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THE BEST ADVICE FOR BABY & YOU

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Ga-Ga for Green

Designing an Eco-Friendly Nursery

Crazy Cravings

Beyond Pickles and Ice Cream

Rub It Out

Connecting With Babies Through Massage

Shooting Stars Cover Kids Winner

MacKenzi Tasem of Winnetka

Web site, a resource for green products and services.

“We didn’t go nuts with a redesign but added some things that were important for Ruby, who was about 1-1/2 years old at that time,” says Ackerman, who found healthy paints, an organic mattress topper, an air purifier and bath balls that take chlorine out of bath water with Beres’ help.

Getting a Green Night’s Sleep

Because babies spend so much of their time sleeping in their cribs, an organic cotton or wool mattress is one of the best investments for your developing infant, say health-conscious experts.

Author and green nursery consultant Laura Forbes Carlin remembers buying a regular crib mattress when she was expecting her first child. “I put it in the closet for a while,” she recalls. “When I opened the door, I got this big whiff of varnish and realized that the mattress was off-gassing like crazy. I thought, ‘This can’t be good for tiny lungs.’”

Typical mattresses are filled with polyurethane foam and treated with flame-retardants, then covered with materials treated with water-, stain- and wrinkle-resistant chemicals. This can be an amazing source of indoor air pollution.

Today, however, the market is opening up for manufacturers bringing old-

A former interior designer, Beres became a certified baubiologist (a building biologist who studies how buildings impact life and the living environment) after struggling with chronic fatigue and illnesses that she would later discover came from indoor chemicals and pollutants.

“So many people accept their deteriorating condition, take pills or drink coffee

fashioned mattresses back into vogue. One such company is Arcadia-based Vivetique Sleep Systems (www.vivetique.com), specializing in all-organic mattresses, crib mattresses, comforters and pillows.

President Steve Carwile bought the Crown City Mattress Company in



Crib mattresses can be a major source of volatile organic compounds (VOC). Some green parents are turning to those made from organic cotton, like this one from Pasadena-based Vivetique.

Pasadena in 1981 and learned first-hand how the company had been making traditional cotton beds since 1917. “They weren’t called organic back then,” he says. “That was just how beds were made.”

Carwile decided to take business in a more natural direction. He began selling organic cotton beds in 1992 and later struck a deal with 200 sheep ranches on the West Coast to be the suppliers of his

organic pure wool stock.

Still, as with most green items today, price can be a factor. Cost for a 100-percent organic baby mattress can run from \$350 to \$700. So Vivetique and other companies also offer organic mattress toppers filled with hemp, wool or cotton. Baby toppers cost \$120 to \$180.