

Harmful Chemicals in the Nursery

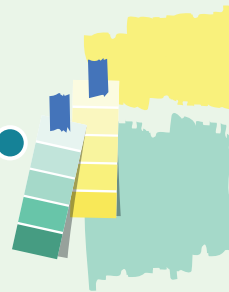
Protect Your Baby When You're Pregnant



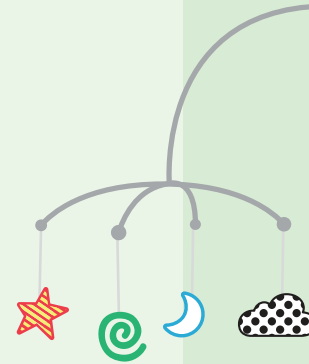
Take these easy, affordable steps to limit your contact with harmful chemicals. Even small changes can have big health benefits for you and your baby.

Before you remodel or repaint the nursery, take steps to be safe.

- Old homes (built before 1978) may have **lead** paint. Sanding or scraping it creates **lead** dust that is dangerous to breathe in. If you live in an old home, **ask your state or local health department about lead testing before you start remodeling.**
- When repainting, **choose low or no VOC paint**, which has fewer harmful chemicals. **Ask a family member to paint for you** so you don't breathe in the chemicals. Then **stay out of the room until the paint smell is gone.**



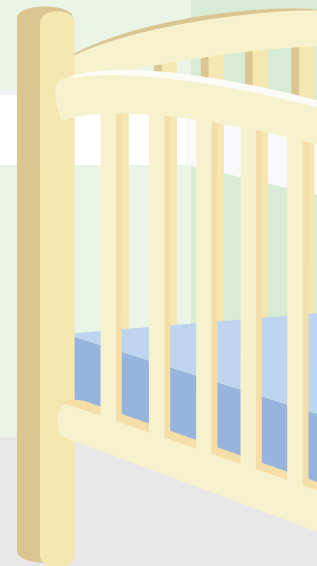
Choose baby bottles made of glass or stainless steel if you can. If you use plastic bottles, make sure they're **BPA-free.**



Choose toys that are labeled nontoxic and look for the letters "ASTM" on the package or label. It means the toy has been tested for harmful substances like **lead** by the American Society for Testing and Materials.



If you can, use furniture made from solid wood. New furniture with particleboard or fiberboard may contain formaldehyde, a type of **VOC.**



U.S. Department of Health and Human Services
Agency for Toxic Substances and Disease Registry

Harmful Chemicals to Avoid in the Nursery

These chemicals can affect how your baby grows and develops.

BPA (bisphenol A) is a chemical that's in some plastic and metal food containers. Studies have found evidence that BPA may affect babies' brain development and their behavior as they grow older.

Lead is a heavy metal that used to be common in paint. It was banned from household paints in 1978, but old homes may still have lead paint. Lead can affect how unborn babies develop and can cause early (premature) birth.

VOCs (volatile organic compounds), like formaldehyde, are chemicals found in certain household products, like some paints and furniture. Studies show that some VOCs may affect how unborn babies' brains develop or cause premature birth.

For more information about how to protect yourself from harmful chemicals when you're pregnant, visit www.atsdr.cdc.gov/emes/public/exposures.html

They get into your body in 3 ways:



Swallowing them
(ingesting)



Breathing them in
(inhaling)



Touching them
(absorbing through
your skin)

Once the chemical is in your body,
it may affect your baby too.