

TEXTILE

TRUTHS

A PARENT'S GUIDE TO FABRIC SELECTION FOR



RULE OF THUMB

If it touches your baby for an extended period of time or covers sensitive areas, opt for **ORGANIC**.

Look for the logo:



*Global Organic Textile Standard

Special thanks and credit go to **Harmony Art, Stitch Simple, Oecotextiles, & Spark Collaborative** for this infographic.

PRACTICAL ADVICE FOR **MATERIAL** DECISIONS: **ORGANIC** FIRST AND WHENEVER POSSIBLE.

The world, including our homes, is full of toxic things, but who has the time to research every single item? That's why we created the

LOADS OF INFORMATION, PRE-SORTED FOR YOU.

Textile Truths series:

To help you identify which things are most harmful to you and your family so you can live a healthier and happier life!

The skin is the largest organ of the body. A baby's skin is thinner and more sensitive than an adult's -- and it's permeable so chemicals pass right through.

8,200 chemicals are routinely used in manufacturing textiles.¹

1 OUT OF 6 American children have a developmental disorder of some kind (ADD, ADHA, Autism, Dyslexia).²

12.4% have been diagnosed with Asthma.³

AIRING THE DIRTY LAUNDRY

These conditions have been linked to chemicals found in textiles, chemicals such as:

LEAD

- present in the inks & dyes used in fabric making
- associated with lower IQs
- neurotoxin- affects brain & cognitive development

PBDEs & BFRs (flame retardant finishes)

- known to compromise the immune system
- linked to cancer
- can cause brain damage in newborns

FORMALDEHYDE

- major indoor pollutant
- linked to leukemia
- linked to other cancers
- can cause allergic reactions & exacerbate asthma

When it comes to prioritizing, we recommend that you be sure to use **ORGANIC**, ideally, **GOTS*** certified:

365 days a year your baby is exposed to these items:



for more info: www.oecotextiles.wordpress.com

1 McDonough, William & Braungart, Michael. *cradle to cradle*. New York: North Point Press, 2002.

2 Boyle, Coleen A., et al. "Trends in the Prevalence of Developmental Disabilities in US Children 1997-2008." *Pediatrics* February 2011.

3 American Lung Association Epidemiology & Statistics Unit Research and Program Services, *Trends in Asthma Morbidity and Mortality*. 2005.