

WHAT ARE PHTHALATES?

Phthalates are chemicals used to soften vinyl products like PVC. They are also used in consumer products to make the scent last longer or mask the scent.

WHERE ARE THEY FOUND?

- Soft toys like rubber ducks
- Perfumes
- Personal care products like shampoos and lotions
- Vinyl flooring, tablecloths and shower curtains
- Air fresheners and candles
- Indoor air and house dust

THE GREATEST CHANCE FOR PHTHALATE EXPOSURE HAPPENS WHEN A CHILD SUCKS OR CHEWS ON A TOY.

WHY ARE CHILDREN MOST AT RISK?

- Unborn babies can be exposed to phthalates during many important stages of development as the chemical can cross the placenta.
- Small children eat, drink and breathe more than adults. They crawl and put objects in their mouths.
- Teenagers experience many important hormone changes.



For toy safety information visit:

TBDHU.COM/HBHF
healthyenvironmentforkids.ca
healthycanadians.gc.ca



Phthalates & Your Child's Health



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PHTHALATES IN CANADA

Health Canada's new 'phthalates regulations' (June 2011) will limit the amount of phthalates in all children's toys and child care items including those that may be mouthed by small children. In 1998, phthalates were not allowed for use in teething, soothers and baby rattles.

PHTHALATES AND YOUR CHILD'S HEALTH

- Research suggests exposure to phthalates may be linked to health problems like asthma, cancer and birth defects.
- They are also known as "hormone disruptors."
- Phthalates can enter the body through the saliva especially if a child sucks or chews on a toy.

BE AWARE:

Phthalates can be found in many other products such as vinyl table cloths and shower curtains. These types of products are not meant for children and are not regulated under the new 2011 phthalates regulation.

TIPS: WHAT YOU CAN DO?

- The regulation covers NEW toys, but you probably have OLD toys at home as well.
- With old toys, try to limit or altogether stop children from putting them in their mouths.
- Throw away damaged or scratched toys.
- To recognize PVC products, first look for the recycling symbol. If "V" , "PVC" or "3" is written inside or around the symbol, the product is made of PVC.
- Smell the toy. If it has a strong odor, this usually means many chemicals may be used to make the toy.
- Look for "phthalate free" on the product or packaging.
- Call the company's phone number usually listed on product packaging if no other information is available.



- Try not to buy things with phthalates in them. If you do, let them "air out" before bringing them in the house.
- Limit your use of scented products like body lotions and other personal care products.
- Avoid using candles and air fresheners in your home.