

In the Baby's Room

Help reduce your contact with chemicals during pregnancy

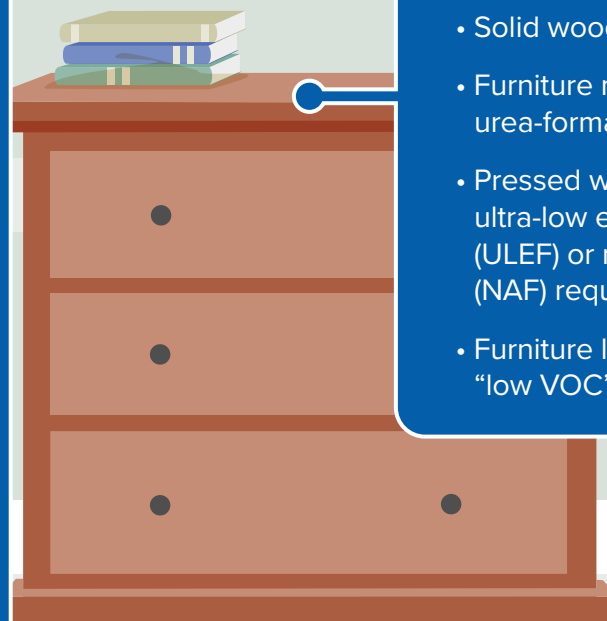


If you're painting or remodeling the baby's room, take steps to be safe.

- **Ask a trusted adult who's not pregnant to handle the painting and remodeling if possible.** Stay away from areas where they're working.
- **Choose paint that's labeled "low VOC," "zero VOC," or "water-based."**
- **Improve ventilation (air flow)** by opening windows or turning on fans.
- If your home was built before 1978, consider **hiring a certified professional to check for lead based paint.** They can recommend safe ways to remove lead based paint if needed.
- Another option is to assume your home has lead-based paint and take steps to safely maintain it. For example, **avoid scraping or sanding lead based paint.**

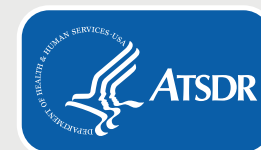
If you're shopping for new furniture, **choose furniture that can release fewer VOCs (volatile organic compounds).** This can include:

- Solid wood furniture
- Furniture made without urea-formaldehyde (UF) glues
- Pressed wood products that meet ultra-low emitting formaldehyde (ULEF) or no added formaldehyde (NAF) requirements
- Furniture labeled "no VOC" or "low VOC"



[Learn more ways to help reduce your contact with chemicals while you're pregnant.](#)

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