

Baby care Recipes

These simple recipes will help you avoid harmful chemicals, like fragrance, petrolatum and parabens, found in many baby products. Each one takes less than 10 minutes to make, and all make great “green” baby gifts!

Baby wipes

Avoid disposable wipes! Shelf life: 1 month.

- | | |
|--------|---|
| ¼ cup | liquid castile soap (try unscented or lavender) |
| ¼ cup | oil (like calendula oil, sweet almond oil, or apricot kernel oil) |
| 2 cups | water |

Mix ingredients in a glass jar. Apply with reusable cloths or 100 per cent pcw recycled paper towel by soaking them in the solution.



DID YOU KNOW?

Diapers made from cotton and other natural fibers allow skin to breathe, reducing the need for creams and salves. Plastic disposables are more likely to cause diaper rash.



PHOTO: FREYJA* VIA FLICKR

Baby powder

*Avoid toxic ingredients like talc and fragrance!
Shelf life: 1 year.*

- | | |
|-------|---|
| ¼ cup | cornstarch |
| ¼ cup | arrowroot powder (carried by most grocery stores) |
| 1 tbs | white clay (found at health food stores) |

Mix ingredients together. Optional: add these essential oils:

- | | |
|---------|--------------|
| 3 drops | sweet orange |
| 2 drops | ylang ylang |
| 1 drop | geranium |

Store the mixture in a jar with a sprinkle top. Sprinkle sparingly on your baby's bedding or diaper area (avoid the face). Also makes a great foot or body powder for adults.

REMEMBER...

Always do a test patch for any homemade recipes, and discontinue use if you notice any irritation.



PHOTO: MONKEY MASH BUTTON VIA FLICKR

Baby butt balm

If you'd rather not use an animal product, try castor oil or coconut oil. Shelf life: approximately 4 months.

1 tsp	lanolin
1 Tbsp	calendula oil
2 Tbsp	olive oil
½-1 Tbsp	grated beeswax

Melt oils and beeswax together in a double boiler. Pour into an airtight container and let cool. You can also combine the ingredients in a glass jar and microwave to melt everything together.

INGREDIENT PROPERTIES

- **Lanolin:** acts as a soothing salve (derived from sheared sheeps wool)
- **Calendula oil:** soothes skin
- **Olive oil:** nourishes and smoothes skin
- **Beeswax:** a binding agent. Won't clog pores and good for all skin types

Baby massage oil

These oils nourish the skin, and they're gentle. Shelf life: 1 month.

1 Tbsp	apricot kernel oil
1 Tbsp	sweet almond oil
1 Tbsp	olive oil

Add ingredients to a bottle and shake to blend. Apply with warm hands.

Baby shampoo

Also works as a body wash. Adults like it too. Shelf life: 1 month.

1 cup	distilled water
1 Tbsp	calendula herb
1 Tbsp	chamomile herb
1 Tbsp	nettle herb
2 tsp	comfrey herb
1 tsp	rosemary herb
1 tsp	dried orange peel

Boil the water, then make a tea with the above herbs. If you don't have all the herbs, simply steep a chamomile tea bag with some rosemary herb.

Cool the tea, strain the liquid and then add:

½ cup	liquid castile soap (try unscented or lavender)
1 tsp	calendula oil or jojoba oil

Stir and pour into bottle.

Use about 1 Tbsp per bath and keep it in the fridge to extend its shelf life.



Belly balm

Combat itching and stretch marks with the skin healing properties of this body butter. Shelf life: 6 months.

4 Tbsp	oil like olive, avocado, sweet almond, or jojoba
1 Tbsp	shea butter
1 Tbsp	beeswax, grated

OPTIONAL:

½ tsp	vitamin E oil
-------	---------------

Melt first three ingredients over a double boiler. Pour into container and stir in vitamin E oil once cool. Apply 1-2 times per day by massaging over the belly area.