

With all the news surrounding Bisphenol-a in bottles and sippy cups, parents are now wondering what else they might need to modify in their babies routine to avoid those plastics. Once a parent learns about potential hazards its tough to know what to buy and what to avoid. I've said myself more than once "Can't someone just tell me what to buy?".. and I am pretty sure I am not the only busy parent who's uttered that phrase. [Not a comprehensive list.](#)

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BPA & Phthalate Free Pacifiers*

- **Playtex:** Playtex "Binky" (one piece silicone pacifier), Binky Most Like Mother Latex Pacifier, Binky Most Like Mother Silicone Pacifier, Binky Angled Pacifier, Ortho-Pro Pacifier
- **Gerber:** NUK Original, NUK Classic, NUK Nautical
- **The First Years:** Soothies Silicone Paci's, Safe Comfort, Ultra Kip
- Vice Versa Binky w/ Case
- Natursutten Natural Rubber Paci
- **Evenflo:** Mimi Soft Touch, Mimi Premium, Mimi Neo One-Piece, Vizion, Fuzion and Illuzion
- Gumdrop Silicon Pacifiers
- [Happy Baby Soothers](#)

BPA & Phthalate Free Teethers*

- **Sassy:** Sassy Jelly Fish Teethers, Sassy Coolin' Teether, Sassy Chilly Dilly Daisy, Sassy Teething Feeder, Sassy Teach Me Toothbrush Set, Sassy Teething Tunes, Sassy Gummy Guppy, Sassy Earth Bites Natural Wooden Toys, Sassy Buzz n' Bites teether
- Luv n' Care Icy Bite Teether
- **Nuby:** Nuby Jiggle Giggle Teethers, Nuby Nibbler, Nuby Ice Gel Teether Keys on a Ring, Nuby Bug-A-Loop Teether, Nuby Icy Bite Teether Rings, Nibbler, Nuby Kool Soothers, Nuby Pur Icy Bite Teethers, Nuby Fun Teethers, Nuby Fun Links and Fun Links on a Ring
- **Je Je** Vibrating Teether (rubber)
- [Vulli Sophie the Giraffe Teether](#)
- [Vulli Chan Pie Gnon Teethers](#)
- [Vulli Vanilla Flavored Chan Pie Gnon](#)
- [Vulli Cool It Soother Chan Pie Gnon](#)
- [Vulli Vulli Musical Fruit Keys](#)
- [Vulli Rattle Key Chain](#)

- [Comfort + Joy Teether](#) (not yet available)
- Leapfrog Gentle Vibes teether
- **Fisher Price:** Laugh & Learn Learning Keys, Rainforest Monkey Teether, Rainforest Giraffe Rainstick Rattle, Miracles & Milestones Musical Zebra, Miracles & Milestones Sunshine Activity Ring, Miracles & Milestones Penguin Water Teether, Lil' Laugh & Learn 1-2-3 Puppy Rattle ([Fisher Price not recommended by SafeMama.com](#))
- Combi Teethers
- **Bright Stars:** Chill and Teeth Tubes, Licensed to Drool, Rattle and Spin teethers, [fun links](#)
- **Gerber:** Cooling Gum Soother, Cool Fish Soother, Cool Ring Soother, OrbiTeether
- **Learning Curve:** Cool Triangle Teether, Floating Friends, Soft teething beads, First Keys
- **Camden Rose:** Maple Teether and Waldorf Cheery Rattle/Teether
- [Kushies Teethers](#)

Please check out The Soft Landing Blog for a great list of [BPA Free products](#).

**This is not a comprehensive list, it just contains the BPA Free products I am aware of. If there is a product not on here, it does not mean it's not safe. Inquire with the toy maker about materials used if you are unsure. If there is a product that is not listed here that SHOULD be, please let me know and I will be thrilled to add it.*

My absolute favorite site to take the headache out of non-toxic shopping: [The Soft Landing](#)

What is Bisphenol A? Bisphenol A is a hormone-mimicking chemical used in polycarbonate plastics and resins commonly used for items such as shatterproof baby bottles. Bisphenol has estrogenic properties which, in animal tests has shown to cause a bevy of health problems such as an increase in prostate and breast cancer, uro-genital abnormalities in male babies, a decline in semen quality in men, early onset of puberty in girls, metabolic disorders including insulin-resistant (Type 2) diabetes and obesity and neurobehavioral problems such as Attention Deficit Hyperactivity Disorder. Research is showing that when plastic containers, mostly those used to hold liquids and foods, are leeching Bisphenol into the foods and liquids they are holding. Heating food and liquids with these plastics is shown to increase the leeching of this contaminate.

Many companies use this chemical in their packaging including cans, soda cans, and plastic food containers. There is a risk of absorbing this chemical

through the use of containing foods and liquids but can also leech into our water systems through landfills.

Many leading experts argue that the use of Bisphenol is safe to the human public but research may begin to further prove otherwise.

Excerpt from [Wikipedia](#):

“Bisphenol A has been known to leech from the plastic lining of canned foods and, to a lesser degree, polycarbonate plastics that are cleaned with harsh detergents or used to contain acidic or high-temperature liquids.[16] Infants fed with liquid infant formula have among the highest exposures of anyone eating canned foods. Infants fed canned formula with polycarbonate bottles can consume quantities of Bisphenol A up to 13 µg/kg/day.”

Related articles:

- [Bisphenol-a \(BPA\) Crash Course](#)
- [FAQ: Nuby Products, Which Ones Are Safe?](#)
- [Alternative Teether: Camden Rose Maple Wood](#)