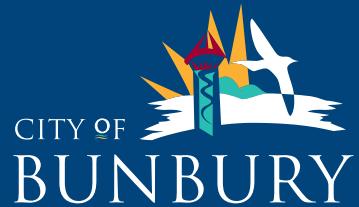


TIPS TO LOW WASTE LIVING WITH A BABY



1. Use Modern Cloth Nappies (MCN's)

Did you know your baby will go through approximately 6000 nappies before they graduate to undies? Each nappy takes up to 500 years to break down in landfill.

Modern Cloth Nappies are an excellent alternative to disposable nappies as they have less impact on the environment and could save you thousands of dollars during the time that your baby is in nappies.

Come along to one of our 'Managing Your 3 Bins with a Baby' Workshop morning teas. All attendees are eligible for a free gift and discount codes. Check out our social media pages for dates and Eventbrite to register.

2. Use Facecloths instead of Wipes

All wipes need to go to in your landfill bin (keep wipes out of our pipes!).

Did you know baby wipes are made of plastic and cause large fat bugs that block up our sewerage?

Some disposable wipes on the market contain DMDM hydantoin and Iodopropynyl butyl carbamate. These are dangerous chemicals that you wouldn't want to stick on your own skin, let alone your babies.

Using disposable baby wipes are not necessary, they are a waste of money and need to go to landfill.

Simply use facecloths or muslin cloths and some warm water. These can go into the wash with your MCN's. If you're out and about and would like an easy DIY alternative, please see below DIY baby wipes recipe.

Baby Wipes Recipe **always be mindful of potential allergies

- Paper towel or cloths eg. Chux
- ½ cup of water
- 1 tbsp witch hazel
- 1 tbsp rose water
- Airtight Container

Combine all the ingredients, then put a little of mixture into bottom of a container with an airtight lid.

Rip up a stack of towels or cloths and place approx. 10 in bottom of container.

Pour a little more of the liquid on top, then repeat with another layer. Continue layering until you have soaked all the towels or cloths, then seal with lid.

Travel packs can be made by popping a few towels or cloths in a zip lock bag and pouring some of the mixture in.

Tip: Store liquid in fridge and make in small batches as required. As there is no preservative in these, they won't last long in hot weather.



Image by Baby Beehinds

3. Opt for Zero-Waste Products

Bathing your baby ***** always be mindful of potential allergies***

- Use a very mild, unscented soap like liquid castile soap which can be purchased in bulk or from stores that offer re-fills using your own containers.
- Add a few drops of olive oil to bathwater and swish around. Once baby is 3 months or older, you can add one or two drops of lavender oil in the bath at night-time to help relax them to sleep.
- Add one teaspoon of baking soda to make the water super-soft and soothing. Especially if baby has nappy or heat rash.
- Adding half a lemon in the bathwater will make a great cleanser and is antibacterial.
- Add 20 ml of full-fat milk to the bath. The lactic acid in milk is an excellent cleanser and leaves baby's skin smooth and soft.
- Tie a tablespoon of rolled oats into a piece of cloth the size of a small handkerchief. Add it to the bath 5 minutes prior to putting baby in. The oats are very soothing for skin and you can use the sachet to clean your baby by rubbing gently. Great remedy for skin rashes.

Hair Shampoo ***** always be mindful of potential allergies***

Babies don't need to have their hair shampooed. Many of the baby shampoos on the market have ingredients such as artificial colourings and fragrances which can be quite toxic.

The worst ingredient in some products is the fragrance which represents an undisclosed mix of various scent chemicals and ingredients such as diethylphthalate. These are associated with allergies, dermatitis, respiratory distress and potential effects on the reproductive system.

- Just wash baby in bathwater with low waste/toxin free bath wash (DIY recipe below).
- Use Liquid Castile Soap which can be purchased in bulk or from stores that offer re-fills using your own containers.
- Mix 1 tsp baking soda and a little water to make a paste. Use this on baby's hair once week.

Cradle Cap ***** always be mindful of potential allergies***

Rub some pure oil such as organic olive, coconut or almond oil or cocoa butter on scalp. Leave it for 15 minutes, gently comb out and wash off.

Bath Wash Recipe ***** always be mindful of potential allergies***

- 400 ml water
- 4 tbsp grated 100% natural vegetable oil soap
- 80 ml rose water
- 20 ml glycerine
- 10 drops lavender essential oil (do not use for babies under 3 months old)
- Squeegee Bottle

In a small saucepan bring water to boil, then add the grated soap. Stir until all the soap is melted, remove from heat and allow to cool until just warm.

Add the rest of the ingredients and pour into a squeegee bottle. Depending on the soap you use, this may cool into a gel or remain liquid.

To use the wash, simply squeeze a little into the bathwater. It will not bubble, but it cleans and moisturises baby's skin beautifully.

Baby Lotion Recipe ***** always be mindful of potential allergies***

- 70 ml olive oil
- 40 g coconut oil
- 10g beeswax
- 120 ml water
- 1 tbsp glycerine
- Jar or Bottle

Put the oils and beeswax in a double boiler or in a bowl set over a saucepan of simmering water; make sure the bowl stays above the water.

Heat gently. Once the ingredients have melted together, remove from the heat and gradually pour in the water and glycerine, blending with a whisk or an electric mixer.

This lotion will last for approx. 2 months.

Saline solution *always be mindful of potential allergies***

- 1 litre boiling water
- 1 heaped tsp natural salt such as rock or sea salt
- Jug and Jar or Glass

Pour the boiling water into a clean jug. Add the salt and stir to dissolve. When using the solution, pour a little into a clean glass or jar and dip a cotton bud or ball into that rather than dipping it straight into the jug, as you might contaminate it.

This is very useful for cleaning baby's eyes, ears and belly buttons using a cotton ball or bud.

Breast milk is another alternative. It has powerful antibodies and is effective for gummy eyes.



Nappy Rash *always be mindful of potential allergies***

Apply aloe vera gel, zinc or castor oil ointment as a topical low toxin treatment for nappy rash. These can be purchased in bulk or from stores that offer re-fills using your own containers.

Teeth

Invest for a bamboo toothbrush rather than plastic. These are available in a smaller size suitable for children.

Washing your babies clothes

Modern Cloth Nappies require a surfactant which is only commercially available. If you are using MCN's, please check with Australian Cloth Nappies or Clean Cloth Nappies websites as to what laundry detergents are suitable to use.

Clean Cloth Nappies have also tested all brands and know what works. Clean Cloth Nappies has a Facebook page group that you can join, for information and questions you would like to ask. The below recipes are for baby clothes only.

Baby Clothes Pre-Wash Recipe ** *always be mindful of potential allergies*

- ½ cup washing soda
- 1 cup baking soda
- 1 cup white vinegar
- 2 cups water

Add the washing soda to the washing machine before soaking the clothes.

In the morning, wash as usual, then add the remaining ingredients to the final rinse as a fabric softener.



Baby Clothes Laundry Liquid *** always be mindful of potential allergies*

- ½ bar of unscented vegetable-based soap
- 1.5 litres water
- ½ cup washing soda
- ¼ cup borax
- 6 litres hot water
- Bottle or Jar

Place the soap in a saucepan with the first quantity of water and heat on low until the soap has dissolved. Stir in the washing soda and borax. Continue stirring for a few minutes until thickened, then remove from the heat. If using Castile or vegetable-based soap it won't thicken straight away but will overnight in the bottle or jar.

Add 1 litre of the hot water to a bucket. Pour in the soap mixture and mix well. Top up the bucket with the remaining 5 litres of hot water and mix well. Pour the mixture into some old bottles or jars and set aside for 24 hours or until it thickens.

Use ½ cup of the mixture per load of washing. The mixture can be quite gluggy, so you may have to squeeze or scoop it out rather than pouring.

**A Soap cake must be used - not liquid castile soap



Image by Earthside Eco Bums



Baby laundry powder *** always be mindful of potential allergies*

- 1 cup washing soda
- 1 cup baking soda
- 60 ml liquid unscented castile soap
- Airtight Container

Put the washing soda in an old food processor and whizz to reduce the lumpy crystals as much as possible. Add the baking soda and mix together.

With the processor running, slowly drizzle in the liquid castile soap until the mixture resembles white clay or powder. Keep the mixture in an airtight container.

Use 1 tablespoon for an average load, double if you are washing a big load.

4. Make Your Own Baby Food

Rice cereal

1/4 cup rice powder

** Grind up 1 cup of rice(basmati) in a coffee grinder or processor until it forms to powder. Store excess in an airtight container.

4 cups water

In a saucepan bring water to boil. Add the rice powder and stir, then simmer for approx. 10 minutes until the mixture is stodgy and fluffy and comes away from the pot. Serve warm, with breast milk or formula added to thin if necessary.

** always be mindful of potential allergies

Rice jelly

4 tbsp basmati rice

2 litres warm water

Soak rice in warm water for 1 hour. Bring to the boil and keep it simmering for another 3 hours. While hot, strain the mixture through muslin or through a fine-meshed sieve into a jug. Allow to cool. Keep in the fridge and serve warmed.

Very old recipe used with a smoother consistency than rice cereal. Do not serve to babies until they are 6 months old.

** always be mindful of potential allergies

Tip - Invest in a Food Processor or Thermomix

It will become your new best friend when it comes to pureeing baby food. You can make easy healthy recipes from scratch, cook in bulk, pop them into ice cube trays, freeze and use as needed.

Good first vegetables and fruits are pumpkin, apple and pear. To prepare, peel and steam or boil until they are soft. Tip into a processor until you have a smooth consistency, adding some of the cooking water if you need to thin it down. Store in the fridge or pour into ice trays and freeze. Never add salt or sugar to purees, as your baby doesn't need it.

Baby food pouches and yoghurt sachets cannot go into your recycling bin, some of these can be recycled via the REDcycle soft plastics program. Coles and Woolworths have soft plastic bins at the front of their stores, just ensure the lid is sealed tightly on the pouch to prevent any contamination.

Buy in bulk – this will be a significant cost and waste saving to your family.

Tip - Plan Storage and Long-Life Solutions

If money is tight - re-using pasta sauce jars is a great low cost, low waste alternative.

If you can afford to buy new - choose quality products that are going to last rather than cheap plastic ones that will break easily. Investing in quality items will save you money in the long run.

Plastic Baby Bottle Alternatives

- Stainless steel insulated bottles with teat
- Toughened glass bottles
- Some mason jars can be turned into bottles

Plastic Plate, Bowl and Cutlery Alternatives

- Bamboo cutlery
- Bamboo ware
- Reusable food pouches
- Stainless steel lunch & bento boxes
- Metal plates (like some camping items)





Image by Earthside Eco Bums

5. Use Pre – Loved Clothes

'Hand me downs' from family and friends will be a huge cost saving to your family and will break the support of 'fast fashion'.

An abundance of 2nd hand baby clothes can be found at charity shops, or online via Gumtree, Facebook Marketplace and pages such as Bunbury Baby Buy and sell.

If you can afford it, rather than buying multiple cheap polyester stretch and grows, why not invest in really good quality, natural-fibre ones instead? You will only need a few and they will last longer and are better for your baby. Baby clothes that are made of natural fibres will ensure that baby breathes well and won't contain unnecessary chemicals and finishings.

6. Breastfeed if you can

Breastfeeding is the most environmentally friendly way to feed your baby, as it generates no waste. You can avoid a lot of wasteful packaging that comes with formula, bottles, bags and sterilization supplies. You can save between \$1200 - \$3500 in the first year.

Try using reusable breast pads rather than disposable ones. They will be a lot softer to use and another big cost saving. Simply pop them in a mesh bag for a gentle wash.

7. Choose Toys Carefully

Many plastic toys on the market break easily and then end up in landfill.

Look for local Toy libraries. Bunbury Public library not only have books to loan but also wooden jigsaw puzzles, DVD's and various items.

Charity shops, Facebook Marketplace and pages such as Bunbury Baby Buy & sell are great places to find pre-loved toys.

Consider buying toys that are made from natural products that are sustainably made, avoiding plastic and single use items.

Big W Bunbury are now collecting old toys both in good and broken conditions.

Toys in a good condition will be donated to Save the Children and broken ones will be recycled. Please remember to remove batteries and take to one of our Household Recycling Stations (there's one at Bunbury Forum handy to Big W Bunbury).



Place your preloved toy in the collection bin.



Your toy will then be packed up safe and snugly.



The toys will be sent to Save the Children.



Save the Children will sort and look after the toys.



Funds are raised to help children in need.



Toys that can't be rehomed get recycled into something wonderful.

Disclaimer

The City does not accept any responsibility for any of the advice/recipes given. Please do your own research.