



Green Babies Practical Guidance for Toda

Penny Stanway

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Dr Penny Stanway not only discusses the "big green" issues, from lead poisoning and acid rain to clean water and chemical farming, and how these affect the child in the home and beyond, but also examines the whole question of conception, birth and caring for a new baby or young child as a "green" issue. Following an introduction on what "green" means in the context of caring for babies, there are chapters on pre-conception (giving time to yourself, getting fit, diet, infertility); giving birth; feeding your baby (the scandal of formula milk in the Third World, breastfeeding, bottlefeeding, pros and cons); caring for your baby and yourselves (mother and baby relationship, father's role, mother substitutes, the working mother, equipment, the pros and cons of disposable nappies); feeding your children (pesticides, additives, organic foods- are they worth the extra cost?); making your home greener room by room, health care, and leading your children the "green" way.

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