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Disclaimer: The information held herein is not intended to replace medical advice. If you have allergies or other health issues, be sure to consult with your doctor.

Did you know that children’s behavior can be influenced by more than just mood or psychology? Food sensitivities, exposures to common household chemicals, and nutritional deficiencies can all contribute to behavioral and learning difficulties. This quick guide introduces you to common symptoms and exposures that might be affecting your child’s behavior and health.

ENVIRONMENTAL FACTORS WHICH MAY AFFECT YOUR CHILD

INFECTIONS
 Chronic and acute
 Viruses, bacteria, fungal
 Repeated antibiotic treatment
 Overgrowth of yeast in the body

CHEMICAL SENSITIVITIES
 Indoor/Outdoor Pollution
 Heavy Metal Toxicity

FOOD ALLERGY/SENSITIVITIES

NUTRITIONAL DEFICIENCIES

PSYCHOLOGICAL STRESS
 Peer Pressure

ELECTRO-MAGNETIC EXPOSURES

COMMON SYMPTOMS WHEN EXPOSED TO ENVIRONMENTAL STRESSORS

Lack of concentration	Respiratory difficulties
Fatigue	Digestive difficulties
Hyperactivity	Dark circles under eyes
Short attention span	Muscle aches and pains
Irritability	Pale skin colour
Depression	Urinary problems

WHEN CHILDREN ARE EXPOSED TO ENVIRONMENTAL STRESSORS

They feel unwell; frustrated at not performing well; inappropriate behavior

Low self-esteem; feels insecure; unhappy; nervous; angry; anxious

Criticism from parents; teachers; professionals; siblings, peers

May become aggressive; hostile; violent

SOLVING THE PUZZLE OF YOUR CHILD’S BEHAVIOUR

Careful health history taken by a health care professional with experience in environmental health

Educating parent(s) about lifestyle changes, environmental controls etc.

Appropriate treatment plan implemented

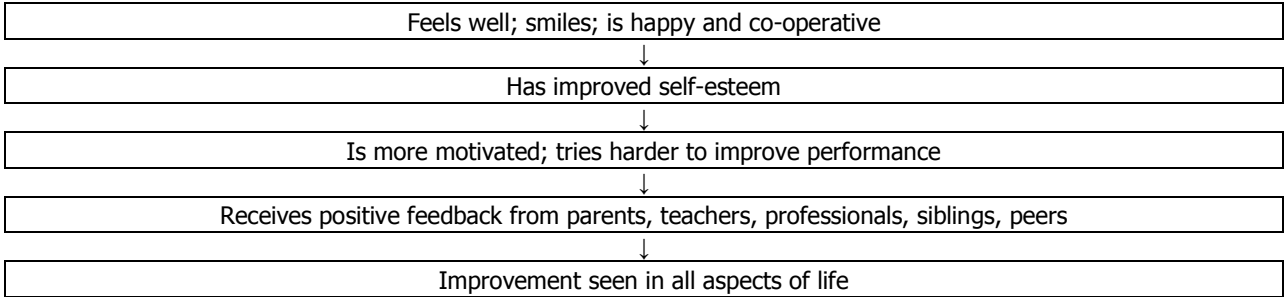
Appropriate school placement

Educating teachers/support staff regarding the special environmental needs of your child

Follow-up with your health care professional as needed to monitor child’s progress/additional challenges, etc.



THE CHILD WHOSE ENVIRONMENTAL STRESSORS ARE UNDER CONTROL



AN ALLERGY/SENSITIVITY SYMPTOMS & BEHAVIOURS CHECK LIST COMMON TO CHILDREN WITH ENVIRONMENTAL SENSITIVITIES
Not all may apply, not all may be due to environmental sensitivities, but these are common indicators

Squinting or rapid blinking of the eye	Allergic salute –pushing nose up	Touching genitals
Puffiness under the eyes	Stuffy/runny nose	Not wanting to be touched
Itchy, watery, red eyes	Nose wrinkle/sneezing	Not wanting any clothes on
Dark circles under eyes		
Glazed, glassy eyes	Noise sensitivity	Easily distracted
Swollen eyelids	Smell sensitivity	Inability to follow directions
	Light sensitivity	Short attention span
Red cheek patches		Argumentative
Headaches	Changes in speech	Angry
Pale skin	Non-stop talking	Restlessness
Excessive perspiration	Slurred speech	Bad Breath
Facial twitches	Talking loudly	Touching genitals
	Whispering	Not wanting to be touched
Loss of hearing		Not wanting any clothes on
Red ear lobes	Moodiness	Stomach ache
Rubbing and/or picking nose	Spacey	Easily distracted
Earaches	Crying all the time	Inability to follow directions
Fluid behind the ears	Hiding from everyone	Short attention span
Tubes in the ears	Impulsiveness	Argumentative
Constant infections		Angry
High pitched voice	Patchy tongue	Restlessness
Sore throat	White tongue	Bad Breath
Clearing the throat	Eczema/skin rashes	Abdominal pain
Hoarse voice		Gas/diarrhea/constipation
Coughing/wheezing	Itchiness/hives	Bedwetting
Changes in co-ordination	Irritability	Body odour
Changes in handwriting	Quiet	Bone pain
Changes in drawing	Unhappy/sad	Joint/muscle/growing pain
Yawning	Depressed	Aggressive/violent
Unable to sleep	Silliness	Inability to sit still
Nightmares	Inappropriate behavior	Temper tantrum
Fatigue	Falling grades	Inability to sit still



DOES YOUR CHILD’S BEHAVIOUR/HEALTH CHANGE WHEN EXPOSED TO THE FOLLOWING ENVIRONMENTAL EXPOSURES?

If yes, then the item might be causing reactions in your child. It is best to limit or eliminate exposure to items that are toxic (i.e. chemicals) and/or items that seem to cause a reaction.

PERSONAL CARE PRODUCTS

Perfumes	Scented soap
Scented laundry soap	Hair spray
Dry-cleaned clothes	After-shave products
Scented deodorants	Scented cosmetics
Nail polish/remover	Scented fabric softener
Tobacco smoke	Scented shampoo

INDOOR/OUTDOOR EXPOSURES

Indoor/outdoor inhalants	Auto exhaust
Pesticides	Gas stove
Pets	Outdoor pollution

BUILDING MATERIALS/FURNISHINGS

Electro-magnetic fields- computers, television, cellphone, WiFi
Tars, adhesives, caulking materials, sealants
Carpeting/synthetic materials or fabrics
Particle board/vinyl floor coverings
Furniture stuffed with sponge rubber
Paint/shellac/stains/thinners/varnish/spray paint
Fluorescent lighting

FOODS

Foods that are eaten/ reactions observed immediately
Foods that are eaten/delayed reactions observed

CLEANING SUPPLIES

Insecticides/pesticides/fungicides
Floor polishes/waxes/furniture polish
Chlorine in scouring powder/bleaches
Room deodorizer sticks
Disinfectant odours from cleaning compounds

SCHOOL & SCHOOL SUPPLIES

Scratch & sniff stickers	Soft plastic toys
Fruit smelling markers	Magic markers
Pens/pencils/erasers	Glue/paint/correction fluid
Rubber bands	Newsprint
Recently renovated school	Gym floor varnished, floors waxed after holidays

Useful Resources

Healing the Planet One Patient at a Time
By Jozef Krop MD(retired), HD

Is This Your Child?
By Doris Rapp, MD

Is This Your Child’s World?
By Doris Rapp, MD