



A CHILD'S ENVIRONMENTAL BILL OF RIGHTS



By May E. Dooley, MS, MA, CMC

<https://createyourhealthyhome.com/improve-your-indoor-air-quality/a-childs-environmental-bill-of-rights/index.html>

*Give me enough oxygen for my body's requirements.
Give me air with a minimum of tiny particulates
and no tobacco smoke so my lungs remain clear and efficient.
Give me air free from mold's toxic gases and radon.
Give me air free of contaminants from off-gassing building materials,
furnishings, synthetic fragrances, and combustion gases
so my immune system isn't constantly challenged.
Give me good ventilation so that I'm not breathing in toxins.
Find healthy alternatives to pesticides and herbicides.
Protect me from dust mites, bird excrement, and mouse droppings.
Make sure my play areas are electromagnetically quiet.
Put me to sleep where electromagnetic fields have been lowered
as much as possible and where my body is grounded electrically.
Protect me from high frequency and microwave radiation,
especially from portable phone base stations and WIFI from routers
(landline phones and cable have much lower levels of radiation than wireless).
Give me good drinking water, free of dissolved toxins.
Let me play with healthy toys and art supplies.
Check my surroundings for lead and asbestos.
Provide me with good, quality reading light
Spend time with me outdoors in natural light.
Give me quiet areas for resting and recharging.*

*Why is this a child's environmental bill of rights?
Don't we all need to live this way?*

Of course we do, but please note:

A child is closer to ground-level toxins than adults.
A child breathes at a faster rate, inhaling more toxins.
A child's body weight is less, so toxin-body ratios are greater.
A child is still developing neurologically.
A child is prone to hand-to-mouth contact.