

# 7 Steps to a Toxin-Free Home

1

If a family member smokes, they should change clothes and wash their hands and hair before holding a toddler.

2

Use a vacuum with a HEPA filter to trap microscopic particles, and opt for “PFAS-free” or “untreated” textiles for sofas

3

Prepare formula or warm milk in glass or stainless steel containers.

4

Use a “wet-mop” or “damp-dust” method rather than sweeping.

5

Switch to “green” cleaning products (which generate the fewest Volatile Organic Compounds)

6

Stick to “fragrance-free” (not just “unscented”) moisturizers and avoid using essential oil diffusers.

7

Always check the “Inactive Ingredients” for dyes or propylene glycol, and choose supplements third-party tested for purity.

