

TODAY
THERE ARE MORE THAN
80,000
CHEMICALS ON THE MARKET,
MANY WITH KNOWN OR
SUSPECTED HEALTH EFFECTS.

Chemicals are released into the environment in the manufacture and use of many products, which then enter our bodies through:

AIR, WATER, FOOD, AND SKIN

We are all exposed to various toxic chemicals in our everyday life, but there are ways to limit that exposure. Here we provide some information on how to adjust your eating, living and purchasing habits to succeed in that goal.

GET IN THE HABIT OF
READING LABELS & LEARN
ABOUT HOW CHEMICALS
AFFECT OUR HEALTH.



Basic principles of environmental health and toxicology are presented in the free e-book, A Small Dose of Toxicology. More about all issues mentioned in here can be found on the Silent Spring Institute website <http://www.silentspring.org>.

PROTECT
YOURSELF

IN CHILDCARE

K E E P I N G
H A R M F U L
C H E M I C A L S

out of your life.

1. CHOOSE TOYS AND BABY ITEMS THAT

HAVE NO POLYVINYL CHLORIDE (PVC).

Polyvinyl chloride (PVC) requires the addition of plasticizers, such as phthalates, and stabilizers, such as lead and cadmium. These additives can leach out during normal use.



Untreated and unpainted wooden toys and untreated cloth toys offer safer alternatives.



2. SELECT YOUR CHILDREN'S PERSONAL

CARE PRODUCTS WISELY.

Talc can be contaminated with asbestos fibers, a known carcinogen.

Avoid baby powder, talcum powder, soapstone, French chalk, and magnesium silicate.

3. EDUCATE YOUR CHILDREN ABOUT THE DANGERS OF CHEMICALS.

Instruct them not to touch hazardous

products, such as household cleaners, paint strippers, shoe polish, art supplies, or bleach.

Teach them the importance of washing hands before eating and after touching anything with chemicals.



4. USE FRAGRANCE-FREE BABY WIPES

AND DIAPERS.

Fragrance often contains phthalates, endocrine disrupting compounds that have been associated with cancer, impaired fertility, and male birth defects.



5. DISCOURAGE YOUR CHILD FROM

WEARING MAKEUP AND NAIL POLISH.

Toxics and endocrine disrupting compounds are found in many personal care products. Adolescent girls are vulnerable to estrogenic effects.



Teach your child safer alternatives.

6. DON'T TRUST THE "NONTOXIC" LABELS

OF A NUMBER OF POLYMER CLAYS.

Endocrine disrupting compounds are found in a number of modeling clays used in arts and crafts products. For example, polymer clays contain polyvinyl chloride (PVC) mixed with phthalate plasticizers.

7. ELIMINATE HEAD LICE USING A COMB

RATHER THAN LINDANE, A PESTICIDE.

Lindane, which may be an endocrine disruptor, has been found to cause seizures in children and even cancer.

Educate your children about the danger of sharing hats, brushes, and combs with other children.



8. DON'T PAINT THE NURSERY IF

YOU'RE PREGNANT.

Paints contain a number of chemicals such as carbon tetrachloride that have been shown to be mammary carcinogens in animal studies.

Ask a friend or your partner to paint it in your absence and choose products labeled "low VOC" or "no VOC." Keep the room well ventilated with a fan blowing out the window.

9. ALLOW NEW FURNITURE AND FLOOR

COVERINGS IN THE NURSERY TO "OFF-GAS"

WELL BEFORE THE BABY ARRIVES.

Look for untreated natural materials such as wool, cotton, and hemp, or use naturally flame-resistant materials like

wool or polyester.

Avoid products that use polybrominated diphenyl ethers.

Steer clear of furnishings that have been treated for stain resistance.

Avoid furniture made from pressed wood or particleboard, which can release

formaldehyde.

Look for the label TB117-2013 when buying baby products.

