



Bringing home Baby

Understanding everyday toxicants and how you can minimize your new baby's exposure



Additional Resources

Learn more about the chemicals in your everyday products and environment:

The Environmental Working Group: www.ewg.org

Explore our website: www.seed-program.org

Contact & Follow us:
SEED@hsph.harvard.edu
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HARVARD T.H. CHAN
SCHOOL OF PUBLIC HEALTH

How can I minimize my exposure?



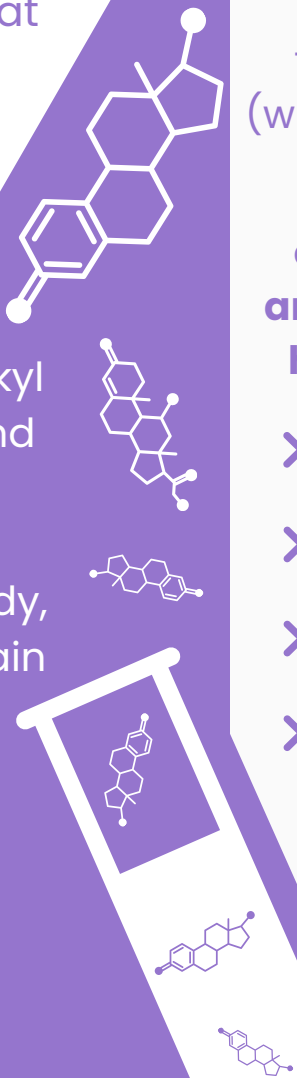
- Reduce parental exposure and breastfeed instead of using baby formula and plastic bottles
- Rinse produce thoroughly, filter drinking water sources, and buy organic when possible
- Wash your hands thoroughly before cooking or eating and after handling electronics
- Minimize single-use plastics and avoid plastic toys and plastic baby accessories
- Remove air fresheners and other fragrances or candles from living environments
- Look for phthalate-, paraben-, and chemical-free personal care and cleaning products
- Look for these labels:



EDCs

Endocrine-disrupting chemicals (EDCs) interrupt normal hormonal activity by mimicking, blocking, or altering hormones and changing the way that they function in the body.

EDCs include phthalates, phenols, per- and polyfluoroalkyl substances (PFAS), and other toxicants. Some EDCs are rapidly removed from the body, while others can remain in the body for a long time. Most people are exposed to multiple EDCs daily, allowing these chemicals to remain at harmful concentrations.



These chemicals are everywhere

Infants can be exposed to EDCs in a variety of ways, including formula and even breast milk (when maternal exposure occurs).

Current research warns that exposure to these chemicals among parents and infants can harm your newborn's health.

- ✗ Impairs neurodevelopment
- ✗ Alters thyroid or metabolic function
- ✗ Decreases infant growth
- ✗ Alters immune function



EDCs are commonly found in plastic toys, cleaning supplies, personal care products, and more. As you prepare to bring your new baby home, it is important to identify these sources of EDC exposure and to seek safe-alternatives.

Where are EDS hiding?

-  Household cleaning supplies (antibacterial/antimicrobial soaps and detergents)
-  Plastic toys and plastic baby accessories (e.g., pacifiers)
-  Takeout containers, plastic packaging, canned foods and beverages, and plastic kitchen and storage items
-  Personal care products, (e.g., lotions, powders, soaps), cosmetics, hair products, and fragrance (e.g., candles)
-  Electronic devices
-  Waterproof, wrinkle-resistant stain-resistant, or flame-resistant clothing
-  Unfiltered drinking water and baby formula