



Top Ten Ways to Help Protect Your Children from Cancer, Autism, ADHD, and Lower IQs from Environmental Exposures

The American Academy of Pediatrics has determined that we can help prevent disease and disability in children by limiting their exposure to pesticides and other chemicals found in everyday life. Here are some things parents can do.

1. Choose non-toxic and environmentally safe chemicals, eliminate landscape pesticide and fertilizer use; do not use pesticides inside or on pets, and dispose of toxic chemicals safely.
2. Reduce exposure to pesticides by choosing organic foods or washing thoroughly. Choose free-range meat and avoid eating processed, charred, or well-done meat.
3. Remove shoes before entering the home, and if exposed to chemicals, wash work clothes separately from family laundry.
4. Filter home tap water and carry and store in stainless steel, glass, or BPA- and phthalate-free containers. Microwave food and beverages only in ceramic or glass. Avoid canned goods and #1, #3, and #7 plastics.



5. Make informed choices about purchases by consulting the [Household Products Database](#). Foam items bought before 2005 should be inspected; anything ripped or breaking down should be replaced; be careful when removing old carpeting and padding. Inquire about fire retardants. Use a HEPA filter on vacuums. Avoid coal-tar sealants and perfumes.
6. Cut down on fossil-fuel consumption by turning off lights, driving a fuel-efficient car, and walking and biking when possible. Don't idle when parked.
7. Avoid tobacco and vaping.

8. Limit cell phone use, check home radon levels, and weigh risks of medical tests against diagnostic benefits.
9. Wear protective covering and sunscreen.
10. "Each person can become an active voice in his or her community. To a greater extent than many realize, individuals have the power to affect public policy by letting policymakers know that they strongly support measures that will reduce or remove from the environment toxics that are known or suspected carcinogens or endocrine-disrupting chemicals. Individuals also can influence industry by selecting non-toxic products and where these do not exist, communicating with manufacturers and trade organizations about their desire for safer products" (President's Cancer Panel 2010, p. xx).

For more information, visit www.pehsu.net, cehn.org, pediatrics.aappublications.org/content/130/6/e1757, or peht.ucsf.edu/index.php.

