

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.

