

Naturepedic®  
Hello Organic...  
Goodbye Chemicals™



A NEW MOM'S GUIDE  
*to*  
CHOOSING A CRIB MATTRESS



# A New Mom's Guide to Choosing a Crib Mattress

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Disclosures and Disclaimers: G.E.M. Testing & Engineering Labs serves in the capacity of technical consultant to Naturepedic. Barry A. Cik, a quarter century veteran in the field of environmental engineering, formulated the Naturepedic design. All informational sources presented here are presumed to be reliable. This report is not intended to engage in medical research or the diagnosis or treatment of any disease. For medical related questions, please follow the advice of your physician.



## Introduction

Barry A. Cik  
Co-founder  
Naturepedic

***Babies spend up to 70% of their early life sleeping and playing on a crib mattress.***

You're having a baby! Congratulations! What a wonderful time this is for you. I know you have many decisions to make, and you want to make those decisions in a way that is best for your baby.

One of the most important decisions is which mattress to buy for your baby's crib. Babies spend up to 70% of their early life sleeping and playing on a crib mattress. If there's one item that's important to a baby, it's the mattress.

In 2003, my daughter gave me the happy news that I was going to be a grandfather. I was thrilled! And I wanted to gift the crib and crib mattress for my newborn grandchild. "That should be easy," I thought.

As an environmental engineer, I knew how things were made and the types of materials used to make them. As I started to examine the materials used in crib mattresses, I was stunned. Some of the materials found in these mattresses were potentially serious chemical hazards—hazards related to neurological, hormonal and respiratory problems. There was no way I was going to put my grandchild on a mattress that contained these chemicals.

And so I put my quarter-century experience as an environmental engineer to work designing a crib mattress that I considered to be appropriate for my own grandchild. Together with my two sons, Jeff and Jason, I then founded Naturepedic.

I wrote this e-book to share with you what I've learned about chemical dangers and safer materials.

This is my gift to you, and your baby.

Only good things,

*Barry*



## How Chemicals Get Into Your Baby's Body

***When it comes to chemical exposure, babies and children are the most vulnerable. Their immune and detoxification systems are not yet fully developed.***

Simply stated, many researchers suspect that toxic chemicals are harming our children far beyond what we have recognized to date. Just as lead paint was once widespread before it was recognized as toxic and banned, many chemicals in today's baby mattresses, even though currently legal, are likely to eventually be banned as well.

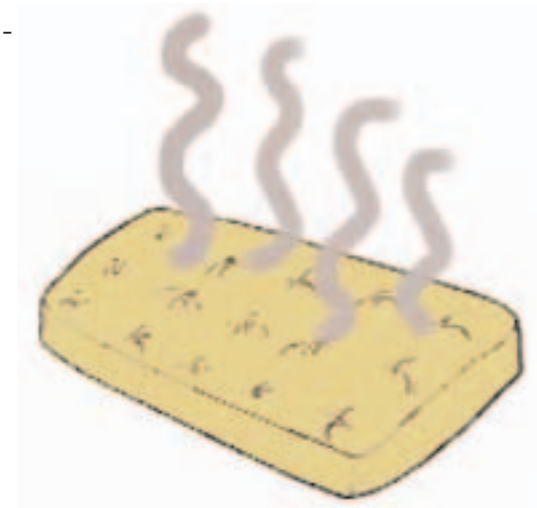
Many consumer products are made with chemicals which can be released from the product over time. These chemical ingredients are slowly released out of the product materials into the air where you (and your baby) can breathe them. The release of chemicals from various materials into the surrounding air is known as "off-gassing" or "out-gassing".

You've probably experienced off-gassing. For example, that "new car smell" is, in large part, chemicals off-gassing from the vinyl and other materials in the car. The same thing happens in many crib mattresses—chemicals off-gas from the vinyl and foam in the mattress. You may or may not be able to always smell the chemicals, but they are there.

Laboratory tests have demonstrated that chemicals off-gas from typical mattresses. There are also studies that connect these same chemicals to potential health effects.

And, when it comes to chemical exposures, babies and children are the most vulnerable. Their immune and detoxification systems are not yet fully developed. They need our help.

Thankfully, there are materials available with which we can make baby mattresses that do not contain these questionable chemicals.





## Commonly Used Mattress Materials

*According to the  
American Academy  
of Pediatrics,  
“children may be at  
higher risk of  
adverse effects...  
because of higher  
exposures during a  
time of develop-  
mental and physio-  
logic immaturity...”*

Before I introduce you to the materials we use at Naturepedic, I want to tell you about the materials commonly used to make baby mattresses and how they can harm your baby's health.

### WATERPROOF VINYL SURFACE MATERIAL

Babies naturally wet their crib mattress, spit up, and drip and drool milk and other liquids. Bacteria can grow on urine, saliva or milk, and a damp mattress can also grow potentially dangerous mold.

A waterproof baby mattress just makes sense for good health.

But, there's a problem: the waterproof surface of most baby mattresses is vinyl. And vinyl contains phthalate chemicals or similar plasticizers that are used to turn hard polyvinyl chloride (PVC) into soft and pliable vinyl. According to the American Academy of Pediatrics, “Phthalates are animal carcinogens and can cause fetal death, malformations, and reproductive toxicity in laboratory animals...children may be at higher risk of adverse effects of phthalates because of higher exposures during a time of developmental and physiologic immaturity...”

As of February 2009, manufacturers of crib mattresses, children's toys and many other children's products were prohibited from using some types of phthalates in certain products, baby mattresses included. But other phthalates are still legal.

### NON-WATERPROOF DAMASK AND BAMBOO

Due to the recent government bans and a huge backlash against vinyl, mattress makers are scrambling to replace vinyl with "eco" or "green" models. Two surface fabrics they commonly use are damask and bamboo. But both of these fabrics have to be chemically treated to be even slightly water resistant, nevermind waterproof. Bacteria and mold can grow inside the mattress if the fabric isn't waterproofed. It only takes one accident to ruin the mattress.



***Most mattresses are filled with polyurethane foam...which the National Association of State Fire Marshals calls “solid gasoline.” It can literally burst into a ball of flame.***

#### POLYURETHANE FOAM FILLING

Most mattresses are filled with polyurethane foam, a highly flammable petroleum-based material that the National Association of State Fire Marshals calls "solid gasoline." It can literally burst into a ball of flame. Federal law mandates that mattresses meet flammability requirements, so flame retardants/barriers must be used. Animal studies show that some fire retardant chemicals can damage the liver, brain, thyroid, and motor control system, and cause hyperactivity. These chemicals can be released into the air that surrounds your baby as he or she sleeps.

"Soybean Foam," "Soy Foam," "Eco Foam," "Bio Foam" and "Plant Derived Foam" are no better. Even though it sounds like the foam was all made from soybeans, it's actually the same polyurethane foam with a little soybean or castor oil added.

"NATURAL LATEX" and "COCONUT/COIR"

"Natural latex" is derived from the sap of natural rubber trees, but is turned into foam in a factory, usually with the use of toluene (a carcinogen), ammonia, and sulfur. Because latex is acknowledged by experts as a common allergen, it has been banned in many schools, day care facilities, and hospitals.

Natural latex is also hidden in another natural material: coir/coconut husk mattress fillings. Fibers from the outer shell of the coconut are dipped into "natural latex" to hold them together, thus coir/coconut husk mattress fillings have the same allergic concerns as "natural latex."

#### WOOL FIRE BARRIERS AND PUDDLE PADS

Although wool is often marketed as a natural waterproofing alternative, it is only water resistant, not waterproof. Also, many parents and doctors do not recommend wool for babies because it is a common allergen. Wool can also contain potentially harmful chemicals, depending on where the wool originates.



## Naturepedic Does it Better

Here at Naturepedic, we make what we consider to be the ideal crib mattress. It encompasses our seven fundamental principles:

- \* Organic, natural, and other appropriate materials
- \* No harmful chemicals
- \* No known allergens
- \* Non-toxic food-grade waterproofing
- \* Proper firmness, comfort and snug fit
- \* Independently tested and certified
- \* Made in the USA by a company that understands the issues

We have carefully chosen our mattress materials to comply with these principles:



**Organic Cotton Fabric with Nontoxic Waterproof Cover** Luxurious organic cotton fabric has an easy-to-clean clear food-grade 100% polyethylene waterproof coating. Polyethylene is used throughout the food packaging industry for its purity and nontoxic properties. Does not stain.

<http://www.naturepedic.com/info/polyethylene.php>

**Organic Cotton Filling** Cotton is an ideal filling material that is both natural and renewable. Organic cotton is unbleached, undyed, and grown without synthetic pesticides, herbicides, or chemical fertilizers.

<http://www.naturepedic.com/info/organiccotton.php>

**"Do-no-harm" Fire Protection** Baking soda and hydrated silica are both natural minerals with unique fire retardant properties. Bonded to cellulose fiber, they create a fireproof barrier that meets and exceeds all government requirements.

<http://www.naturepedic.com/info/fireprotection.php>

**Firm Innersprings** Heavy-duty innersprings provide a firm, flat, yet comfortable, surface in accordance with pediatrician and Consumer Product Safety Commission (CPSC) firmness recommendations.

<http://www.naturepedic.com/info/innerspring.php>



***Smooth and seamless edges make for easy wiping and cleaning of the mattresses, prevent potential moisture penetration, and close potential entry points for dust mites.***

We also offer various additional options on some models:

**"Seamless" Binding** Instead of standard cording or taping covering seams along the top and bottom edges of the mattress (as with most mattresses), seams are heat-sealed, eliminating almost entirely external sewing/stitching. These smooth and seamless edges make for easy wiping and cleaning of the mattress, prevent potential moisture penetration, and close potential entry points for dust mites.

**Square Corners** Our square corner innersprings provide the best fit, eliminating gaps between the mattress and the crib in the corners.

**Two-Stage Mattress (Dual Firmness)** These mattresses have slightly different firmness levels on each side of the mattress. Many physicians and parents prefer a slightly firmer surface for infants, and a slightly less firm surface for toddlers.

**Waterproof or Non-Waterproof** We recommend our nontoxic waterproof surface, but you can also order our mattresses with a non-waterproof organic cotton cover.

All our crib mattresses also fit toddler beds for years of usability.

Read more about our crib mattresses at <http://naturepedic.com/productsCM.php>



## Handmade in the USA



In a world where almost everything we touch is made by machines, Naturepedic mattresses are assembled by hand (although we do use sewing/taping and other low tech machines as well as various hand tools). A team of real people work cooperatively together to cut, sew, construct, inspect and pack each mattress. Attention to detail is a given. Flaws are corrected. There are no assembly lines at Naturepedic.

Most of our employees are Amish, who are known for their fine quality craftsmanship. We treat our employees well and they treat us well.

Naturepedic is a family owned and operated business. My two sons and I run the business and we consider all of our employees to be practically extended family.

Our employees are young and old and every age in between, and generally all family-oriented. Many have children and/or grandchildren of their own.

Many products today are made in factories in other countries, and then shipped to America. Naturepedic mattresses are made right here in the United States, in northeast Ohio. All Naturepedic mattresses are "Made in the USA".

Nothing else is made in our facility except our own products. This means we have complete control over what materials are used, what the work environment is like, how our mattresses are stored and shipped, and so on. Toxic chemicals or other unacceptable ingredients are not permitted in our facility, period.

Buying American-made products is a good thing. We support other U.S. manufacturers when buying our individual components as well. As just one example, we can get innersprings from overseas for less, but we're not interested.

Buying American-made goods doesn't just help us. It also helps you, your family, friends and neighbors, and creates a stable economy for your baby's future.



## Certifications & Recommendations

Today, you have many mattresses to choose from that claim to be “healthy” or “green.” How can you tell if an advertising claim is true?

Look for independent third-party certifications that verify that materials and finished products meet certain standards.



Organic cotton is certified by the [USDA Organic](#) certification. This is a federal government standard that verifies organic materials that don't use pesticides and other disallowed chemicals, and do use methods that increase the fertility of the land.



[GREENGUARD](#) is an independent, non-profit organization that establishes acceptable indoor air quality standards for indoor products, environments, and buildings, and then tests and certifies products that meet those standards. The GREENGUARD Children & Schools Indoor Air Quality Certified® mark has strict standards especially for the protection of babies and children. Naturepedic mattresses are certified to meet these standards.



You can also look to knowledgeable individuals and organizations for recommendations. [Healthy Child Healthy World](#) inspires parents to protect young children from harmful chemicals. They review and recommend products which meet their criteria. Naturepedic is the only crib mattress recommended by Healthy Child Healthy World.



## Peace of Mind

Having done the research on materials and designs for my own grandchild's crib, I have peace of mind that the mattress I developed is the best choice that can be made. All of my grandchildren sleep on Naturepedic crib mattresses and they all are healthy, happy, children.

I can sleep well at night, knowing my grandchildren are safe within their beds.

Naturepedic was originally founded out of my love for my first grandchild, and now continues out of our love for our grandchildren and for babies everywhere. We want every baby to have the healthiest start in life.

Your baby deserves to have the same as my grandchildren were given.

*I can sleep well at night, knowing my grandchildren are safe within their beds.*





#### ABOUT NATUREPEDIC

Naturepedic is a family-owned business that specializes in the design and manufacturing of baby and children's mattresses and accessories utilizing natural, organic and other materials that promote a healthier environment for babies and children.

All of us at Naturepedic invite you to join in our mission of improving the lives of our children. In doing so, you are also promoting sustainability and good stewardship.

#### COME SEE OUR CRIB MATTRESSES

Visit [naturepedic.com](http://www.naturepedic.com) to read details about our mattresses, see pictures of our mattresses and bedding accessories, find a store near you that carries Naturepedic mattresses, and/or purchase online.

<http://www.naturepedic.com>

If you have any additional questions about mattresses or materials, please feel free to call us at

1-800-91-PEDIC

#### HELP US EDUCATE OTHERS

Please help educate your family, friends, and moms-to-be about the important issues relating to crib mattresses. You may give them an electronic or print version of this ebook. The only restriction is that you may not change the content of this book in any way and you may not charge for this book.

If you would like to give others a link to a page where they can download this ebook for themselves, please direct them to:

<http://www.naturepedic.com/newmom>

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Visit our [Naturepedic Blog](#) to learn more about unsafe chemicals, safer materials, and healthier sleep. You can also ask us questions on the blog.

*We wish you and your family many years of health and happiness*