



TIP TUESDAY

A weekly guide to help you
kick your plastic habits.



Tuesday Fun Fact:

How long does it take for a plastic beverage bottle to degrade in the ocean?

- a) 100 years
- b) 3 months
- c) 90 days
- d) 450 years

Plastic Free From the Start

How to Kick the Plastic Habit with Baby's First Steps

Reusable Diapers: Join the trend as single-use plastic diapers are slowly becoming a thing of the past. New parents are saving money and opting for cloth diapers.

Natural Fun: The safest toys are made of unfinished wood. Wood finished with beeswax or jojoba or organic oil is also safe. Natural play cloth is another good option, especially organic cotton teething tools. Also, make sure to check your child's art supplies for plastic.

Read to your baby! Books are safe, plastic-free and packed full of knowledge!

Baby Clothes: Treat your baby's skin with care and only wrap it in 100% natural fibers.

Nap Time: Try organic cotton or latex mattresses in a wooden crib for a good sound sleep.

Feeding: Breast-feeding is the most natural and plastic-free way to nourish your baby. If you do not breast-feed or when supplementing, opt for a glass or stainless steel bottle.



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habits today!

- 1) [Click here to sign our pledge](#)
- 2) Tell us how you're doing and share your ideas
- 3) Encourage others to take the pledge
- 4) Spread the word via Social Media

Ideas for or comments about Tip Tuesday? Contact
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