



Environmental Toxins & Children: Small Bodies, Big Risks

What are environmental toxins?

Environmental toxins are harmful chemicals found in water, food, plastics, fabrics, toys, furniture, the air, and even dust. While they affect everyone, children are especially vulnerable because their bodies and brains are still developing.

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Why are kids at a greater risk?

Faster Absorption

- Children eat, drink, and breathe more per pound of body weight than adults—meaning they absorb more toxins relative to their size.

Critical Development Windows

- Toxins like lead, mercury, BPA, and phthalates can disrupt brain development, hormone balance, and immune function.

Ground-Level Exposure

- Kids crawl, sit, and play on floors where dust, pesticides, and microplastics accumulate.

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IMPACT ON THE PLANET

- Many of these chemicals are petroleum-based and non-biodegradable.
- Toxins released into air and water pollute ecosystems and harm wildlife, especially pollinators and marine animals.
- Pesticides and plastic waste contribute to long-term soil degradation and biodiversity loss.

WHY IT MATTERS:

Children are not just small adults—they're more sensitive to the world around them. By reducing exposure to everyday toxins, you're protecting their health today and for decades to come.

WHAT CAN YOU DO

- Choose BPA-free and phthalate-free products (especially bottles, toys, and containers).
- Avoid synthetic fragrances in cleaning products, laundry detergents, and personal care items.
- Buy organic produce when possible—especially for kids.
- Open windows for ventilation and vacuum regularly with a HEPA filter.
- Choose natural materials for mattresses, clothes, and toys.



TOXIN	FOUND IN	HEALTH RISKS
Lead	Old paint, pipes, contaminated soil	IQ loss, ADHD, learning delays
Phthalates	Plastic toys, food wrap, vinyl flooring	Hormone disruption, obesity risk
BPA	Canned foods, plastic bottles	Early puberty, behavior issues
Pesticides	Produce, lawns, home sprays	Neurological problems, asthma
Flame Retardants	Mattresses, couches	Thyroid disruption, cancer risk