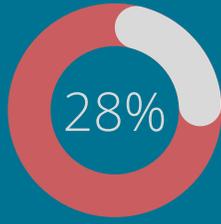


# PROTECT YOUR FAMILY

## TIPS FROM LDA'S HEALTHY CHILDREN PROJECT

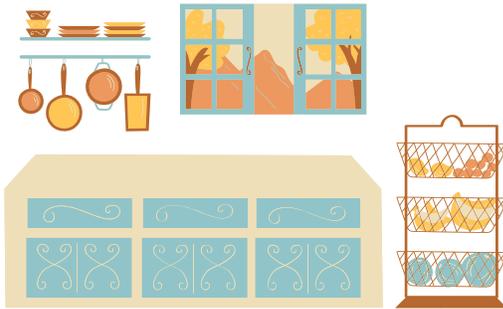


The National Academy of Sciences estimates that environmental factors, including toxic chemicals, cause or contribute to **at least 28% of learning and developmental disabilities** in American children.



LDA's Healthy Children Project reduces pregnant women's and children's exposure to chemicals that harm brain health by advocating for safer products, food, water, and air as well as sharing the latest tips on how to protect families from harmful chemicals.

**Here are some suggestions for reducing your family's exposure to chemicals. Whatever you can do helps!**



- Use alternatives to plastic, such as glass or stainless steel.
- Avoid microwaving food or beverages (including infant milk) in plastic.
- Avoid placing plastics in the dishwasher.
- Avoid using non-stick (Teflon) pots and pans. Get rid of any Teflon pots or pans that are flaking or peeling!
- Avoid plastics with recycling codes 3 (phthalates), 6 (styrene), and 7 (bisphenols) unless plastics are labeled as "biobased".



- Avoid polyvinyl chloride - PVC (#3) in toys, teething, building materials, shower curtains or other items.
- Use glass or BPA and phthalate-free plastic baby bottles and sippy cups
- Avoid children's clothes, like pajamas, that contain flame retardant chemicals.
- Avoid personal care products that contain lead, mercury and phthalates.
- Avoid products that say "fragrance".
- Help children wash hands with soap often.



- Buy or make non-toxic cleaning products.
- Dust, vacuum and wet mop regularly.
- Avoid tobacco smoke.
- Reduce smoke from wood stoves and fireplaces by burning dry wood.
- Use carpet as little as possible.
- Use regular soap rather than antibacterial soap.
- Avoid furniture that contains flame retardant chemicals.



- Avoid using pesticides in your home, in your garden, or on your lawn whenever possible.
- Remove shoes when entering your home.
- Don't let kids drink water from the garden hose.
- Avoid using sunscreen that contains oxybenzone or Vitamin A. Look for zinc oxide or titanium dioxide instead.



- Prioritize fresh or frozen fruits and vegetables.
- Limit eating processed food. Instead, buy whole fruits, grains and vegetables.
- Wash all fruits and vegetables that cannot be peeled.
- Watch for mercury, PCB's and other toxic chemicals when buying fish.
- Test drinking water for lead or filter your drinking water.

A Fact Sheet from



**For more details for any of these tips, visit [healthychildrenproject.org/protect-your-family!](http://healthychildrenproject.org/protect-your-family!)**



According to the U.S. Centers for Disease Control and Prevention, nearly **1 in 6 American children** have a learning or developmental disability.