FREE PRINTABLE CHECKLIST

Non-Toxic Nursery & Playroom Checklist

A simple, room-by-room list of what to look for and what to skip when you set up a nursery or playroom. Check off each item as you go. Print it, stick it on the fridge, and take it shopping.

Crib & Sleep Space

- ☐ Firm, flat crib mattress that fits the crib snugly (no gaps along the sides)
- ☐ Mattress: look for GREENGUARD Gold (low chemical emissions) and GOTS or GOLS organic labels, and check which parts of the mattress the certification actually covers
- ☐ Waterproof mattress protector without PVC/vinyl (look for 'PVC-free' and 'phthalate-free' on the brand's page)
- ☐ Fitted crib sheets in cotton or organic cotton; look for OEKO-TEX Standard 100 or GOTS
- ☐ Bare crib: no bumpers, pillows, loose blankets, or stuffed animals for babies under 12 months (AAP safe-sleep guidance)
- ☐ Wearable blanket or sleep sack instead of loose blankets. The AAP advises against weighted sleep products for infants (weighted sleep sacks, swaddles, blankets); check with your pediatrician

Nursery Furniture & Air

- ☐ Solid wood or GREENGUARD Gold furniture; let new particleboard pieces air out before the baby moves in
- ☐ Low- or zero-VOC paint, applied weeks before the due date, with windows open
- ☐ Anchor dressers and bookshelves to the wall (tip-over prevention)
- ☐ Skip plug-in air fresheners, scented candles, and fragranced sprays in the nursery
- ☐ Consider a HEPA air purifier sized for the room; vacuum with a HEPA filter
- ☐ Cordless window coverings (blind cords are a strangulation hazard)

My first 3 swaps (start with what baby sleeps on, eats from, or mouths most):

Playroom, Feeding & Bath

Playroom & Toys

- [ ] Solid wood, natural rubber, or food-grade silicone toys from brands that publish toy-safety testing (ASTM F963 / CPSIA in the US)
- [ ] Play mat labeled PVC-free; air out any foam mat and skip mats with a strong chemical smell
- [ ] Water-based paints and finishes on wooden toys; be cautious with vintage or hand-me-down painted toys (older paint can contain lead)
- [ ] No small parts for under-3s: if it fits through a toilet-paper tube, it's a choking hazard
- [ ] Button batteries and magnets fully enclosed behind screwed-shut compartments
- [ ] Art supplies with the ACMI AP seal or stated non-toxic testing; skip scented markers
- [ ] A few open-ended, screen-free toys on a low shelf, rotated every week or two

Feeding

- [ ] Glass, 18/8 stainless steel, or food-grade silicone bottles, cups, and plates
- [ ] Never microwave food in plastic containers; warm food in glass or ceramic
- [ ] Hand-wash plastics, and replace them when scratched or cloudy
- [ ] Check stainless cups for exposed lead solder dots on the bottom (choose ones with covered or no solder)

Bath & Skin

- [ ] Fragrance-free baby wash, lotion, and wipes (look for 'fragrance-free', not 'unscented')
- [ ] Sealed, hole-free bath toys that can't trap water and grow mold
- [ ] Mineral (zinc oxide) sunscreen for babies over 6 months; shade and clothing for younger babies
- [ ] Fragrance-free laundry detergent for baby clothes and bedding

Toy rotation plan (pick 4–6 toys for the shelf this week):

Label Decoder: Avoid vs. Look For

Common Ingredients to Avoid

- PVC / vinyl (recycling code 3): often softened with phthalates
- Phthalates (DEHP, DBP, BBP, DINP), often hidden under 'fragrance'
- 'Fragrance' or 'parfum' on baby products and cleaners
- Added flame retardants in foam products (check the law label)
- BPA and BPS in hard plastics that touch food
- Formaldehyde-releasing glues in pressed-wood furniture
- 'Antimicrobial' treatments on fabrics and mats you don't need
- Strong chemical 'new' smells: air out or return

Certifications Worth Knowing

- GREENGUARD Gold: low chemical emissions (mattresses, furniture, paint)
- GOTS / GOLS: certified organic textiles or latex
- OEKO-TEX Standard 100: fabrics tested for harmful substances
- ASTM F963 / CPSIA: US toy safety and lead limits
- MADE SAFE: screened for known harmful chemicals
- FSC: responsibly sourced wood
- ACMI AP seal: art materials evaluated as non-toxic

Smart Shopping Habits

- [ ] Check the brand's own product page for certifications. Certification logos on third-party listings aren't always accurate.
- [ ] Search the product name on CPSC.gov/Recalls before you buy secondhand gear
- [ ] Register big baby gear (car seats, cribs, strollers) so you hear about recalls
- [ ] Buy fewer, better things: the fewest products in the nursery is the easiest non-toxic win

Want product picks for each item?

Browse our free buying guides and screen-free gift guides at lincslittleloves.com, with parent-curated picks for cribs, bottles, toys, play mats, and more.

This checklist is general educational information, not medical advice or a safety test of any product. Certifications and materials vary by product; always confirm details on the manufacturer's site, follow age labels, supervise young children, and check CPSC recalls.