

Safety Guide to Children's Personal Care Products

TOP FOUR TIPS

1. **Use fewer products** and use them less frequently.
2. **Don't trust the claims.** Check ingredients.
3. **Buy fragrance-free** products.
4. **Visit cosmeticsdatabase.com.**

INGREDIENTS TO ALWAYS AVOID

2-BROMO-2-NITROPROPANE-1,3-DIOL (or Bronopol)

Allergen that forms cancer-causing chemicals

BHA

Causes skin depigmentation

DMDM HYDANTOIN

Allergen that forms cancer-causing chemicals

OXYBENZONE

Allergen; damages cells and DNA with free radicals

TRICLOSAN

May disrupt growth hormones from the thyroid

BORIC ACID and SODIUM BORATE

Unsafe for infants according to industry experts

DIBUTYL PHTHALATE, TOLUENE

Found in nail polish; hormone disruption, cancer concerns

AVOID WHEN POSSIBLE

FRAGRANCE

Allergen; neurotoxic, hormone disruption concerns

FLUORIDE

Teeth stains; neurotoxic when swallowed

CETEARETH and PEG compounds

Can contain cancer-causing impurities

PARABENS

Hormone disruption, cancer concerns

TRIETHANOLAMINE

Allergen that forms cancer-causing chemicals

DYES

Some cause cancer and are banned outside the U.S.

METHYLCHLOROISOTHIAZOLINONE & METHYLISOTHIAZOLINONE

Allergens with neurotoxicity concerns

IODOPROPYNYL BUTYLCARBAMATE

Chemically similar to neurotoxic pesticides

BENZYL ALCOHOL and ISOPROPYL ALCOHOL

Skin irritation and neurotoxicity concerns

PRODUCT TIPS

SHAMPOO & CONDITIONER Avoid DMDM hydantoin, fragrance, and cetareth and PEG compounds.

- SOME** Burt's Bees Rosemary Mint Shampoo Bar with Oat Protein and Pro Vitamin B5
- BETTER** California Baby Shampoo & Bodywash Super Sensitive
- PICKS** Jason Natural Cosmetics Aloe Vera 84% Hair Smoothing Conditioner

BODY WASH & LIQUID SOAP Avoid triclosan, DMDM hydantoin, and fragrance. We recommend plain bar soap over body wash.

- SOME** California Baby Shampoo & Bodywash Super Sensitive
- BETTER** Aveeno Skin Relief Body Wash with Natural Colloidal Oatmeal, Fragrance Free
- PICKS** Huggies Baby Wash, Extra Sensitive, Fragrance Free

TOOTHPASTE The American Dental Association recommends fluoride-free toothpaste for children under 2 years of age. Also avoid triclosan and PEG compounds.

- SOME** Tom's of Maine Natural Homeopathic-Style Whitening Toothpaste, Apricot
- BETTER** Weleda Calendula Toothpaste
- PICKS** Colgate Toothpaste, Regular

SUNSCREEN Infants under 6 months don't belong in the sun. For older babies and children, use sunscreen with UVA and UVB protection, and re-apply often. Avoid oxybenzone, DMDM hydantoin, and triethanolamine.

- SOME** Blue Lizard Australian Suncream, SPF 30, Sensitive
- BETTER** California Baby SPF 30+ Sunscreen Lotion No Fragrance
- PICKS** Coppertone Endless Summer Ultrasheer Sunscreen Stick

BABY WIPES Avoid 2-bromo-2-nitropropane-1,3-diol (or Bronopol), DMDM hydantoin, and fragrance.

- SOME** Seventh Generation Unscented Baby Wipes with Aloe Vera & Vitamin E
- BETTER** Pampers Baby Wipes Unscented
- PICKS** Tushies Baby Wipes with Aloe Vera, Unscented

LOTION AND MOISTURIZER Avoid harsher soaps to keep your child's skin from drying out, as well as DMDM hydantoin, fragrance, and cetareth and PEG compounds.

- SOME** Aveeno Daily Baby Moisturizing Lotion
- BETTER** California Baby Botanical Moisturizing Cream
- PICKS** Eucerin Original Moisturizing Cream

DIAPER CREAM Avoid BHA, boric acid, sodium borate, and fragrance.

- SOME** Aquaphor Hydrophor Baby Diaper Rash Ointment
- BETTER** Triple Paste Medicated Ointment for Diaper Rash
- PICKS** Balmex Extra Protective Clear Ointment

BABY POWDER Don't use powders. Lung damage results when babies inhale the cloud of tiny particles released during application. Also avoid DMDM hydantoin, sodium borate, and fragrance.

PLAY MAKEUP Make sure children use safer products and apply them appropriately, sparingly, and infrequently.

The better picks shown here may be available in your local store. To find hundreds more suggested products and see our scoring system in action, go to: <http://www.cosmeticsdatabase.com/special/parentsguide>