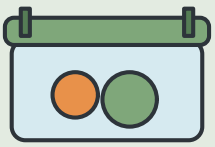
FREE PRINTABLE • FOR FAMILIES WITH LITTLE ONES • 8 PAGES

The Low-Tox & *Screen-Free Starter Kit*

Small, doable steps for a simpler home and more screen-free play. No overhaul, no guilt, just one easy swap at a time.



10 easy swaps



Where to start



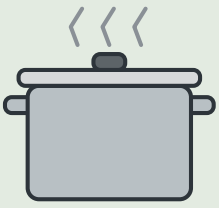
Screen-free bingo



Week planner



24 no-prep ideas



Kitchen & home

10 swaps • Where-to-start checklist • Bingo • Week planner • 24 ideas

lincslittleloves.com + lowtoxkitchenhome.com

START HERE

Where to Start: One-Page Checklist

You don't need to change everything. Tick a few boxes in the first column this week, then come back to this page whenever you're ready for more.

This week

Free, 5 minutes each

- [ ] Shoes off at the door, with a mat outside and in
- [ ] Open windows for 10 minutes a day
- [ ] Reheat leftovers on a plate or in glass, not plastic
- [ ] Dust with a damp cloth instead of a dry duster
- [ ] Pick one screen-free hour for the whole family
- [ ] Print the bingo card (page 5) and stick it on the fridge

This month

Small buys, about $25 or less

- [ ] Wool dryer balls instead of dryer sheets
- [ ] One fragrance-free hand or dish soap
- [ ] A stack of washable cloths for spills
- [ ] A stainless or glass water bottle for each kid
- [ ] A play basket of open-ended toys
- [ ] Plan one screen-free week (page 6)

When it wears out

Replace, don't rush

- [ ] Scratched nonstick pan: stainless or cast iron
- [ ] Cloudy plastic tubs: glass containers
- [ ] Kids' plastic plates: stainless or silicone
- [ ] Grooved plastic board: a solid wood board
- [ ] Scented sprays: unscented cleaners
- [ ] Plug-in air fresheners: fresh air

Three gentle rules

1. **Use it up, then swap.** Finish or pass on what you have. Swap when you'd buy a new one anyway.
2. **Start where little hands are.** What kids eat from, drink from and play with most is an easy place to begin.
3. **Progress, not perfect.** Every swap counts. Ticking two boxes this month is a win.

My first three swaps: _____ _____ _____

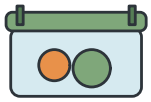
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TOP 10 EASY SWAPS • 1 OF 2

10 Easy Lower-Tox Swaps for Home & Kitchen

Swap one thing at a time, ideally when the old one runs out or wears out. Tick the box when it's done.

1



FOOD STORAGE

Swap out: Plastic tubs for warm leftovers

Try instead: Glass or stainless containers

Let food cool a little, then store it in glass. Glass with a plastic lid is fine; keep the lid off when reheating.

Free to $$

When tubs wear out

☐ done

2



COOKWARE

Swap out: Scratched or flaking nonstick pans

Try instead: Stainless steel or cast iron

Start with the pan you use every day. A little oil and a good preheat make stainless much easier.

$$

When it wears out

☐ done

3



KIDS' DISHES

Swap out: Plastic plates, bowls and cups

Try instead: Stainless steel or food-grade silicone

Stainless doesn't break when it's dropped, and silicone suction bowls stay put on a high chair tray.

$

One set at a time

☐ done

4



DRINKS

Swap out: Single-use or worn plastic bottles

Try instead: Stainless or glass bottle you refill

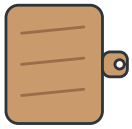
One bottle per person, with their name on it. Wash them nightly with the dishes.

$

This month

☐ done

5



CUTTING BOARDS

Swap out: Plastic boards with deep grooves

Try instead: A solid wood board

Oil it once a month. Keep a separate board for raw meat so you can tell them apart.

$

When it's grooved

☐ done

$ = under $25 $$ = a bigger buy, worth waiting for Free = a habit, no shopping needed

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TOP 10 EASY SWAPS • 2 OF 2

10 Easy Swaps, Continued

These five are mostly free habits. They're a great place to start if your budget is tight this month.

6



CLEANING

Swap out: Strongly scented sprays

Try instead: Unscented cleaners and washable cloths

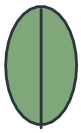
Plain soap and water handles most everyday messes. Never mix cleaners, and store every bottle up high.

Free to $

As bottles run out

☐ done

7



AIR & SCENTS

Swap out: Plug-in fresheners and scented candles

Try instead: Fresh air and a clean-as-you-go habit

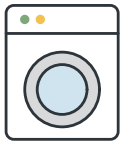
Open windows for 10 minutes a day, use the kitchen fan when you cook, and take out trash often.

Free

This week

☐ done

8



LAUNDRY

Swap out: Dryer sheets

Try instead: Wool dryer balls

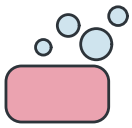
Toss in 3 to 6 balls. They last for hundreds of loads, so they save money over time.

$

This month

☐ done

9



HAND & DISH SOAP

Swap out: Heavily fragranced soaps

Try instead: Fragrance-free soap

Look for 'fragrance-free' on the label. 'Unscented' can still mean a masking scent was added.

$

As soap runs out

☐ done

10



FLOORS & DUST

Swap out: Outdoor shoes inside, dry dusting

Try instead: Shoes off and damp dusting

Put a basket for shoes by the door. Dust with a damp cloth and vacuum where little ones crawl and play.

Free

This week

☐ done

$ = under $25 $$ = a bigger buy, worth waiting for Free = a habit, no shopping needed

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SCREEN-FREE PLAY

Screen-Free Bingo

Color a square each time you try one. Five in a row earns a family treat you pick together: a park picnic, a pancake breakfast or an extra bedtime story.

B	I	N	G	O
 Build a blanket fort	 Dance party, 3 songs	 Bake something together	 Puddle or nature walk	 Read 3 books in a row
 Draw your family	 Sort toys by color	 Water play in the sink	 Help make lunch	 Play I Spy
 Puzzle time	 Ride a bike or scooter	 **FREE SPACE**	 Teddy bear picnic	 Bath-time bubbles
 Play-dough shapes	 Bird or bug hunt	 Fly a kite or bubbles	 Wash the toy cars	 Cardboard box rocket
 Chalk drawings outside	 Plant a seed	 Ball games in the yard	 Sing in the car	 Stargazing at bedtime

Tip: print two copies, one for the fridge and one for the car.

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SCREEN-FREE PLAY

My Screen-Free Week Planner

Plan one screen-free activity for each part of the day. Keep it simple: most of the best ideas need nothing but you.

	MORNING	AFTERNOON	WIND-DOWN	DONE?
Monday				☐
Tuesday				☐
Wednesday				☐
Thursday				☐
Friday				☐
Saturday				☐
Sunday				☐

This week's goal

Screen-free hour(s) per day: _____

Our screen-free spot: _____

When screens are OK: _____

Our reward for a great week

We'll celebrate by: _____

_____

Best moment this week: _____

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SCREEN-FREE PLAY

24 No-Prep Screen-Free Ideas

Keep this page handy for the 'I'm bored' moments. Every idea uses things most homes already have.

Quiet & cozy

- [ ] Audiobook or story podcast with a puzzle
- [ ] Sticker and paper 'busy bag'
- [ ] Sort buttons or pasta by size and color
- [ ] Draw a map of your home
- [ ] Look through baby photos together
- [ ] Flashlight shadow puppets

Moving & loud

- [ ] Freeze dance
- [ ] Pillow obstacle course
- [ ] Animal walks: bear, crab, frog
- [ ] Balloon keep-it-up
- [ ] Hallway bowling with bottles
- [ ] Simon says

Little kitchen helpers

- [ ] Wash fruit and veggies
- [ ] Stir pancake batter
- [ ] Tear lettuce for a salad
- [ ] Set the table
- [ ] Make a snack plate with shapes
- [ ] Name the colors on your plate

Outside

- [ ] Nature color hunt
- [ ] Paint the fence with water
- [ ] Collect leaves and sort them
- [ ] Sidewalk chalk hopscotch
- [ ] Bubble chase
- [ ] Cloud shapes on a blanket

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KEEP GOING

Your Next Small Steps

Thanks for downloading! We'll send an occasional email with new swaps and guides; reply anytime to say hi. More help in the meantime:



Free kitchen & home guides

Plain-English guides to cookware, food storage, water bottles, kids' plates, cleaning tools and more, with what to look for and what to skip.

lowtoxkitchenhome.com/start-here/ »



Screen-free play finder

Screen-free toys, activities and travel ideas for ages 0 to 6, plus guides to nursery and feeding basics.

lincslittleloves.com »



Printables for busy families

Kindergarten readiness, potty training, cleaning swaps and holiday activity packs, ready to print at home.

lincslittleloves.com/printables/ »



The Master Bundle

Our 47-page, 2-PDF bundle: the full room-by-room swap checklist plus the screen-free travel and quiet play pack.

lincslittleloves.com/bundle/ »

Hi there! We're parents, not doctors or scientists. We started these sites to keep track of the simple swaps and screen-free ideas that actually worked in our busy home. We hope this kit makes your week a little easier.

Little & Low-Tox Hit reply on any email to say hi. We read every one.

This kit shares everyday ideas for informational purposes only. It is not medical, legal or professional advice and makes no claims about any brand. Read product labels and always supervise children.