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Clean up your child's environment

- Use natural, biodegradable and perfume-free detergents and cleaning agents (for example Ecostore, Abode); do not dry clean clothes. If you use microfibre cloths just add water.
- Air your home well – to avoid mould and accumulation of toxic vapours from furniture, carpet, mattresses, curtains
- Do not use fragrant sprays, scented candles, or anti-mosquito sprays in the home.
- Take off shoes as you enter house - this reduces dust load by about 50%. Use a HEPA filter vacuum.
- Avoid chlorine: use water filters, limit pool and hot tubs; use silver nitrate cartridge for spa pool.
- Wear natural clothes (cotton, bamboo), avoid flame retardant materials in clothes and furniture as they are absorbed through the skin
- Avoid playing on pressure treated wood (it contains arsenic)
- Eliminate exposure to mercury and thimerosal products. Do not allow amalgam (grey) dental fillings, use composite instead.
- Use an air purifier especially in the bedroom if any concerns
 - over air quality in the home eg close to a busy road, mould
- No plastic furniture (polyvinyl chloride), plastic water bottles (BPA), plastic wrap. Use glass or stainless steel water bottles; glass containers for storage



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- Use aluminum-free baking powder, deodorant.
- Do not cook in aluminium foil or drink from aluminium cans. No aluminium or Teflon pans; use stainless steel, glass, ceramic or cast iron pots and pans.
- Avoid use of herbicides or pesticides, on lawns, garden, or home (no insect sprays). Use screens on windows and patios, sticky tape to catch insects or electric
- Use natural, perfume-free shampoos, soaps, lotions etc. (Ecostore, Living Nature, Divine by Therese Kerr)

Resources

- Healthy home, Healthy family Nicole Biljsma
www.buildingbiology.com.au
- Environmental working group - <http://www.ewg.org/>
excellent source of information on all forms of toxicity – food, environmental, additives
- Skin Deep www.cosmeticsdatabase.com