



# What's on the menu today?

## Toys... gadgets... sticky fingers... toxic chemicals in dust?

We know that young children explore and learn through hand-to-mouth activity. But these innocent actions may also harm their health.

Everyday items like TVs, computers, furniture, plastic toys and cleaners often contain toxic chemicals. Through normal use, small amounts of these chemicals end up in dust, along with pollutants that are tracked in from outdoors. Toys, objects and sticky fingers then carry that dust into curious mouths.

Scientists are learning that many of these chemicals create health risks for the developing fetus and child.

## A few simple actions can lower children's risks:

- Wash little hands and toys regularly with plain soap and water;
- Vacuum or wet-mop once a week; twice a week in a home with a crawling child;
- Dust furniture and window sills regularly with a damp cloth;
- Buy wisely: find out what products contain toxic chemicals and look for safer choices.

For more environmental childproofing tips, visit:

[www.healthyenvironmentforkids.ca](http://www.healthyenvironmentforkids.ca)

[www.environnementsainpourenfants.ca](http://www.environnementsainpourenfants.ca)

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