

# I Can Protect My Baby

Cassandra Holloway

Today we are exposed to a world full of toxins. Babies are exposed by the most seemingly innocent items, such as baby bottles and canned formulas. These items contain a harmful chemical called BPA.

When we buy baby bottles, the first thing we are told to do by the manufacturer is to sterilize the bottles by boiling. But when plastic is heated, it releases a harmful chemical called bisphenol A (BPA). By boiling baby bottles, we release BPA 55 times faster than normal use. 95% of baby bottles contain the BPA toxin.



*"I can see how exposure adds up. That's what they mean by chronic exposure."*

BPA is not only found in baby bottles, but it is also found in toddler sippy cups, water bottles, and liquid formula. The U.S. government's Food and Drug Administration (FDA) estimates that formula cans carry 200 times the government's so-called "safe" level of exposure to BPA. The FDA also estimates that babies



have 12.5 times more BPA exposure than adults due to the chemical leaching from formula and bottles. Also, consider the size of a baby compared to that of an adult.

BPA can cause birth defects and developmental problems. It is still unclear at what level we begin to be harmed by the chemical. The safest way to avoid exposure for babies is to purchase bottles, sippy cups, and breast pumps that state that they are BPA free. If you use formula, use powdered rather than liquid formula. Furthermore, if you do have bottles with BPA, do not expose them to the high heats of boiling or microwave ovens.

Protecting our children from toxins may seem like a hard task; however, becoming aware of the toxins in everyday products is a good first step.

**Sources:** <USNEWS.com>; <brighthub.com>; <EWG.org>.

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## Exposed!

**To compare infants' and adults' exposure, you would need to know how much BPA is in drink containers. What is the dose? How often and for how long do they drink? How vulnerable is the person? Is the brain or body developing?**

**Explore exposure further on p. 10.**

Cassandra Holloway attends the Adult Education Center in Fort Smith, AR. She is studying for her GED so she can go to college. She has two children, and she would like nothing more than to protect them from the world of toxins that they are exposed to.

