NATUROPATHIC DOCTOR APPROVED

Holiday GIFT GUIDE

Low-tox, organic & developmentally supportive gifts for babies, kids, and mamas













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Medical, Affiliate, Discounts, and Gendered Clothing Disclaimers:

This guide is for educational purposes only. I have curated low-tox and developmental ideas from an ND, MPH perspective — not individualized medical care or a substitute for consulting your child's or your own healthcare provider.

Some links in this guide are affiliate links, including as an Amazon Associate. I earn from qualifying purchases at no extra cost to you.

Discounts listed are subject to change.

Retailer "boy/girl" labels are optional. Kids thrive when they're free to express themselves in any style. My son, Levi, wears all kinds of styles & colors.

HELLO! I'M DR. OLIVIA!

Naturopathic Doctor, Public Health Educator, and Toddler Mom to Levi



I'm so happy you're here!

I created this **Holiday Guide** after realizing how much time & expertise it took to find brands who *actually* care about the **health & safety** of our children (and mamas). Please enjoy this free PDF.

Happy Holidays!

Follow **@droliviashelton** and **@leviandlivi** for more holistic educational content.

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Festive CLOTHING

for Babies 0-12m



Makemake Organics Long Sleeve Button Romper

10% off with email sign-up



H&M Adorables Jumpsuit with Hood

20% off in app

Quincy Mae Wendy Velour Romper

30% off



Konges Sløjd Saga Wool Fleece Onesie

10% off with email sign-up





Mini Rodini Car Pointelle Baby Knit

10% off with email sign-up



Siskin Merino Wool Fleece Vest



Pehr Long Sleeve One-Piece

30% off with code: CYBER30

Little Green Radicals Moon Knitted Bobble Hat

25% off



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Cozy PAJAMAS

for Babies 0-12m





Pehr Ribbed Baby Sleeper

30% off with code:
CYBER30



L'oved Baby Holiday Thermal Zipper Footie & Cap

15% off with email sign-up

Home of Wool Baby Slippers

organic merino wool





Burt's Bees Baby Nice on Ice Sleep & Play

25% off



Hanna Andersson Footed Sleeper

50% off



Monica + Andy Hanukkah Cheer One-Piece

30% off



Little Planet Coat Style Pajamas

up to 20% off



Primary Cherry Candy Canes Zip Footie

50% off

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Dreamy Toys

for Babies 0-12m



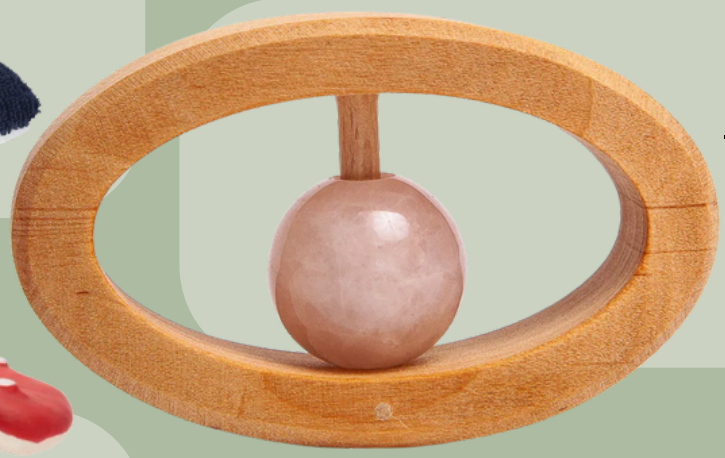
Senger Naturwelt Stuffed Rabbit

Apple Park Dancing Unicorn





Under the Nile Humphrey the Whale



Grimm's Rose Quartz and Alder Wood Rattle

15% off with email sign-up



Oli & Carol Rubber Mushroom Teether

15% off with email sign-up



PlanToys Baby Tissue Box

15% off with email sign-up





Nanchen Handmade Organic Cotton/Wool Fairytale Music Box



PlanToys Sea Life Bath Set

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Festive CLOTHING

for Toddler Girls



Konges Sløjd Lallo Cardigan

10% off with email sign-up



Little Planet Winter Hat

20% off Black Friday sale



Makemake Organics Bow Clip

10% off with email sign-up



Konges Sløjd Pointelle Frill Socks

10% off with email sign-up



Pehr Corduroy Skirt

30% off with code: CYBER30



Hope & Henry Peter Pan Collar Party Dress

30% off



Mini Rodini Bows Velour Trousers

10% off with email sign-up



Wooly Kids Bow Flats

39% off

chrome-free leather outer, 100% sheepskin inner

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Festive CLOTHING

for Toddler Boys



Makemake Organics Corduroy Collar Twill Jacket

10% off with email sign-up



Little Planet Knit Santa Hat

up to 20% off



Konges Sløjd Merino Wool Fleece Cardigan

10% off with email sign-up



H&M Adorables 2-Piece Dressy Set

20% off in app



Siskin Merino Wool Fleece Vest



Hirsch Natur Wool Socks

with phthalate free rubber grips



Little Green Radicals Reversible Pull On Trousers

25% off



Pehr Gingham Button-up

30% off with code: CYBER30

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Cozy PAJAMAS for Toddlers

10% off with email sign-up



Hanna Andersson Holiday Pajama Set

20% off



Monica + Andy Two-Piece Pajama Set

30% off



Primary PJ top and pants

50% off



Treehouse Kids Crew Socks

15% off with code: OLIVIA15



Little Planet 2-Piece Pajamas

25% off



Pehr North Star Ribbed Pajama

30% off with code: CYBER30



L'oved Baby Holiday PJ & Cap

15% off with email sign-up

Owlivia Holiday PJ set

25% off

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Dreamy Toys

for Toddlers 1y+



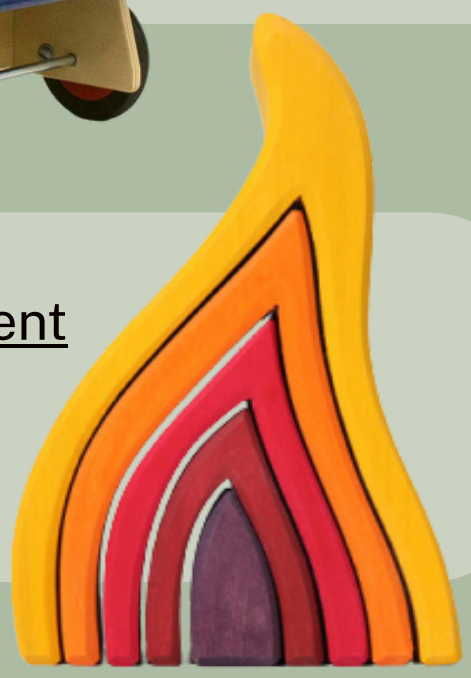
HABA Wooden Baby Push Walker Wagon

20% off

PlanToys Dancing Alligator Pull Toy



Grimm's Fire Element Stacking Toy





Mentari Ride On Puppy



Honeysticks Jumbo Colored Pencils

20% off



PlanToys Wooden Penguin Sailing Boat Bath Toy



Naturepedic Stuffed Animals

20% off

GLOBAL ORGANIC TEXTILE STANDARD · GOTS ·

PlanToys Oval Xylophone



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Dreamy Toys

for Toddlers 2y+



Uncle Goose
Planet Blocks



Honeysticks
Finger Paint

20% off

PlanToys
Race N Play
Parking Garage

20% off





Everwood Bright
Gem Blocks - 8
Pieces



PlanToys Sushi Set

15% off with
email sign-up

Tegu Magnetic Shape
Train - 9 Piece Set

15% off with
email sign-up





Sigikid Dragon Plush

10% off with
email sign-up

PlanToys
Wooden Play
Breakfast
Food

15% off with
email sign-up



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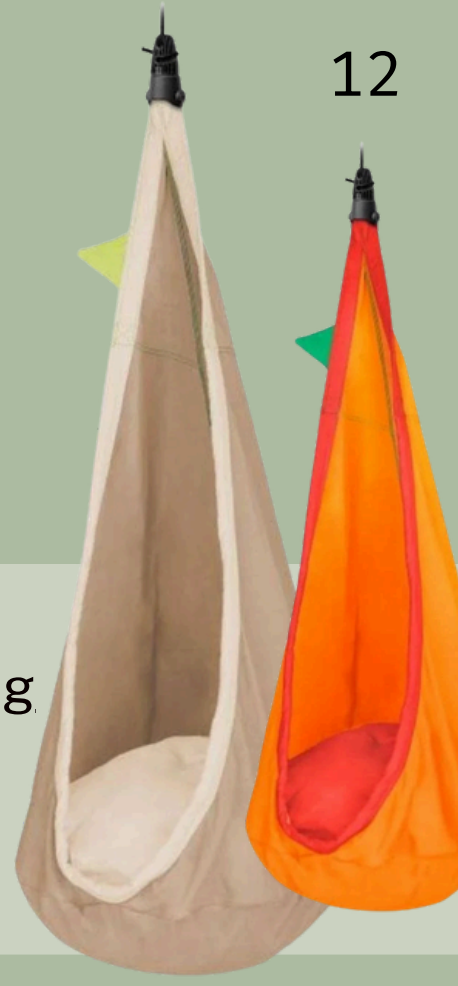
Dreamy Toys

for Toddlers 3y+



PlanToys Wooden Pinball Game Set



La Siesta Indoor Hanging Nest Swing



Senger Grey Seal Warming Pillow



Sarah's Silks Rainbow Wand

70% off



PlanToys Wooden Bowling Set



Tender Leaf Toys Wooden Market Stall

44% off



PlanToys Little Tool Bench

15% off with email sign-up



Holztiger Fox Running Toy Figure

14% off

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Cozy Gifts For Mamas

Little Green Radicals Eye Mask

25% off



CALPAK Convertible Mini Diaper Backpack

$25 off your first $150 order





BINIBAMBA Merino Sheepskin Buggy Mittens

10% off with email sign-up



Hooga Amber & Red Clip-On Book Light

25% off

Quince 100% Mulberry Silk Pillowcase

34% off



Boll & Branch Knit Robe & Throw Bundle

25% off with code: CYBER25





Primally Pure Flower Bath

15% off with email sign-up

Coyuchi 7lb Weighted Throw

25% off with email sign-up



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GIFTS FOR THE *Whole Family*



Butterblu Matching Family Jammies

15% off with email sign-up



Little Green Radicals Olive Check Stocking

25% off

Roomytown Fungi Playing Cards - Set of Two Decks



Slow Roads Heirloom Starflower Garland

31% off



Loré Pemberton Winter Boughs Mini Puzzle - 100 Pieces

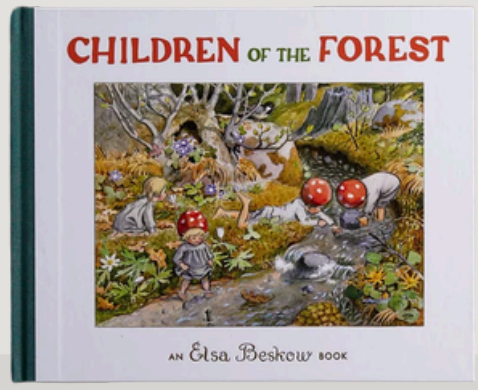


Toverlux Silhouette Lamp & Storylux Set - Children of the Forest



Kaiser Sheepskin

Children of the Forest Book



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Stocking STUFFERS



Sarah's Silks Nutcracker Seek & Find Playsilk

20% off

Q for Quinn Holiday Socks



Siskin Merino Wool Fleece Penguin Mittens

For Women

For Kids





Magic Music Wands

ages 3Y+



Makemake Organics Pointelle Baby Blanket

10% off

Natural Earth Paint Face Paint Kit

Free from parabens, phthalates, nanoparticles, fragrance, formaldehyde, and petroleum-based dyes.



Tegu Magnetic Block Pocket Pouch 8-Piece Set

15% off with email sign-up





Rainbow Catcher Wooden Kaleidoscope

ages 3Y+

RESOURCES

GOTS: Click here to learn more about this certification.

Oeko-Tex: Click here to learn more about this certification.

True Nature Integrative Wellness: Click here to read more about my services as a naturopathic doctor and public health educator.

Final thoughts:
This guide was created with the understanding that this time of year can feel overwhelming — both the rush of the season and the pressure of sorting through what feels "safer" for your family. At the same time, seasonal sales and holiday discounts can make higher-quality, lower-tox items reachable for families who might not normally splurge on them. Choosing safer or more supportive items doesn't have to be all-or-nothing — even swapping in just one or two picks from this list helps lower everyday exposure without turning shopping into another stressor.

A gentle reminder: **your presence is the greatest present** you can give your children and your family. Now & always.

Happy Holidays,
Dr. Olivia (and Levi)