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## Creating a Healthier Nursery – Air Quality

Creating a nursery with low pollution from indoor toxins. During redecorating a nursery you want to make choices that will not damage the indoor environment through emissions, you want to create a health-supporting nursery. This is important because any toxins brought into the environment must be removed by our body's immune system, such as through perspiration or respiration, or it will be stored in the adipose tissue. For babies, the immune system is immature and any environment that might overload this fragile system should be avoided.

We do not want to create a nursery with excessive toxins. We want you to make smart choices.

What can you do?

- Avoid carpeting and carpet padding – long-term (several months) emissions and difficult to keep clean with the settled dust quickly going back into the air
- Carpeting harbors dust mites whose feces are highly allergenic
- Suitable floorings are hardwood floors or laminated floors and use area rugs that can be shaken outside and properly cleaned
- Low or no-VOC (volatile organic compound) paints
- Floor finishes contain no-VOCs
- Organic latex mattress
- Eliminate metal in the baby crib
- Organic bedding for the crib – no synthetic blends or anything with pesticide or permanent press treatment
- Vaporizers can increase the humidity to a level that would promote mold growth
- Do not bring fresh dry-cleaning into the nursery – air it outside to allow the VOCs to escape
- Avoid furniture made with plywood, particle-board or oriented strand board
- Avoid furniture recently finished

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