



Environmental factors that can affect the health of infants

Student's Name



Part I

Children, unlike adults are more vulnerable to environmental risks. That implies that they need more care in a bid to ensure that they are always safe. The following are some of the environmental factors which affect children.

Pesticides: infants are more sensitive to toxic substances such as pesticides. The toxicity depends of the ingredients of the toxic substance. Toxic substances can affect the brain, nervous system, and other developing organs of the infant (Wigle et al., 2007). The infants may also take in a lot of chemicals from the substances because they usually take more breaths than adults. For example, if an infant gets to an insecticide accidentally, the matter should be treated urgently by conducting immediate first aid before taking them to the doctor (Basner et al., 2014). To keep infants away from such chemicals,

it is recommended that all pesticides should be kept away from the reach of children.

Noise: normal levels of noise are healthy to both children and adults. However, if it exceeds a certain level, noise can affect the health of infants. One major effect of excessive noise is that it can lead to Noise Induced Hearing Loss (NIHL). Excessive noise can also affect the psychological health of children. One of the recommendation is that infants should be kept away from machines and other devices that produce heavy noise (Pillitteri, 2010). As well, infant ears should be covered with appropriate protective gears whenever they get near places that produce huge sounds.

Excessive sunlight: As much as sunlight is useful to the health of infants, excessive of it can be risky. Excessive sunlight contains UVA rays which can cause cancer and skin aging and UVB rays which can cause sunburns, and cataracts (Bassil

et al., 2007). To ensure that infants are safe, they should be exposed to an average quantity of sunlight before being moved far away from sun. In case of an accident from excessive sunlight, it is recommended to bring the child indoors immediately, undress them, have them lie straight down, and place a cool water bath or spray mist on them. A child is not supposed to be left alone on the sunlight just for their safety.

Community resource: Children & Community Resources- ensuring the safety of all children

<http://www.ccrconnect.ca/en/index.asp>

National resource: National Resource Center for Health and Safety in Child Care and Early Education- aims at giving care to all children

<http://nrckids.org/>

Online resource: BBC Online learning for children affairs- offering Online educational

resources and activities to support children's learning

http://www.bbc.co.uk/learning/subjects/childrens_learning.shtml

Part II

Child Name: Charles Smith

Age: 7 years old

Gender: Boy

Ethnicity: American

Educational level: First Grade

After sharing my pamphlet with Charles' parent, I could clearly read the shock on her

face. While she was aware of some of the environmental risks such as the pesticides, she still remained unaware of the others like the noise and excessive sunlight. She told me that at some point while working in a construction site, Charles used to cry a lot at night. She confessed that she used to go with him to the site and lay him at the far end where there was no destruction.

However, she linked the crying with the excessive noise made by machines at the site. From my assessment, I felt that Charles' mother had understood the risks that I wrote in my pamphlet clearly. From the experience, my only impression is that parents should be taught the health risks that can affect their children in advance.

References

Wigle, D. T., Arbuckle, T. E., Walker, M., Wade, M. G., Liu, S., & Krewski, D. (2007).

Environmental hazards: evidence for effects on child health. *Journal of toxicology and environmental health, part B*, 10(1-2), 3-39.

Bassil, K. L., Vakil, C., Sanborn, M., Cole, D. C., Kaur, J. S., & Kerr, K. J. (2007).

Cancer health effects of pesticides. *Canadian Family Physician*, 53(10), 1704-1711.

Basner, M., Babisch, W., Davis, A., Brink, M., Clark, C., Janssen, S., & Stansfeld, S.

(2014). Auditory and non-auditory effects of noise on health. *The Lancet*, 383(9925), 1325-1332.

Pillitteri, A. (2010). *Maternal & child health nursing: Care of the childbearing & childrearing family*. Lippincott Williams & Wilkins.