



# Your Home and Your Health FACT SHEET

## HOW THE PRODUCTS IN YOUR HOME AFFECT

### Babies & Children

Children are especially susceptible to chemicals in our environment. Their bodies are growing and undergoing physiological processes that can be altered with exposure to some of these chemicals. Children are impacted at much lower doses than adults.

#### WHAT THE SCIENCE SAYS

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Babies are born with a body burden of hundreds of chemicals already in their bloodstream – some of these are known carcinogens and hormone disruptors.

Prenatal exposure to hormone disruptors can result in endocrine disruption at much lower doses than for a typical adult.

Studies show a link between exposure to certain chemicals in household products and asthma, hormone disruption, neurological conditions, cancer, and developmental effects. These may not appear until later on in life.

While conventional toxicology suggests that environmental exposures aren't high enough to cause harm, this doesn't take into account the combination of chemicals our children are exposed to or their existing body burden.

#### WHAT YOU CAN DO

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We can't completely avoid exposure to toxic chemicals – they are in our air, water and food. However, reducing your child's exposure to potentially harmful chemicals at home will help reduce their overall body burden. This in turn will support their immune system and organs so they can better cope with the toxics they are exposed to.

- **Read labels:**
  - Avoid synthetic fragrance** in cleaners and baby care products.
  - Choose baby care products that are **free of toxic chemicals**.
- **Avoid plastic** teethingers; **choose high quality wooden toys**.
- **Choose natural fibers** over fleece pyjamas to avoid flame retardants.
- Invest in a **natural, organic mattress**.
- Choose **non-toxic furniture** for baby's room.
- Choose **glass or metal** food containers over plastic and cans.
- Eat more **plant-based meals, organic dairy, meat, and at least the Dirty Dozen** fruits and veggies.
- **Filter your drinking water**.
- Use a **vacuum with a HEPA filter** and **dust** with a damp cloth **regularly**.

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If you want a step-by-step guide to detoxing your home, saving you time and money, let's chat. My name is Emma Rohmann, and I am an environmental engineer, mom, and founder of Green at Home. I offer science- and performance-based consultations to help you detox your home according to your health goals and your lifestyle – stress-free. Contact me today for a free 15min phone consultation to learn more.



hello@greenathome.ca | [www.greenathome.ca](http://www.greenathome.ca)

The information shared here is not intended to diagnose or cure any conditions.  
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