



## ADM100- The Eco-Friendly Child Care Center, Part 1: Green Lifestyle and Environmental Health - Handout

### Welcome to ADM100

The goal of this course is to provide an overview of what constitutes an eco-friendly child care environment, with a major focus on the hazards of environmental exposure and recommended practices for maintaining a safe, healthy environment for young children.

### Course Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify strategies for creating an eco-friendly child care center with regard to food, water, energy, transportation, and waste reduction
- Identify methods for reducing waste and energy consumption
- Identify reasons why young children are more vulnerable than adults to environment hazards
- Identify potential environmental hazards for young children
- Identify methods for reducing environmental hazards associated with air pollution, radon, pesticides, plastics, mold, and cleaning supplies

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### Additional Resources

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### The Earth-Friendly Environment

**Why is it important to go "green" in early childhood programs?**

**What Is a "Green" Lifestyle?**

**Environmental Health**

**Children and Environmental Exposure**

**Children Most Affected**

**Hazards for Children**

**For each of the following environmental hazards list:**

- **Reasons why it is hazardous**
- **Symptoms of exposure**
- **Strategies for reducing exposure**

**Lead**

**Indoor Air Quality**

**Pesticides and Integrated Pest management (IPM)**

**Radon**

**Treated Playground Equipment**

**Plastics**

**Art Supplies**

**Household Chemicals**

**Indoor Mold**

**Asthma Triggers**

## Tips for Parents and Caregivers

Remember these tips to help you (and parents) maintain a healthy environment for the children in your care:

- Choose to use fewer chemicals in your home and on your lawn and garden
- Don't use pesticides if you don't have to
- Have your child's blood lead level (BLL) tested especially if your child spends time in a house built before 1960
- Don't smoke or let others smoke near your children
- Children and pregnant women should obey area fish and seafood advisories
- Give children plenty of fruits and vegetables (organic if possible)
- Pay attention to pollution reports and limit children's outdoor activities on ozone alert days
- Read your water system's Consumer Confidence Report (available from your water supplier or online at [www.epa.gov/safewater/dwinfo.htm](http://www.epa.gov/safewater/dwinfo.htm))
- Ask your health care provider to take an environmental health history of your child
- Work with your school, community recreation system, and others to decrease their use of chemicals
- Tell your elected officials that you want government policies to specifically address children's health issues
- For more ideas, visit the Environmental Protection Agency's website at [www.epa.gov](http://www.epa.gov)