



the centre for

# Health & Well Being

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## Tips for kids & their parents – taking care of the earth

Pick 3 solutions from the following list to help protect yourself and the earth:

1. Choose healthy cleaning products such as baking soda, borax, cornstarch, lemon juice, table salt, tea tree oil, washing soda or white vinegar to keep your house clean, rather than chemical based cleansers.
2. Help your parents dig up the weeds in your lawn or garden rather than using pesticides, which harm the earthworms, ladybugs, pets and people.
3. Use soap and water instead of pesticides to control bugs.
4. Turn your lights, computer and TV off when not in use to save energy and decrease global warming.
5. Save on home heating and decrease global warming by turning the temperature down 2-4 degrees and wearing a sweater.
6. Choose toys made out of wood, cloth, paper, cardboard and metal rather than plastic. Most plastic toys contain chemicals that harm human health and the environment and cannot be recycled.
7. Use body care products (toothpaste, shampoo) that are free of sodium laurel sulphate and any kind of paraben, used as a preservative.
8. Avoid nail polish. It contains formaldehyde and phthalates. Formaldehyde is a carcinogen and phthalates act like estrogen and can cause earlier puberty in girls.
9. Walk to school if you can rather than asking for a drive. Use your car as little as possible. Make your next car one that is low on fuel.
10. Use a sauna weekly to sweat out some of the environmental chemicals the body absorbs so you don't accumulate them. Exercise until you sweat every day.
11. Eat lower on the food chain – use less meat, fish and dairy and more whole grains, beans (legumes) and soy. In this way you will be exposed to fewer environmental chemicals.
12. Choose to buy organic food more often to get more nutrients and fewer chemicals.
13. Store your drinking water in glass. Plastic water and juice bottles usually contain phthalates to make them soft and flexible or bisphenol A to make them hard – both act like the hormone estrogen and leach into the water we drink. Send your children to school with a small stainless steel thermos instead.
14. Clean up after yourself, and don't leave litter outside.

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15. Re-use instead of buying new. When you're finished with old comic books, magazines, books, clothes, toys or video games, trade them with your friends. It's just like getting new stuff except it doesn't cost money and you're not wasting your old toys.
16. Plastic pop can rings and fishing lines can strangle birds and other wildlife, so always make sure you throw them away properly.
17. When you're walking your dog in a natural area keep it on a leash so it doesn't disrupt nests and chase wildlife.
18. Carry a canvas or net bag when you go shopping to save on plastic and paper bags, or use metal wire baskets.
19. Things like coconuts, oranges and bananas don't need man-made protection, so don't shop in stores that package them.
20. Instead of buying new plastic bags, reuse the ones you have – use them for your lunches or for storing stuff in the freezer.
21. Start a "save-it" closet for storing things like yarn, buttons, egg cartons, and use them for projects instead of buying new things.
22. Don't use wrapping paper, instead try using a T-shirt, scarf or home made reusable cloth, brown paper bags, or decorated newspaper.
23. Instead of blowing up balloons at parties and releasing them into the atmosphere, use kites, or flags.
24. Take care of toys, books and clothes. They'll last longer and factories won't have to make more.

**Write letters to politicians and heads of companies to get them to show more concern for the environment in particular ways.**