

Five Important Tips for Pregnant Women and Parents

NEW YORK, June 15, 2012 /PRNewswire-USNewswire/ -- Potential hazards and pollutants may lurk around almost every corner – they may be in a child's toy, in the air, in the water and food they eat, or in everyday household items.

But armed with information, pregnant women and parents can take steps to limit their children's exposure to environmental hazards and give them a healthy start in life.

Two leading experts in the field of children's environmental health separated reality from the myth about health hazards in every day life.

Frederica P. Perera, DrPH, director of the Columbia Center for Children's Environmental Health and Maida P. Galvez, MD, MPH, FAAP, director of the Mount Sinai Region 2 Pediatric Environmental Health Specialty Unit (PEHSU) presented the latest research on long-term health consequences of exposure to plastics, air pollution, lead and pesticides.

"We have learned a lot in recent years about what we can do to protect babies from environmental hazards and there are steps parents can take to lower their children's exposure to pollutants," said Dr. Diane Ashton, March of Dimes deputy medical director.

The March of Dimes urges pregnant women avoid known hazards, such as:

Cigarette smoke, including secondhand smoke by quitting smoking and asking people not to smoke around them.

Chemicals with strong smells, like turpentine, paint thinner or paint by wearing gloves or a face mask.

Insecticides and pesticides, such as bug spray and weed killer.

Plastics with the number 3, 6 or 7 on the bottom which means that they are made with phthalates, polystyrene foam or bisphenol A, which may have a harmful affect on children's development.

Let your health care provider or dentist know if you are pregnant before getting an X-ray.

For more information visit: <http://www.marchofdimes.com/baby/environment.html>

The March of Dimes is the leading nonprofit organization for pregnancy and baby health. With chapters nationwide, the March of Dimes works to improve the health of babies by preventing birth defects, premature birth and infant mortality. On November 17, 2012, the March of Dimes and its global partners will observe World Prematurity Day to raise awareness that preterm birth is a serious problem worldwide. For the latest resources and information, visit marchofdimes.com or nacersano.org. Find us on [Facebook](#) and follow us on [Twitter](#).

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June 2012

Yesterday, I attended a luncheon-panel discussion hosted by the March of Dimes. The topic was how to protect your baby from environmental hazards, both in utero and once he's born. The information was sobering, but I learned something new. The speakers (pediatrician [Maida P. Galvez, MD](#), and professor [Frederica P. Perera, PhD](#)) mentioned dangers that are already high on my radar, including secondhand smoke, pesticides, and mold, but the one that I haven't thought about much is plastic. Naively, I believed (trusted?) that every plastic product made for children was safe. However, I learned yesterday that that isn't necessarily the case. Although many companies have switched over to safe plastics, some manufacturers still have not. How do you know if a plastic is safe? It will have the number 1, 2, 4, or 5 on the bottom. Plastics with the number 3, 6, or 7 were made with phthalates, polystyrene foam, or bisphenol A, all of which have a harmful affect on children's development. When I got home last night, I checked all of Mason's plastic sippy cups, as well as his bottles (yes, he still drinks two a day) and the containers that I stored his baby food in—and was relieved to see the number 5 on the bottom. Check out your plastics, too. We can't always avoid breathing in second-hand smoke on the sidewalk, particularly if we live in a city like I do, but we can at least make sure that the containers we're storing our kids' food in, and the cups that they're drinking from, are as safe as possible.

Photo: [Plastic containers](#) via Teresa Kasprzycka/Shutterstock.com.

Categories: [High Chair Times](#) | Tags: [environmental hazards](#), [plastics](#)

US Daily Review

<http://usdailyreview.com/five-tips-to-protect-your-baby-from-environmental-hazards>

Five Tips to Protect Your Baby From Environmental Hazards

Posted on 16 July 2012 by kprice

By US Daily Review Staff.

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