

SLEEPING/Mobiles

OVERVIEW

This is an item that you probably can do without. However, some parents find that as long as baby isn't sitting up, mobiles can be fun developmentally-beneficial distractions for babies. Note: some parents find that putting a mobile in a diaper changing location is more helpful as a distraction than hanging it over the crib.

HIDDEN HAZARDS

Mobiles are often made of plastic, metal, and coated paper. Some mobiles are made to move by electronically-controlled motors, which bring concerns about **heavy metals** and **flame retardants** in the interior components. Because mobiles can be made of many different kinds of materials, it is possible for them to contain a wide array of chemicals of concern, with wide variability.

OTHER CONSIDERATIONS

Make sure they are completely out of reach and securely attached.

RECOMMENDATIONS

If you choose one, look for a simple one that can move on air currents instead of electrical components. This is less expensive and has a better environmental health footprint.

Or, just go without. One less thing to pass along or throw away. After all, the biggest thing you can do reduce environmental health impact and avoid chemicals of concern is to choose to have fewer things cluttering the space.

REFERENCES & RESOURCES

Learn more about the hidden hazards by reviewing the [glossary](#) or take a deep dive by reading [Safer Products for Babies and Toddlers: Resources and Recommendations for Retailers](#).