



Center's Tip of the Month: Children's Health Month

-- Tips for creating a healthy home --

Did you know October is Children's Health Month? Protect your child's health by creating a healthy home environment with these tips!

Many things in the environment can harm our children's health. Toxic chemicals found in personal care products, plastics and food packaging have been linked with delays in child development and disorders such as asthma and obesity. But do not fear; there are easy steps every mother can take to protect the health of her child and create a healthy home! Try one or all of these tips to help decrease harmful exposure to chemicals in the home.



Tips & Resources

1. Personal Care Products: These products often contain chemicals that are used to soften plastics (known as phthalates).

- ◆ **What can you do?** Avoid phthalates in the personal care products you use:
 - ◇ Read labels on your personal care products and avoid those with DBP, DEP, DEHP, BzBP, DMP or the word "fragrance"
 - ◇ Try making your own personal care products using recipes from the [Northern Manhattan Care Collaborative Newsletter](#). It's a great way to ensure you products are healthy and can be a fun activity to do with your children!
 - ◇ Check if the cosmetics you use are phthalate-free with [EWG's Skin Deep Database!](#)

2. Plastic Containers often contain harmful products such as BPA and phthalates.

- ◆ **What can you do?** Make sure you use the safest food storage containers:
 - ◇ Instead of plastic, try ceramic, glass or stainless steel containers
 - ◇ Prefer plastic? Replace old, scratched containers with ones made from BPA-free plastic
 - ◇ Read the recycling labels on the bottom of plastics. Remember:

* Less harmful plastics are     and AVOID   

- ◆ **What can you do?** Prevent leaching
 - ◇ When heating your food, transfer to glass bowl or plate to prevent leaching of chemicals from the plastic into your meal



Have questions? Want to learn more? Please email us at cccehcolumbia@gmail.com!



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