

# Keep Our Children Safe From Lead!



The following pages provide important information for you and the teachers in your center.

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# Dear Child Care Center Director,

Inside this booklet is important information about lead poisoning. Lead is a serious danger, especially to children ages 6 and younger. We have created this booklet so you can quickly learn facts about lead poisoning. Inside are the following pages:



- NJ FamilyCare Lead Fact Sheet
- Reproducible Lead Risk Question Sheet
- Reproducible Activities to Use with Children
- Child Care Center Lead-Testing Tracking Form

## Who is at risk?

Lead presents the greatest pediatric health risk to children ages 6 and younger. Because infants and toddlers often put their hands and other objects in their mouths, they are at especially high risk for touching lead dust and getting it into their bodies.

## What are the risks?

Lead poisoning can cause:

- Learning disabilities
- Behavioral problems
- Intellectual disabilities
- At very high levels, seizures, coma, or even death

Even low levels of lead can result in hyperactivity, damage to the brain, and slower growth and development.

## How can children get lead poisoning?

Lead may get inside children's bodies when they ingest dust, paint chips, water, and food. Children may not look sick or feel sick, even if they have very high levels of lead in their blood. Only a blood test can determine lead levels.

## What can you do?

- Share the information in this packet with your staff and the parents of the children in your care.
- Distribute copies of the Lead Risk Question Sheet to the parents of the children in your care.
- Make sure parents understand the importance of having their children tested for lead poisoning.

Together we can help keep all of New Jersey's children lead safe.

Sincerely,

Sarah Adelman, Commissioner  
New Jersey Department of Human Services



## NJ FamilyCare Lead Fact Sheet

### Who is at risk?

Children ages 6 and younger are in the most danger. Young children are more likely to be harmed by lead because their bodies are developing, and they absorb lead easier. Additionally, they often crawl and play on the floor, play in the dirt, and put things in their mouths.

### What are the risks?

Children can become very sick, and you might not even know it. Lead poisoning can cause a variety of illnesses, some very severe. Some of the illnesses are:

- Behavior problems
- Learning problems
- Hearing problems
- Damage to the brain
- Hyperactivity
- Anemia
- Slower growth and development
- At very high levels: seizures, coma, death



### Who should be tested?

All children are at risk for lead poisoning.

All children must be tested for lead at:

9–18 months...best at 1 year, and

18–26 months...best at 2 years.

Please note: Any child under the age of 6 years who has never been tested for lead should be tested immediately.

Your doctor may do more testing if you answer “yes” or “I don’t know” to any of the following risk questions:

- Is your child now living in (or being cared for in) a building built before 1978?
- Is your child now living in (or being cared for in) a building built before 1978 that is being remodeled?
- Does your child live with an adult whose job or hobby involves lead? (For example, painters, home improvement workers, and fishermen.)
- Have you ever been told your child has high levels of lead in his or her blood?

***Remember: It's important to take your child for a checkup with his or her doctor.***

## Lead Risk Question Sheet

### Hoja de Preguntas Sobre Riesgos de Contacto Con Plomo

All children are at risk for lead poisoning. All children must be tested for lead at:  
9–18 months...best at 1 year, and  
18–26 months...best at 2 years.

Please note: Any child under the age of 6 years who has never been tested for lead should be tested immediately.

Here are some questions that you and your doctor can discuss during your child's checkup to determine if additional testing is needed.

Todos los niños están expuestos al envenenamiento por plomo. Todos los niños deben hacerse un examen de verificación de presencia de plomo entre los:

9 a 18 meses...preferentemente al año, y  
18 a 26 meses...preferentemente a los 2 años.

Tenga en cuenta que: Todos los niños menores de 6 años a los que nunca se les hayan hecho pruebas para detectar envenenamiento por plomo deben hacerse esa prueba de inmediato.

A continuación encontrará algunas preguntas que usted y su médico pueden discutir durante la revisión de su hijo para decidir si es necesario realizar más pruebas.

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Does your child live in or regularly visit a building built before 1978 that has peeling paint or is being remodeled?

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Does your child live with an adult whose job or hobby involves lead? (For example, auto mechanics, home repairers, fishing, and painting.)

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Does your child live near a busy street or a factory likely to release lead into the air?

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Have you ever applied makeup from other countries onto your child? (For example, kohl and surma.)

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Have you ever given your child home remedies or homemade medicines? (For example, greta and azarcon.)

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Have you ever added food coloring made in a foreign country into your child's food?

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Have you been told your child has low iron in his or her blood?

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¿Su hijo vive en un edificio construido antes de 1978 que tenga la pintura con peladuras o que esté en remodelación, o entra con regularidad a un edificio con estas características?

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¿Su hijo vive con un adulto cuyo trabajo o afición implica el uso de plomo? (Por ejemplo, en mecánica automotriz, en arreglos para el hogar, pesca o tareas de pintura.)

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¿Su hijo vive cerca de una calle muy transitada o de una fábrica que posiblemente emita plomo a la atmósfera?

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¿Alguna vez su hijo utilizó cosméticos provenientes de otros países? (Por ejemplo, kohl y surma.)

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¿Alguna vez le suministró a su hijo remedios o algún tipo de medicina casera? (Por ejemplo, greta y azarcón.)

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¿Alguna vez le puso a sus comidas colorantes provenientes de otros países?

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¿Le han dicho que su hijo tenía poco hierro en la sangre?

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## Lead Awareness Activities for Young Children

Throughout the day, look for opportunities to teach young children how to stay lead safe. Here are just a few ideas to try.

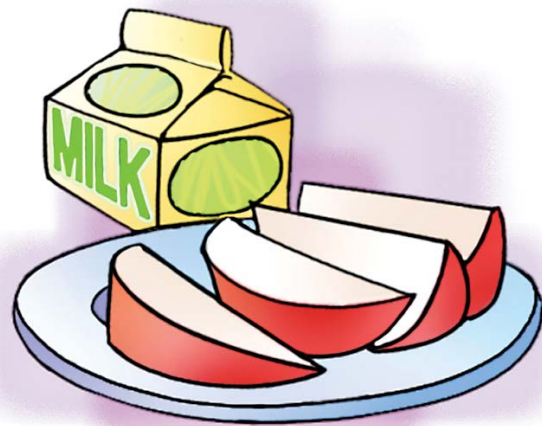
### Center-Time Project

Label large pieces of paper with a child's name on each piece in bright, colorful letters. Help the children trace their shoes onto their paper. This will create a special mat for them to place their shoes on when they enter their homes. Encourage the children to get their family members to make "mats" for their shoes, too! Remind the children that using the mats will prevent lead dust from spreading into the house.



### Snack Time

Teach the children that snacks high in fiber, calcium, iron, and vitamin C can help protect them from lead and keep them healthy. Then treat them to a healthy snack.



### Circle-Time Song (to the Tune of "This Old Man")

Teach children this tune and sing it with them while they wash their hands before snacks and meals, before naps, after outdoor play, and during other transition times.

*Wash your hands!*

*Wipe your feet!*

*Stay away from  
peeling paint.*

*Go to the doctor*

*And get a blood  
lead test*

*You'll keep feeling at  
your best!*

*Wash your toys!*

*Eat good food!*

*Stay away from dirt  
and dust.*

*Go to the doctor*

*And get a blood  
lead test*

*You'll keep feeling at  
your best!*

Photocopy and hand out to teachers.

### Instructions to Teacher

Invite children to color the picture below to help remind them to wash their hands well when they come indoors and before snacks, meals, naps, and bedtime.

Photocopy and cut along dotted line.

## Coloring Fun



# My Healthy Habits

Look at the pictures and color these 4 healthy things that you can do to have a lead safe day.



Here is a tool you can use to track lead testing for children at your center.

## Child Care Center Lead-Testing Tracking Form

Center Name: \_\_\_\_\_

Address: \_\_\_\_\_

School Year: \_\_\_\_\_

Director's Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

Fill in this chart, answering the questions for each month. Track your progress toward the goal of having all children tested for lead.

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug
1. At the beginning of the month: How many children (ages 0-6) have had at least one lead test? (Note: Children who are first arriving at your center may already have been tested.)												
2. During the month: How many children (ages 0-6) have been tested for lead?												
3. At the end of the month: What is the total number of children (ages 0-6) who have had at least one lead test? To determine this number, add the total for row 1 and row 2.												
4. How many children (ages 0-6) were in your child care program this month?												
5. What is the total number of children (ages 0-6) who have not been tested for lead? To determine this number, subtract the total in row 3 from the total in row 4.												