

## **PARENT SUPPORT IN CREATING GREEN ENVIRONMENTS**

As our society struggles with rising rates of childhood cancer, asthma, autism and developmental disabilities, we have also come to realize that many of our actions as consumers can affect children's health and the environment.

The best way to introduce pollution and ecology to your young child is to accentuate the positive and be a good role model. Don't dwell on scary stories or choose hopelessness. Actions speak louder than words!

Small steps that you can take around your home in daily living can demonstrate ways for children to better protect the environment and their health. Children do learn what they live and their values are formed prior to the age of school entry. It is important to be a good role model.

Use the following fifteen suggestions to live consciously, buy wisely and make a difference in your community.

### **LOWER YOUR IMPACT AND YOUR UTILITY BILLS**

1. Plug air leaks in your home.
2. Choose energy star appliances.
3. Reduce water usage by turning off the faucets when brushing teeth or install low flow showerheads and toilets.

### **BUY GREEN PRODUCTS**

4. Buy local produce and products to cut down transportation costs.
5. Use green cleaning products such as baking soda and vinegar. Discontinue the use of chlorine bleach.
6. Use paint that does not off-gas, low VOC paint is available in all major brands of paint.
7. Buy paper products with recycled content and with no chlorine bleach used in the paper making process.

### **REDUCE, REUSE AND RECYCLE**

8. Recycle paper, glass and plastic in your home and office.
9. Re-use items if possible.
10. Don't buy items with unnecessary packing that can't be recycled.
11. Bring canvas bags to the grocery store rather than using plastic.

### **REACH OUT TO OTHERS**

12. Form a car pool to work, childcare or for errands.
13. Ask the magazines you are using to use non-toxic ink and recycled paper.
14. Ask your bank to use recycled paper.
15. Talk to your neighbor about the use of toxic lawn chemicals and use non-toxic gardening techniques.

Do your part to be a good role model for creating environments that sustain children and our planet. “Not only must you believe that you can make a difference, you have to choose to make a difference.”, Crystal Kuykendall.

## RESOURCES

Center for Children’s Health and the Environment, [www.childenvironment.org](http://www.childenvironment.org)

“Clean and Green, The Complete Guide to Non-Toxic and Environmentally Safe Housekeeping”, Annie Berthold-Bond, Ceres Press, 1990.

Environmental Recycling, Reuse and Renewal, [www.earth911.org](http://www.earth911.org)

Free Recycling, [www.freecycle.org](http://www.freecycle.org)

“Frequently Asked Questions about Dry Cleaners”,  
[www.epa.gov/opptintr/dfe/pubs/garment/ctsa/factsheet/ctsafaq.pdf](http://www.epa.gov/opptintr/dfe/pubs/garment/ctsa/factsheet/ctsafaq.pdf)

Green Guide, [www.thegreenguide.com](http://www.thegreenguide.com)

Healthy Child Healthy World, [www.healthychild.org](http://www.healthychild.org)

“Raising Healthy Children in A Toxic World-101 Smart Solutions for Every Family, Philip J. Landrigan, M.D., Herbert L. Needleman, M.D., and Mary M. Landrigan, MPA, [www.organicstyle.com](http://www.organicstyle.com)

Recycle Rechargeable Batteries, [www.call2recycle.org](http://www.call2recycle.org)

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