

CANADIAN

health & lifestyle

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IT'S **SPRING**
IT'S **TIME...**

- FOR MOMS-TO-BE IN HEALTH + FITNESS
- TO UP YOUR HAPPINESS QUOTIENT
- FOR FAMILY VITALITY, IN BODY + SPIRIT

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Tiny feet, tiny green footprints

BY CYNTHIA LIEOTKE



In the two years from birth to potty training, baby gets over 5,000 diaper changes and a few hundred baths. Many parents seek convenient, safe products that won't stress baby's health, mom's well-being and the planet's resources. Fortunately, caregiving methods have green-evolved and new eco-conscious products lighten baby's footprint.

The silent cost of convenience

The call for simple, fuss-free solutions introduced the single-use disposable diaper that within 10 years, comprised 85% of diapers used - adding mountains of trash and untreated waste to landfills.

The cost of disposable diapers for two and a half years ranges from \$2,500 to \$3,000. A cloth system can cost as little as \$300! Cloth diapers can be reused over 75 times, laundered for less than \$1 a load and biodegrade in about six months.

Simplify

Invest in a cloth diaper kit: choose from flat, prefold or one-size fitted diapers; waterproof covers; washable or biodegradable liners and wet bag. Canadian brands include Bummi's, Mother-ease and AMP.

Back-to-basics fabrics

Seek pesticide- and chemical fertilizer-free organic cotton, hemp and bamboo for diapers, extra-thick booster pads and liners. Breathable and cashmere naturally anti-bacterial bamboo absorbs moisture.



Cloth-diapered babies are changed more often. Potty training may be faster as baby

70% faster than cotton. Highly sustainable, living bamboo consumes five times the CO₂ and releases 35% more oxygen than timber trees. Sugar Peas, Bamboozie, Tots Bots and AMP brands feature these super performing fibres.

Leak prevention

Wool absorbs 30% of its weight in liquid before feeling wet. Soft, breathable, anti-bacterial and anti-fungal, it repels dust mites and won't retain odours; look for changing pads, Bamboobino nursing pads, Aristocrat diaper covers.

Diapering helpers

Baby wipes: Hypoallergenic, biodegradable and compostable; chemical-free cellulose, wood pulp or bamboo for a strong, ultra soft, multi-purpose cloth; gentle on sensitive skin. Wysi Wipes, Jackson Reese natural herbal baby wipes and Warmies Wipes with warmer.



Warmies Wipes with warmer

Jackson Reese natural herbal baby wipes



ECOLIFE

Keep diaper odour at bay: Tackle ammonia at the source and between laundry days with Rock in Green's Funk Rock Ammonia Bouncer, Bummi's Wet Bag and Ever Bamboo's charcoal pouch.

Sweet dreams: Enclose mattress to keep hygienic, control allergies and dust mites. Rest Guard's crib mattress protector is vinyl and PVC-free.

Nursing and teething

Bummi's Kuddle Ring breastfeeding pillow to comfortably position baby. Honeysuckle Breast Milk Storage bags are BPA and phthalate-free, oxo-biodegradable plastic. Ringley's Canadian maple and organic terrycloth for teething; Baltic Amber necklace worn under the sleeper reduces teething pain. NOT for chewing.



Ringley's teething ring

Skin friendly

Keep baby smelling cuddle-ready! Use plant and mineral based, hypoallergenic, pH balanced, gentle skin care. Nature Clean 99.5% natural Treehouse for bath time and body care; zinc and fragrance-free Bum Bum Balm.



Robeez Soft Soles



Nature Clean Treehouse

Other eco treats

Robeez Soft Soles shoes mimic bare feet. Durable tanned leather, suede and organic cotton. UpMama Sling helps carry baby in a natural, ergonomic way.

Baby's endless trail of care doesn't have to leave a Goliath footprint. Innovative materials and diaper designs improve convenience, function and go light on the landfill. **H&L**

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