



**Birth Wellness**

*Supporting the health  
of Mothers, Babies,  
Families and their  
Care Providers!!*

Dear parents to be,

We have a fragrance-free policy in place at Birth Wellness that protects the health of mothers, providers and, especially, newborn babies. Newborns are born here! They are just breathing for the first time and are very sensitive to their new environment. The fragranced products that you may wear do not leave with you. They can linger for hours.

Specifically, we ask that you do not wear any fragrance or wear any clothing that has been washed in scented laundry detergent or dried with scented dryer sheets. We understand this sounds like a lot to manage, but from experience working with mothers over the years we are confident you can do this.

### *The most commonly scented culprits:*

<i>Perfume</i>	<i>Laundry detergent</i>	<i>Lotions</i>
<i>Cologne</i>	<i>Dryer sheets</i>	<i>Body sprays</i>
<i>After shave</i>	<i>Fabric softeners</i>	<i>Hair spray</i>

### *Are you aware that fragrance can cause these reactions?*

**Common reactions:**

Sneezing  
Itchy eyes  
Runny nose  
Coughing  
Skin rashes

**People often experience:**

Headaches  
Sore throat  
Swollen Glands

**Severe reactions:**

Shortness of breath  
Dizziness  
Racing pulse  
Drop in blood pressure  
Fainting

*We appreciate your help in keeping the midwives, assistants,  
doulas and all the mothers and babies safe at Birth Wellness!*