

QUICK TIPS FOR CHOOSING SAFER DIAPERS



EWG'S COMPREHENSIVE GUIDE TO SAFER DIAPERS OUTLINES WHAT EVERY PARENT OR CAREGIVER SHOULD KNOW BEFORE BUYING ANOTHER DIAPER. EWG HAS ALSO ADDED DIAPERS TO THE GROWING LIST OF PRODUCTS THAT ARE EWG VERIFIED™, CERTIFYING THAT THEY MEET OUR STRICTEST STANDARDS FOR HEALTH AND TRANSPARENCY. **EWG VERIFIED DIAPERS ARE FREE FROM OUR EXTENSIVE LIST OF INGREDIENTS AND MATERIALS LINKED TO HARM, AND ALL INGREDIENTS MUST BE DISCLOSED.**

Read the ingredients. Be wary of products that do not disclose the ingredients. If your brand of choice does not, contact the manufacturer to encourage it to disclose all ingredients.

Consider buying cloth diapers. They are not a feasible option for everyone, and not all cloth diapers are made equally. However, organic cloth diapers may be a good way to avoid some of the worrisome chemicals in disposable products. They also tend to be better for the environment, as they produce less plastic waste and use less energy to manufacture.

Although it may be near-impossible to find disposable diapers made without plastic components, look for brands that minimize the use of plastic in their products and packaging. Plastic materials can emit VOCs that can harm health. Note that even plastics produced from plants, or bioplastics, may have concerns similar to their petroleum-based counterparts.

Choose a brand that uses unbleached pulp or pulp bleached using totally chlorine-free techniques, rather than elemental chlorine-free, or ECF, techniques. ECF uses a chlorine derivative, which is linked to skin, nose and throat irritation and is toxic to aquatic systems.

Avoid products with fragrances or lotions, or other skin-conditioning agents. If you'd like to apply a lotion to your baby, choose a product that meets your standards and apply it before diapering. This allows you to have more control over what is going on your baby's skin, and you can decide whether it needs a conditioning product.

Look for brands free from phthalates, parabens, bisphenols, the fluorinated compounds known as PFAS, and flame-retardant chemicals.

Choose plain, undyed diapers or ones with minimal designs. Many of the dyes used in diapers have been linked to health harms or may be contaminated with toxic heavy metals.

Ensure that your brand of choice has tested its products adequately for harmful ingredients and contaminants.

Look for environmental certifications, like the Forest Stewardship Council's, to ensure that ingredients and materials are responsibly sourced. Choose an EWG VERIFIED diaper, if possible.

