

# CHILD CARE PROVIDER TRAINING

## CHILDHOOD LEAD POISONING PREVENTION



CHILDHOOD LEAD POISONING PREVENTION BRANCH /  
CALIFORNIA CHILDCARE HEALTH PROGRAM

# INTRODUCTIONS

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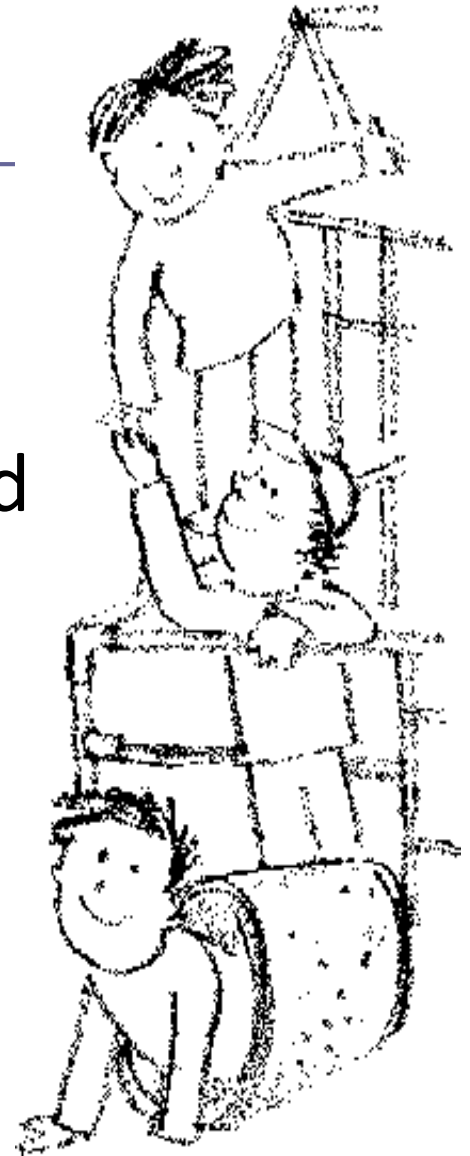


- Name
- Job
- Family Day Care or Center?

# TRAINING OBJECTIVES

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- ❑ Understand the problem of lead poisoning.
- ❑ Identify simple steps to reduce lead exposure.
- ❑ Learn how to inspect your facility regularly for hazards.
- ❑ Be able to share information with families and encourage parents to test children for lead.



# ICE BREAKER ACTIVITY

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▣ Child Care Provider BINGO!

# WHY IS LEAD POISONING AN ISSUE?

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- ❑ One of the most common and preventable environmental illness among one to six year olds.
- ❑ In CA about one percent of children under six years tested at 5 mcg/dL or greater.
- ❑ There are 38,389 family & center based licensed child care programs in CA\*

\*2017 Child Care Portfolio, California Child Care Resource and Referral Network



# WHY ARE KIDS AT RISK?

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- ❑ Lead becomes dust from peeling and chipping paint.
- ❑ Children explore the environment using their hands and mouths.
- ❑ They spend a lot of time on the floor where sources of lead are found.
- ❑ Children absorb more ingested lead than adults. <sup>6</sup>

# HEALTH EFFECTS OF LEAD

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- ❑ Children are more vulnerable to lead's toxic effects.
- ❑ Lead can limit a child's intellectual & physical development.
- ❑ Anemia and lead poisoning may occur together.



# HOW DO I KNOW IF A CHILD IS LEAD POISONED?

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- ❑ Most lead poisoned children do not look or act sick.
- ❑ Testing is the ONLY way to know.
- ❑ Blood lead tests should be done at 12 and 24 months for children in publicly funded programs for low-income children (like Medi-Cal, CHDP, and WIC).
  - All other children should be assessed for risk of lead exposure by their health care provider at every well child visit up to age 6.



# SOURCES OF LEAD

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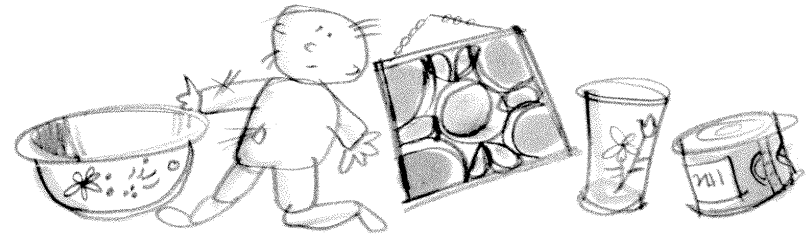
- ❑ Lead-based paint in homes built before 1978
- ❑ Chipping and peeling paint, house dust
- ❑ High friction areas like windows and doors
- ❑ Vinyl mini-blinds
- ❑ Bare dirt



# OTHER SOURCES OF LEAD

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- ❑ Lead brought home on clothes and shoes by persons working in lead related industries

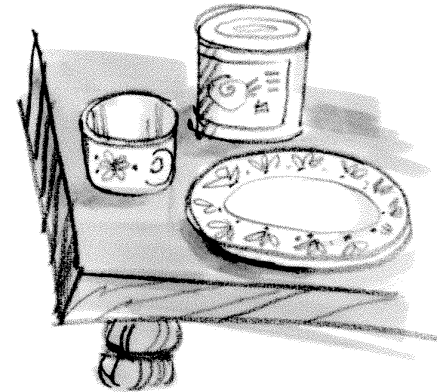


- ❑ Hobbies such as making stained glass (lead solder), hunting or firing ranges (lead bullets), fishing (lead sinkers)

# OTHER SOURCES OF LEAD

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- ❑ Lead in some foods and brightly-colored spices imported from outside the USA
- ❑ Lead in some home remedies, traditional make-up and jewelry
- ❑ Some handmade or imported pottery, dishes and water crocks
- ❑ Some old painted toys. Old vinyl toys are more likely to have lead
- ❑ Water from wells or running through plumbing that contains lead



# WHAT CAN PROVIDERS DO TO PROTECT CHILDREN?

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- Teach parents about lead
- Encourage parents to have their children screened for lead
- Post information
- Promote good nutrition
- Reduce exposure in your facility



# REDUCING ENVIRONMENTAL EXPOSURE

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## □ Wash Toys Regularly

- Toys and pacifiers are frequently mouthed
- Check toys for chipping paint
- Do not use old or imported toys unless you know they are lead-free\*
- Check CPSC for toys that have been recalled:

[www.cpsc.gov/Recalls/](http://www.cpsc.gov/Recalls/)



\*Some products labeled “lead free” may still contain lead.

# REDUCING ENVIRONMENTAL EXPOSURE

## CLEAN AND DISINFECT

### AFTER EACH USE

**Mouthed toys**  
Changing tables  
Counters used for food  
or brushing teeth  
Tables used for eating  
Dishes and utensils

### DAILY OR WHEN SOILED

**Toys and hard surfaces**  
Toilets  
Door knobs  
Kitchen floors, counters,  
and tables  
Sinks  
Waste cans

### WEEKLY

Cubbies  
Cribs  
Trash cans  
Refrigerators  
Drinking fountains  
**Window sills and  
baseboards**



## VACUUM/MOP

### DAILY

Vacuum all rugs  
Damp mop floors

## WASH

### AT LEAST WEEKLY, PREFERABLY DAILY, AND WHEN SOILED

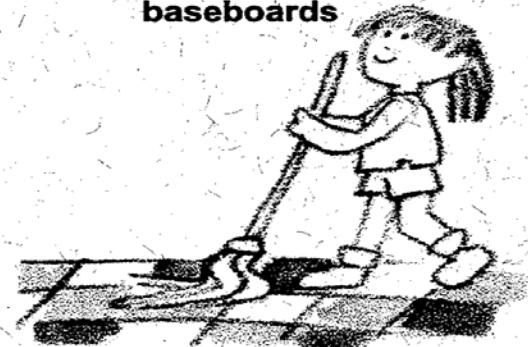
*Mop heads, have a special one just for cleaning up dust if lead is present*

**Cloth toys**  
Laundry  
Dress-up clothes

## SPOT CLEAN

### MONTHLY

**Walls** (*Do not use abrasive cleaning products or tools, i.e. sandpaper.*)  
**Carpets** (*Deep clean every 6 months*)

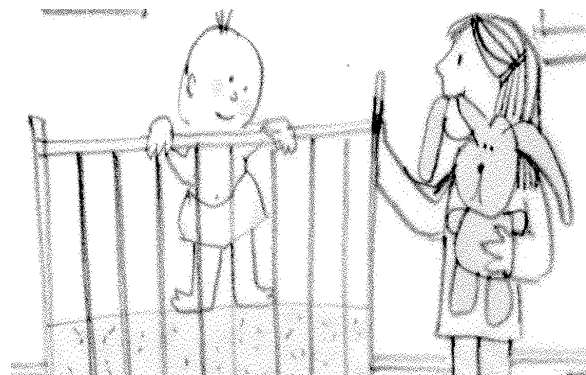


# REDUCING ENVIRONMENTAL EXPOSURE

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## Inspect on a Monthly Basis:

- Chipping, peeling paint
- Bare soil
- Moisture, molds, and mildew
- Move cribs and furniture away from possible lead sources



# REDUCING ENVIRONMENTAL EXPOSURE

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## Hand-washing

- Hands can carry germs and lead dust to mouths.
- Wash hands:
  - Before eating and handling food
  - After using the restroom, diapering or handling body fluids
  - After playing outside
  - Before going to bed (especially for thumb suckers)





# TEACHING CHILDREN

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## Hand Washing Song

(Sung to Row, Row, Row Your Boat)

Wash, wash, wash your hands  
Play our handy game  
Rub and scrub, and scrub and rub.  
Germs go down the drain, HEY!

Wash, wash, wash your hands  
Play our handy game  
Rub and scrub, and scrub and rub.  
Germs go down the drain, HEY!



# LEAD AND NUTRITION

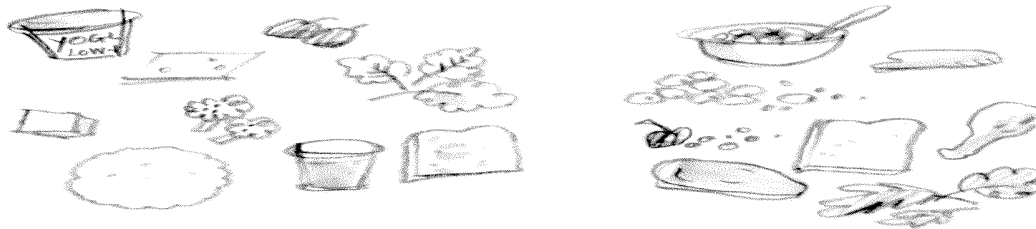
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- ❑ Frequent healthy meals and snacks can help prevent the absorption of lead.
- ❑ A full stomach reduces the amount of lead absorbed by the body.
- ❑ Feed children healthy meals and snacks often.

# HEALTHY FOODS

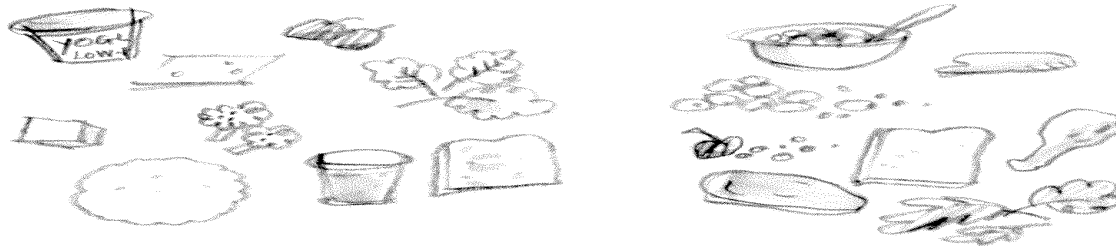
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- Include foods from all food groups, including:
  - **Protein**, like seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
  - **Vegetables**, including fresh, frozen or canned vegetables. Provide a variety of colors, like dark green, red, orange, yellow and purple vegetables. If serving canned or frozen vegetables, look for options lower in sodium.

# HEALTHY FOODS

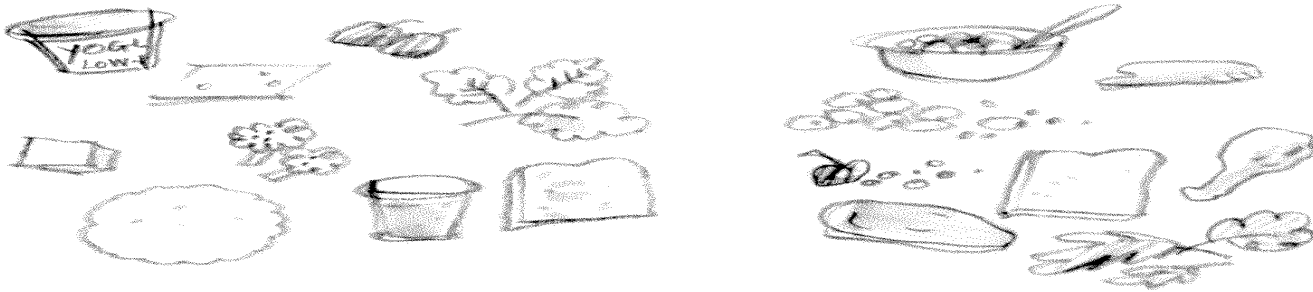
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- ❑ **Fruits**, including fresh, frozen or canned fruits. If you provide juice, choose 100% juice without added sugars and limit number of servings. Look for canned fruit that says it's light or packed in its own juice, meaning it's low in added sugar.
- ❑ **Whole Grains**, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice.
- ❑ **Dairy**, like low-fat milk, yogurt, cheese, soymilk or nut milks without added sugars.

# HEALTHY FOODS

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## □ Limit foods with:

- **Added sugar**, like candy, cookies, granola bars, soda, sugary breakfast cereal, pastries and sweet treats.
- **Added fats**, like fried foods, fast foods, chips, pork rinds and other processed foods.

# LEAD IN TAP WATER

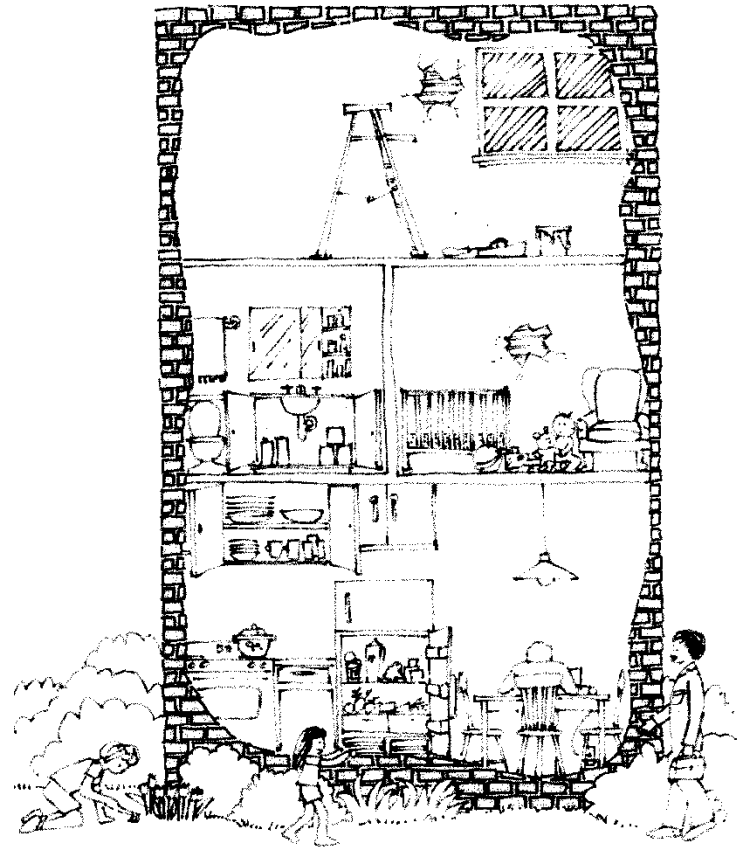
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- ❑ **Most tap water in California does not contain lead**
- ❑ **The only way to know if your tap water contains lead is to have it tested**
  - Call 800-426-4791 or visit [www.epa.gov/lead](http://www.epa.gov/lead)
- ❑ **Steps to reduce potential exposure to lead in tap water**
  - Flush the pipes in your home by running water until it feels coldest (usually at least 30 seconds and up to a few minutes, longer for first use after 6 hours)
  - Use only cold tap water for cooking, drinking and baby formula (if used)

# PAINING, REPAIRING OR REMODELING YOUR CHILD CARE ENVIRONMENT

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- There MAY be a risk for contamination if:
  - The facility was built before 1978 and/or
  - The play yard is exposed to heavy automobile traffic and/or
  - It is near an industrial area where lead products have been used or produced.



# LEAD TESTING

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- Testing your facility's paint and soil
  - Have your facility evaluated by a certified lead inspector
  - Call your local Lead Program for testing information
  - Test kits are available in hardware stores for pottery



# RESOURCES:

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- ❑ Local Childhood Lead Poisoning Prevention Program  
(XXX) XXX-XXXX
- ❑ CDPH Childhood Lead Poisoning Branch  
(510) 620-5600  
[www.cdph.ca.gov/Programs/CLPPB](http://www.cdph.ca.gov/Programs/CLPPB)
- ❑ California Child Care Health Program  
<https://cchp.ucsf.edu>
- ❑ Resource & Referral Consumer Education Line  
(800) 542-7793

# QUESTIONS?

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# EVALUATION

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- ❑ Let us know how we did...
- ❑ Please complete and turn in the evaluation form.
- ❑ Do not forget to pick up your Certificate.
- ❑ Posters and other educational materials are also available.

THANK YOU FOR YOUR  
PARTICIPATION!

