

## Are there laws that protect?

All cosmetic products are governed by the European Cosmetics Regulation (EC/1223/2009) which determines the authorised ingredients, the maximum concentrations of certain ingredients as well as banned ingredients, and mandatory labeling requirements. Cosmetics ingredients have to be listed on the product (INCI names). The 26 allergenic fragrances are listed with their technical terminology (see allergenic fragrances), all other fragrances go under the umbrella term "fragrance" or "parfum" or "aroma". Mandatory labeling of nano-ingredients will be effective from July 2013. However, the health risks posed by nano-particles are not yet fully investigated.

## How can this guide help you?

We want to draw your attention to ingredients in baby care products that pose a risk to health, and give you practical advice on how to avoid them. For further information

please visit the following links:  
[www.wecf.eu](http://www.wecf.eu) and [www.projectnesting.org](http://www.projectnesting.org)

## Ask for information!

Please ask your retailer or manufacturer if the cosmetic ingredients have been tested for endocrine disrupting effects and if nano-particles were used in the product. The retailer or manufacturer has to tell you within 45 days if a cosmetic product contains particular chemicals or particles. Unfortunately this duty to give information only applies to a few chemicals and substances. Though, the more customers that ask specific questions, the faster producers change their product policy. By doing this you can influence the cosmetic manufacturers! WECF is campaigning for toxic-free products from the manufacturers and safe cosmetics legislation in the political arena: Please support us!

You want to know more?  
[www.wecf.eu](http://www.wecf.eu)  
 Women in Europe for a Common Future, WECF Germany, St.-Jakobs-Platz 10, D-80331 Munich

[www.projectnesting.org](http://www.projectnesting.org)

## General tips

- Less is more! Try to use baby care products only when necessary.
- Hands off products containing nanoparticles. The risks to health and environment are not yet clarified. Watch out for the label "nano" (to be listed on products from July 2013) or ask your retailer.
- Avoid fragranced products, they can cause allergies.
- The following fragrances are allergenic: Amyl Cinnamal, Amylcinnamyl Alcohol, Alpha-Isomethyl Ionone, Anise Alcohol, Benzyl Alcohol, Benzyl Benzoate, Benzyl Cinnamate, Benzyl Salicylate, Butylphenyl Methylpropional, Cinnamal, Cinnamyl Alcohol, Citral, Citronellol, Coumarin, Eugenol, Evernia Furfuracea Extract (tree moss extract), Evernia Prunastri Extract (oak moss extract), Farnesol, Geraniol, Hexyl Cinnamal, Hydroxycitronellal, Hydroxyisohexyl-3-Cyclohexene Carboxaldehyde, Isoeugenol, d-Limonene, Linalool, Methyl-2-Octynoate.
- Avoid anti-bacterial products (wet wipes, cleansing products, washing additives for textile and surface cleansing). They interfere with the skins balance, disturb the skins natural defense mechanism, and can lead to bacterial resistance.
- Don't use baby powder, when inhaled it can have dangerous consequences for babies.

Shampoos & bathadditives					
Lotions, creams & oils					
Sunscreen					
Toothpaste					
Wet wipea					

**Tip:**  
 Read labels on the products carefully and compare them to the hazardous ingredients named in the table

**Links**  
[www.wecf.eu](http://www.wecf.eu)  
[www.nestbau.info](http://www.nestbau.info)  
[www.ikotest.de](http://www.ikotest.de)  
[www.verbraucherzentrale.de](http://www.verbraucherzentrale.de)  
[www.test.de](http://www.test.de)

	Hazardous chemicals (INCI*)	Possible health effects
	<b>Parabens</b> (e.g. Methylparaben, Butylparaben)	<i>Estrogenic effects, disrupts the hormone system, sensitising agent</i>
	<b>Preservative: Phenoxyethanol</b>	<i>Irritating after prolonged exposure, neurotoxic, allergenic</i>
	<b>Preservatives: Formaldehydes and formaldehyde releasers</b> (e.g. Benzylhemiformal, 2-Bromo-2-nitropropane-1,3-diol, 5-Bromo-5-nitro-1,3-dioxane, diazolidinyl urea, Imidazolidinyl urea, Quaternium-15, DMDM Hydantoin)	<i>Carcinogenic, mutagenic, impairs fertility, irritates mucous membranes and skin, allergenic</i>
	<b>Sodium Lauryl Sulfate (SLS)</b>	<i>Irritates and dries out the skin</i>
	<b>UV-filters: Benzophenone-3 (oxybenzone), 4-Methylbenzylidene camphor (4-MBC), 3-Benzylidene camphor (3 BC), Octyl methoxycinnamate (OMC), Octyl-Dimethyl-para-Aminobenzoic-Acid PABA (OD-PABA)</b>	<i>Disrupts the hormone system, accumulate in the environment, in living organisms and as follow up e.g. in breast milk; can cause photoallergic reactions</i>
	<b>Nano-Particle</b> (nano-Titanium dioxide, nano-Zinc oxide)	<i>Indications for toxic effects in the human body, accumulation in the body- health risks are currently unknown</i>
	<b>Phthalates</b> (e.g. used to denature perfumes) <b>No labeling obligation</b>	<i>Disrupt the hormone system, potentially sensitising</i>
	<b>Fragrances, perfume, musk compounds</b> (perfume, scent)	<i>Allergy risk, irritate the skin, accumulate in the environment, the body &amp; breast milk, some can disrupt the hormone system</i>
	<b>Mineral oils</b> (Paraffinum liquidum, Wax)	<i>Not broken down by the human body</i>
	<b>Triclosan</b>	<i>Can cause allergies and bacterial resistance</i>

(\*INCI name in babycare products)

## Protect children – Avoid harmful substances!

WECF guide

Baby care



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## Perfumed baby care

From baby foam-baths to massage oils, unfortunately, many cosmetic products for small children are scented. Fragrances - including natural ones - can cause skin irritations and allergies. Some synthetic musk compounds can have hormone like effects and many fragrances can accumulate in the human body and the environment. Avoid fragrances and fragranced products, babies skin is more sensitive to them than adults.



### Tips!

- As a general principle, use unscented products on or around your children.
- Try to avoid using concentrated essential oil directly on the skin as some are allergenic or toxic for small children.



### Tips!

- A maximum of one or two 5-minute baths for baby per week are sufficient.
- Soap is rarely necessary, warm water or a wet washcloth is sufficient for cleansing; when you do use toiletries, use them sparingly.
- Alternative: instead of bath additives you can simply add some plant based salad oil or single cream to the bathwater.
- Babies hair can be washed with the bathwater when bathing. Baby shampoos are not necessary.

## Shampoos & bath additives

Shampoos and bath additives can contain aggressive surfactants (foaming or cleansing agents) like sodium lauryl sulfate or cocamidopropylamine oxide which can irritate and dry out sensitive baby skin. Triclosan is a preservative that can cause allergies and is suspected of causing bacterial resistance. Fragrances are also problematic ingredients.

## Lotions, Creams & oils

Babies often suffer from dry skin, so it's good to source some safe, organic products for your child. Problematic skin care ingredients are synthetic mineral oils, fragrances and preservatives. For instance, parabens can disrupt the hormone system. Mineral oils (used in some baby products) are only slowly biodegradable and leave a greasy residue on the skin.



### Tips!

- Use creams, preferably plant-based with as few ingredients as possible, avoid fragrances and preservatives.
- To prevent diaper rashes, change diapers frequently and give your child some time wearing no diaper. In case of diaper rash: organic creams are available based on plant oils.
- During cold weather use creams which are rich in lipids (fats) since water containing products cool down the face, avoid those containing nano particles.
- For dry skin, choose plant based oils without added mineral oils, e.g. olive- or almond oil.

### Tips!

- Babies up to the age of one year should generally be protected from direct sunlight, for instance with lightweight protective clothing or a lightweight cloth attached to the pram. Also a sunhat is a must!
- Sunscreens without colorants, fragrances and preservatives are generally the best choice. Avoid anything labeled as containing nano particles.



## Sunscreen

Baby's skin is especially susceptible to sunburn, as it doesn't have any self protection yet. Sunscreens contain chemical filters and mineral blockers. Some chemical filters (see table) can disrupt the hormone system and accumulate in the body and breast milk. Caution is advised with mineral UV protection containing titanium dioxide or zinc oxide when they are used as nanoparticles. Those particles are potentially harmful as they can permeate a child's skin which is thinner than adults.

## Toothpaste

The first teeth can be polished with a moistened soft cloth. Later, toothbrushes and toothpaste are necessary. Children's toothpaste contains - among other things - surfactants, fragrances, flavours, sweeteners, preservatives, and fluoride which is supposed to prevent cavities. Overdosing on fluoride can result in enamel disease. As children often swallow some toothpaste, children's toothpaste with a lower fluoride content should be used.

### Tips!

- Check the fluoride content in toothpaste. The maximum content of fluoride in products for small children should be 250 to 500 mg.



### Tips!

- Washcloths or wipes with plant based oils are gentler, and cheaper.
- If you use baby wipes, use fragrance free products without phenoxyethanol and parabens.



## Baby wipes

Admittedly, they are quite handy but largely unnecessary and very wasteful. According to the German testing magazine "Öko-Test", 18 out of 19 tested wet wipes were rated as good (Jahrbuch Kleinkinder 2010), but unfortunately most of them contain fragrances. Avoid regular use but maybe useful when travelling.

## Protect children –

## Avoid hazardous chemicals!

### What is the problem?

Many baby care products contain ingredients that have an irritating or allergenic effect and are suspected being carcinogenic or disrupting the endocrine system. Regular contact with harmful substances, for instance when bathing or using products on the skin, enables their absorption into the body, even in small amounts. Although most cosmetic ingredients are listed on the packaging with their technical terms (INCI – Nomenclature), these terms are incomprehensible to many laypeople.

### Why are children especially vulnerable?

Children in particular have greater contact with the environment: Due to their larger skin surface relative to their weight, higher

respiratory volume and higher metabolism rate, they absorb more toxic substances than adults. Their immune and nervous systems are still developing and their detoxification systems are not fully functional. In addition, babies skin is considerably thinner than that of adults and the function of the skin as a barrier is not fully developed. The sebaceous (fat) glands are still limited in their lubrication properties; therefore the skin is rather dry and also dries out more quickly. Children are exposed to a multitude of hazardous chemicals from different sources, not only from skin care products and toys but also from everyday products like clothing, food or furniture. Even minimal amounts of hazardous substances can have a lasting impact on children's development – sometimes for a lifetime. This is reflected in rising allergy rates.