



# The facts about... a guide to cosmetics for parents

[www.thefactsabout.co.uk/parents](http://www.thefactsabout.co.uk/parents)

“Is it safe to colour my hair while I’m pregnant?” “Should I only use natural cosmetics while I’m breastfeeding?” “What’s the best way to use sunscreen to keep my child safe?” These are just a few of the queries that worried mums and dads put to the Cosmetic, Toiletry and Perfumery Association (CTPA) each year through its website: [www.thefactsabout.co.uk](http://www.thefactsabout.co.uk).

In fact, research by YouGov for CTPA suggests that nearly 9 out of ten parents are concerned at some level that the chemicals in their everyday products might impact their children’s health<sup>1</sup> - and more than half (54%) would feel reassured by a better understanding of the ingredients in their products and what they do.

CTPA has created the following guide to help address some of the most common questions asked by parents about the safe use of cosmetics, both during pregnancy and on young children. All questions covered have either been submitted by some of the UK’s top parenting journalists on behalf of their readers or are taken from a live webchat with mums which was hosted by CTPA in partnership with Netmums.



## Can using cosmetics affect my unborn baby?

Cosmetic products are covered by strict safety laws which include a safety assessment for each product. The safety assessment must take into account all the different situations and conditions in which the products are likely to be used, including their use by women during pregnancy. If any risks at all are identified, the law requires that product makers must put clear warnings on the product labels. This means you can continue to enjoy your cosmetic products during pregnancy.

## Is it safe to use toiletries on babies and young children?

Yes, it’s absolutely safe to use those which are intended to be used on babies and infants. Such products are specially formulated. For example, they use milder cleansers, low levels of fragrance and carefully control the pH to ensure compatibility with baby skin. Also, there is an enhanced safety assessment legally required for all cosmetic products intended for use on children under three years of age.



<sup>1</sup> YouGov survey among 2013 UK adults aged 18+ carried out between 1st – 3rd April 2009

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