

**PARTNERS IN PERINATAL HEALTH CONFERENCE  
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“Non-Toxic Living Made Simple: Solutions for Every Day”

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**Objectives:**

Upon completion, participants will be able to:

- Discuss children’s vulnerability to common toxins found in personal care products, food, clothing, home furnishings and other household items.
- Explore common routes of exposures, practical preventative measures, and simple ways to make the home a safer, healthier and “least-toxic” environment for babies and young children.

# SAFER FOR YOUR BABY: A Guide to Living Better with Fewer Chemicals

THIRD EDITION

by Lynn Tondat Ruggeri, Ph.D. and Laura Costa, Ph.D.



SAFER FOR YOUR BABY © 2008

This book is useful for anyone who wants to live a healthier life. Included are specific ingredients to avoid, how to identify safer products, and easy ways for families to protect themselves from harmful chemicals commonly found in personal care, cleaning and pest control products, toys, food, clothing and more. The authors also explain how toxins get into the body, why babies and young children are most vulnerable and why it is worth the effort to seek safer options. Resource section lists stores, websites and companies with safer products as well as important web sources on toxins and health.

## Sample of safer-living tips from *Safer for Your Baby*:

- **Open the window to freshen indoor air:** Indoor air quality is typically far worse than outdoor air.
- **Take your shoes off before entering your home.** This will greatly reduce the amount of lead and other heavy metals, pesticides, and other contaminants that get trapped indoors in carpeting and household dust.
- **Avoid air fresheners with synthetic fragrances and other artificially-scented products.** These are made up of 100's of "trade-secret" petrochemicals that have never been tested for their neurotoxic effects. They can cause immediate breathing problems, asthma, nausea, headache, flu-like symptoms and, in extreme cases, seizures.
- **Never microwave plastic.** Avoid using plastic for food/beverage storage, baby bottles, sippy cups, teething toys or toys that are labeled # 3, # 6, or # 7 plastic. These plastics can leach toxins that are then ingested. If there is no label on item assume it is # 7.
- **Air out new products before closed-room use.** This includes plastic products (e.g., computers), furniture, carpeting and glued wood products. This is the process of "out-gassing" toxic chemicals that are apparent by their strong odor. These substances can cause immediate health problems such as asthma and headaches.
- **Take precautions to avoid inhalation & ingestion of dust since most dust contains traces of heavy metals** such as lead, mercury, and cadmium as well as flame-retardant, pesticides & other environmental contaminants.
- **Wash all produce before eating, even organic.** (See above tip for reason).
- **Use safer cleaners,** such as baking soda, vinegar, lemon juice or safer cleaners like Seventh Generation products rather than bleach or petrochemical-based and chemically fragranced cleaners.
- **Whenever possible, use non-toxic pest control products & solutions.** *Safer for Your Baby* has practical ways & resources for safer options for any pest control problem. Examples: pour undiluted vinegar onto weeds for spot weed control; use milky spore for lawn treatment of grubs and corn gluten for early season treatment of weeds.

This 65-page book is printed on recycled paper with soy ink and retails for \$9.95

[www.saferforyourbaby.com](http://www.saferforyourbaby.com)