

5 Steps to a Healthy Nursery or Child's Room

You can create a haven for your new addition built with love as well as safe materials. By avoiding toxic paint and furnishings, you can feel more at ease knowing your family is safe. Keep these tips in mind when remodeling or putting together your nursery:

- 1 If you are painting, choose zero-VOC or low-VOC latex (water-based) paints and stains.**
- 2 Be very careful with old lead paint when remodeling.** Hire a contractor certified in lead abatement to remove it for you. A list a contractors in Washington is available on the Washington State Department of Commerce website.
- 3 Avoid carpeting if possible.** Solid wood, bamboo, cork, and linoleum (such as Marmoleum™) are the healthiest flooring choices. If you prefer something soft on the floor, consider area rugs or carpets that are made and installed without glues.
- 4 Choose wood and metal blinds instead of vinyl blinds.** Avoid plastic roller shades and wallpaper, which are typically made of vinyl (PVC).
- 5 Think twice when choosing mattresses and furniture.** Wool, cotton, or latex mattresses are best. Solid wood is always a safe choice for furniture. Be sure to avoid upholstered furniture that contains formaldehyde-based glues or toxic flame retardants (PBDEs).