

Toys



Many everyday objects contain **endocrine disruptors**.

There are also endocrine disruptors in toys.

For example, in the paint.

1. What is an endocrine disruptor?

An endocrine disruptor is a chemical that changes the hormones in our bodies.

Hormones do several things.

For example, hormones can change:

- our weight,
- our mood,
- our body temperature,
- ...



Endocrine disruptors are bad for people's health, especially for pregnant women and children.



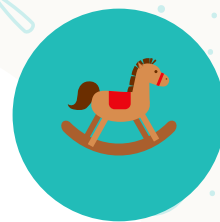
In today's world, there are more and more people who have health problems.

For example, diabetes.

This may be partly because of endocrine disruptors.



You must be careful about endocrine disruptors.
Especially for babies, children and teenagers.
Because they are in the process of growing up.
Children need to be taught to wash their hands often
and to choose their toys carefully.



2. Dangerous chemicals in toys

When you buy a toy, you should look at its label.
You have to be careful.



Sometimes, toys contain **lead**.

For example, in:



- paints,
- markers,
- make-up,
- wooden toys.

Lead can cause problems for the development of children.

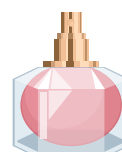
For example: an attention deficit disorder.

This means difficulties in focusing.

You should choose toys made with natural materials.

You have to be careful about **perfumes** in toys.

Perfumes can cause allergies.



An allergy is when your body reacts badly to something.

Plastic toys often contain **phthalates**.

They are a chemical used to make plastic softer.

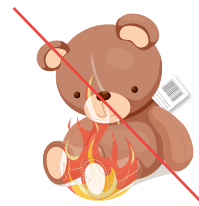
Phthalates are dangerous to health.

Sometimes, toys also contain **flame retardants**.

These are chemicals that prevent the toy from burning too quickly if there is a fire.

There are flame retardants in:

- screens,
- electronic toys,
- and toys with batteries.



Sometimes, there are also flame retardants in:

- carpets,
- dust,
- cuddly toys,
- ...



This is why you should open the windows and clean up the dust often.

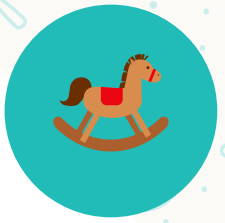
When you are expecting a baby, it is also a good idea to prepare the bedroom in advance.

And not right before the birth.

3. Some advice on toys



1. When you buy a new toy, it is a good idea to remove the packaging. Then leave the toy unwrapped for a few days before giving it to your child.



2. When you buy a new toy,
it is a good idea to check that it is sturdy.
In other words, make sure it will not break.
3. You should buy toys that do not have perfume.
There is often perfume in:

- markers,
- paint,
- modelling clay,
- make-up.



Because perfume can give your child an allergy.

4. You should buy make-up with natural dyes.
Dyes are the chemicals that give colour.
5. You should wash new cuddly toys and clothes.
6. Some toys can be dangerous, for example:



- very small toys,
or toys you get in ads.



- toys made with recycled plastic.
Because they are made with a mixture of plastics.
And we do not know yet if they are dangerous.



- Soft plastic toys and toys that inflate.
Like beach balls.
But especially toys with soft plastic
that you can put in your mouth.
Like children's teethingers.



- Toys with batteries or electronic games.
For example, like Nintendo games.
These toys should also be switched off
when they are not being used.



7. It is bad for children to look at screens too often.
For example: television, computers...



8. You should choose things made in Europe.
Because there are rules in Europe.



9. You should choose eco-friendly toys.
These are products that are good for nature
and the environment.
Sometimes there is a label on the toy
to say it is eco-friendly.



10. Choose dolls and cuddly toys
made from fabric, wool, cotton
or other natural materials.



11. You should choose toys made from natural wood.
This means wood without any varnish or chemicals on it.
If the toy is painted, it is better if natural paint was used..



12. When you buy a toy, you can look at the label.
If you see a drawing like this one,
it means that the toy is not dangerous.

