



TIPS FOR HEALTHY INDOOR AIR

Children are uniquely vulnerable. They are not just “little adults”. Children are exposed to a greater amount of toxic chemicals in their indoor environment because they eat, drink and breathe more for their size. They live closer to the ground and when they play on floors they are in contact with dust and particles from a variety of sources including household cleaners, plastics, and fabrics that may carry toxic chemicals. Their frequent hand to mouth activity puts them at greater risk.

News

In January, CECHE training is going to California and New York!

ADCO (The Association of Day-care Operators of Ontario) have partnered with an International Wellness Company to encourage safer and non-toxic product use in child care environments.

Stephen Harper, Canadian Prime Minister, announces a \$300 Million plan to ban and restrict toxic chemicals that could result in products being pulled off shelves and substances being banned from use in Canada.

Both Health Canada and the EPA in the United States have now approved a botanical disinfectant for use in institutions including child care centers...no longer need to use a chemical based disinfectant to satisfy public health.

City of San Francisco issues a ban on the sale of certain plastic toys aimed for children under the age of 3! "Sucking on some of these teethers and toys...is like sucking on a toxic lollipop." *Dec. 11, 2006 issue of TIME magazine*

<http://www.time.com/time/magazine/article/0,9171,1565564,00.html>

Fact: Indoor Air pollutants are 3-70 times higher than outdoors. (EPA)

- Many products people use, including, cleaners, paints and personal care products contain highly toxic materials. **Tip:** Find out about non or less toxic alternatives
- Wearing outdoor shoes inside brings in pesticides and other harmful contaminants that can be tracked across the floors where your children play. **Tip:** Wipe feet on mat and take shoes off indoors
- Convenience foods such as puddings, snack trays and juice drinks may be packaged in plastics or cling wrap containing harmful contaminants. **Tip:** Avoid purchasing foods packaged in plastic or cling wrap as well as baby bottles and dishes made from plastic. Don't microwave or heat in plastic wrap or containers-use glass instead.
- Lead, mold, mercury and other toxics can contaminate air, food and drinking water. **Tip:** Test for lead paint, dispose of mercury containing thermometers, reduce mold by ensuring your home is well ventilated and keep dust collecting surfaces clean.
- Cleaning supplies, medications and other toxic substances emit vapors into the air. **Tip:** Store all chemical cleaning products, paints and solvents in well ventilated areas away from common living areas.

Know Your Chemicals!

Phthalates: Softens poly-vinyl chloride products such as toys, raincoats, shower curtains and medical tubing. Found in upholstery, detergents, oils and cosmetics.

Health effects: studies show some phthalates interfere with hormonal systems, disrupt testosterone production and cause malformed sex organs. The DEHP form is a carcinogen and a reproductive toxicant. Phthalates shed or leach from products.

Found in teethers, water-books and baby rattles.

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For parents looking for information click on “Parents requesting info” on resource page.