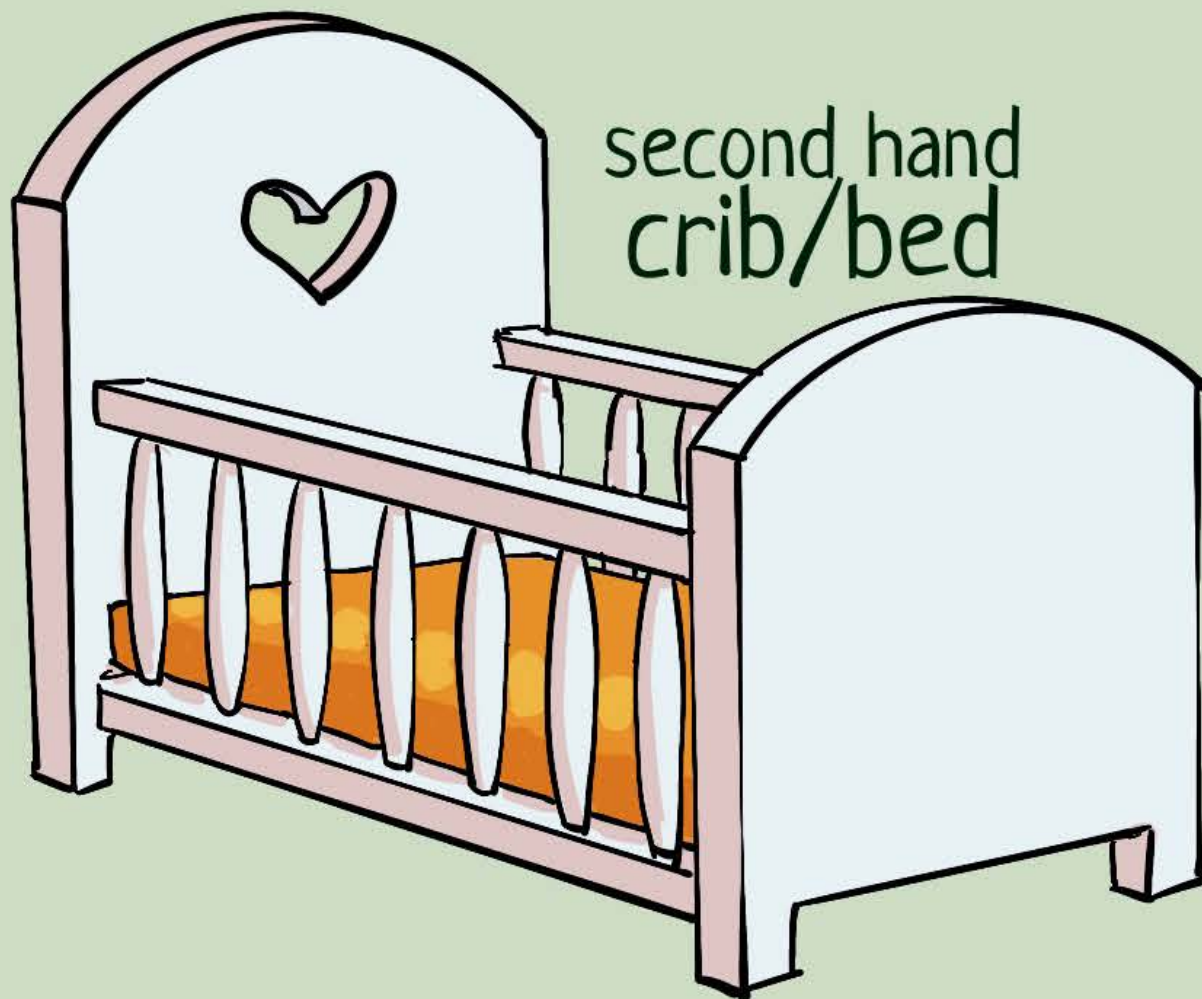
could be reused but be very
careful when getting it,
that it's all
structurally
sound



sustainable
parenting:

ITEMS

second hand
crib/bed

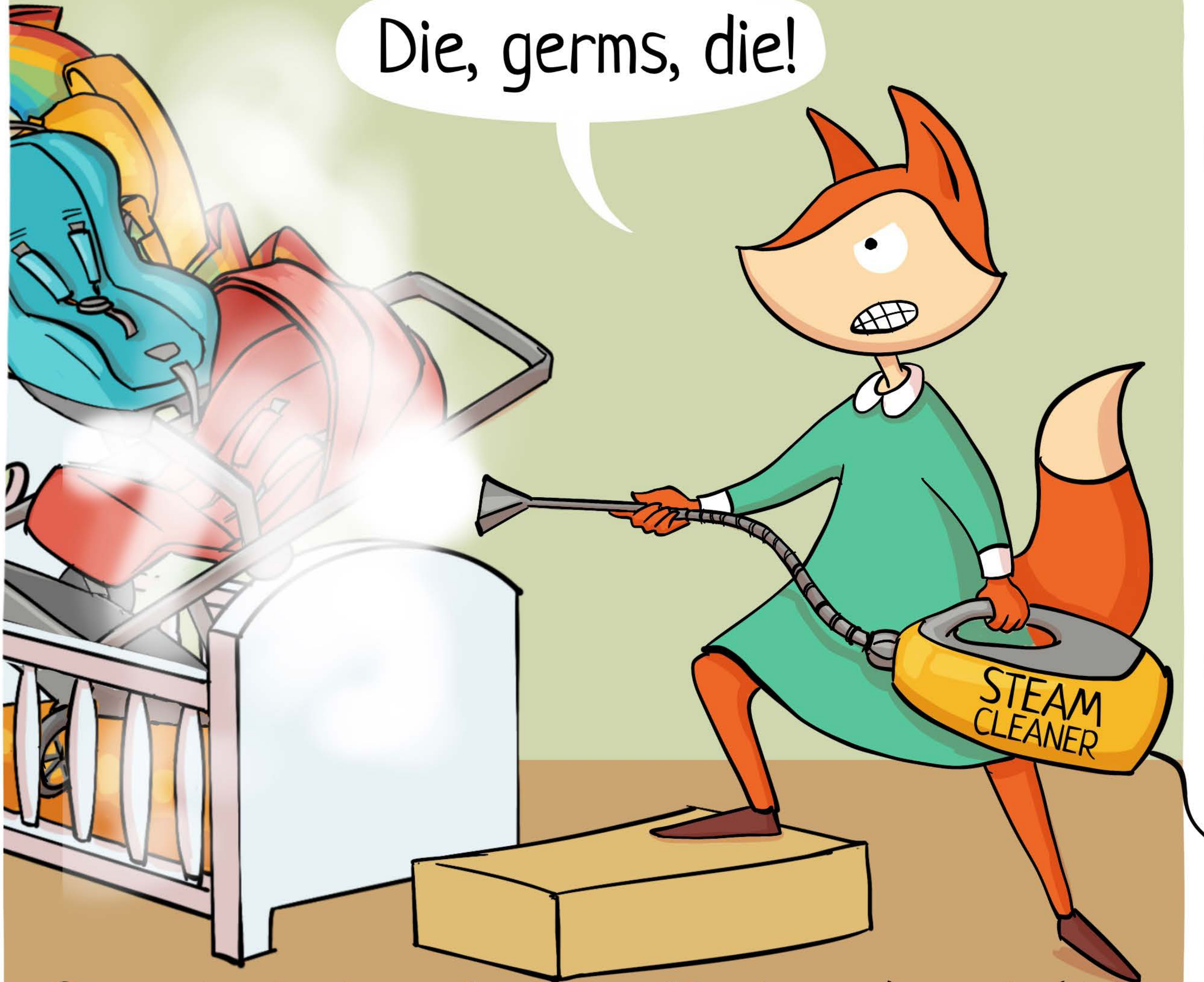


second hand
push chair



always make those choices based on the unique situation of your baby. their health and well being should be a priority above all else. always check used items for loose bits or broken pieces that might be a choking hazard. clean thoroughly second hand items before first use.

Die, germs, die!



Steam cleaning is a safer, more effective, and sustainable option for cleaning than chemical cleaning, particularly for households with babies.

The project is being implemented
with the financial support of the National Culture Fund



Национален
фонд
„Култура“

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