

Training Curriculum

CHILD CARE LEAD POISONING PREVENTION



Third Edition 2018

ACKNOWLEDGMENTS

We thank and acknowledge the team effort of the University of California, San Francisco (UCSF) California Childcare Health Program and the Childhood Lead Poisoning Prevention Branch staff who contributed both to this edition of the curriculum as well as to the original.

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*Available in hard copy from your local Childhood Lead Poisoning Prevention Program or download from

www.cdph.ca.gov/Programs/CCDPHP/DEODC/CLPPB/Pages/edmatls.aspx

For assistance, call (510) 620-5600.

INTRODUCTION

- Purpose
- About the Audience
 - Who Are the Child Care Providers?
 - Where Are Child Care Settings?
 - Facts about Child Care Providers
 - Barriers to Learning, Prevention and Remediation
 - Health Education
 - The Child Care Landscape: Licensed and Regulated Care
 - The Child Care Support Network



Purpose

Lead poisoning is one of the most common environmental illnesses affecting young children. Many of these young children spend considerable time at out-of-home child care programs. The Child Care Lead Poisoning Prevention Curriculum was developed to address this threat to our children's health as a joint effort of the Childhood Lead Poisoning Prevention Branch (CLPPB) of the California Department of Public Health and the California Childcare Health Program (CCHP).

The curriculum was developed to assist child care health and safety trainers as well as health educators in local health department lead programs in raising child care provider awareness of lead issues.

Feedback on this curriculum from the user's perspective is requested. After you have used it to conduct your training, please take a few minutes to fill out the evaluation form at the end of the appendix and submit it to the CLPPB. Alternatively, you may call CLPPB to share your experience and any suggestions.



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Childhood Lead Poisoning Prevention Branch
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Richmond, CA 94804-6403
Phone: (510) 620-5600
Attn: CLPPB Health Educator
www.cdph.ca.gov/Programs/CLPPB



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About the Audience

Reaching out to child care providers is a great way to connect with families with young children. Many of you are already reaching out to your local child care provider community. Some of you may be considering such outreach. In any case, we hope the enclosed materials will be useful. Your role is an important one in supporting child care providers as they work to improve the health and safety of children in their care.

This booklet has been compiled to give you background information on the child care community and to help you navigate through the maze of child care issues and services in order to reach providers.

If you want to get the lead poisoning prevention message out to your local child care community, begin by contacting the local Child Care Resource and Referral (R&R) agency. Local R&R offices can be easily found online; the California Child Care Resource and Referral Network maintains [an online directory](https://d3n8a8pro7vhmx.cloudfront.net/rrnetwork/pages/48/attachments/original/1512169701/Member_Directory_updated_December_2017.pdf?1512169701) for all California counties at https://d3n8a8pro7vhmx.cloudfront.net/rrnetwork/pages/48/attachments/original/1512169701/Member_Directory_updated_December_2017.pdf?1512169701.

Information about the local R&R also can be obtained from the California Child Care Resource and Referral Consumer Education line at (800) 543-7793. For additional strategies, contact CLPPB at (510) 620-5600.

Who Are the Child Care Providers?

Child care providers are a diverse group. They come from many cultures and speak many languages. Child care providers are usually women with educational backgrounds that vary from advanced degrees to knowledge of child development that is based on experience and common sense. There is a high rate of turnover in this field often because of long hours and low pay.

Where Are Child Care Settings?

Child care settings range from the homes of providers, to centers, and pre-schools. These settings may include privately-owned homes, rented houses or other properties, church basements, schools, or other spaces converted for this purpose.

Facts about Child Care Providers

Annual wages for preschool teachers in California: \$29,280*

Annual wages for child care program staff in California: \$22,291*

Annual turnover rate among teachers and assistant teachers in Early Childcare Education in California: 8 – 27 Percent**

* Center for the Study of Childcare Employment, Institute for Research on Labor and Employment, UC Berkeley, on website 4/12/2018 at <http://cscce.berkeley.edu/files/2016/Index-2016-California.pdf>

**Whitebook, M., Phillips, D., Howes, C. (2014). *Worthy Work, Still Unlivable Wages: The Early Childhood Workforce 25 Years after the National Child Care Staffing Study*. University of California, Berkeley: Center for the Study of Child Care Employment, on website 4/12/18 at <http://cscce.berkeley.edu/worthy-work-still-unlivable-wages/>

Barriers to Learning, Prevention, and Remediation

Child care providers spend their work hours attending to the immediate needs of young children. Many child care providers are immigrants for whom English is not the primary language. Resources for remediation to prevent lead poisoning, or access to it, may be limited. Financial issues, landlord issues, and lack of access to assistance may prevent the child care provider from taking steps to lower lead risks. Other more pressing concerns such as child abuse, aggressive behavior and family communication may be higher priorities for providers. Providers may avoid potential lead issues out of fear, denial, or guilt.

Health Education

The goal for education in lead poisoning prevention is to assist child care providers in identifying and implementing strategies that will prevent the exposure of children in care to lead. The challenge to the health educator or child care health and safety trainer is to respect individual differences and barriers and to draw on the rich experiences of the child care providers as you share your expertise.

The Child Care Landscape: Licensed and Regulated Care¹

Characteristics of Licensed Child Care Programs:

- 16 hours of health and safety training (including one hour of nutrition training) is required for at least one person on site (childcare center or preschool) or for the license holder, who must be on site 80% of the time (family child care)
- Minimum standards are required and inspections are made to ensure compliance

¹ Childcare Advocate Program Information Bulletin *Basic Licensing Requirements* CCAP 08-01 July 31, 2008 and CCAP 04-04 October 5, 2004, available at <http://ccl.d.ca.gov/res/pdf/CCAP08-01FCCHbasic.pdf> and *Manual of Policies and Procedures, Community Care Licensing Division, Family Child Care Homes*, Title 22 Division 12 Chapter 3, available at <http://www.cdss.ca.gov/ord/entres/getinfo/pdf/fccman.pdf>

- The licensing agency will accept complaints and investigate within ten working days
- There is a public record that can be reviewed
- All caregivers and any person, other than a child, residing in the facility must have a tuberculosis and criminal records clearance
- Parents have a right to inspect during business hours
- Food subsidies and payment programs may be available
- Programs can be easily located
- Copies of regulations can be readily obtained from local Community Care Licensing Agency or accessed online at <http://cclid.ca.gov>

Programs that are Licensed under State Title 22 Regulations:

Family Child Care Homes—Child care provided in the person’s own residence primarily for infants and toddlers but serves all children, birth through school-age.

- Small Family Child Care Home—Licensed for no more than eight children.
- Large Family Child Care Home—Licensed for 14 children and must have an assistant present when more than eight children are served.
- May elect to care for mildly ill children.

Child Care Centers—Child care provided in a separate facility especially designed for the care of children. Regulations require adequate and safe indoor and outdoor space as well as educational requirements for directors, teachers, and aides. Centers are licensed for capacity based on size and age range of children in care. Types of centers are:

- Infant Centers: serve children from birth to 30 months.
- Pre-schools: serve children from two years old to first grade.
- School-aged: serve children enrolled in school.
- Sick Child Day Care: serve mildly ill children of all ages.

Programs with Additional Standards

- State Funded Centers—regulated by Title V regulations which meet a higher standard than Title 22 regulations.
- Head Start Centers—meet Federal Head Start Performance Standards which are higher than Title 22 regulations.

Programs Legally Exempt from Licensing, Non-regulated Child Care or Relative Care²

- School-age programs operated by the school district.
- Public Recreation programs or drop-in programs for school-age children who are not receiving structured care or supervision.

² *Do I Need A Child Care Facility License?1/23/13 available at <http://cclid.ca.gov/res/pdf/License-ExemptChildCare.pdf>*

- Family child care provided for the children of one family only in addition to the operator's own children.
- Share-care arrangements where parents arrange care in their own home.
- Nannies or babysitters in the parents' own home.
- Short term drop-in programs where parents are occupied on the same premises, for example: health spas, churches.



The Child Care Support Network

Working through the following agencies is an excellent way to reach child care providers. Here are some suggestions for getting your lead message out to and through these agencies: prepare newsletter articles for them to publish, put on workshops for their staff or boards, or work with them to include lead poisoning prevention messages in informational or training materials they already use, or in mailings they already do.

Agencies And Organizations	Potential Interfaces																										
<p>Child Care Resource and Referral (R&R) Agency Every county has at least one R&R who has extensive knowledge of child care programs, providers and services.</p> <p>California Child Care Resource and Referral Network (CCCRR) toll-free Consumer Education Line: (800) 543-7793 (in California) Information available in English and Spanish. California R&R Network website: www.rrnetwork.org</p>	<p>Local R&R Agencies have newsletters, and provide training and outreach to all child care providers. They can provide you with a mailing list of large family child care and center programs. They are your best source of information.</p>																										
<p>California Department of Social Services, Community Care Licensing - Child Care is a division of the Department of Social Services. Child Care evaluators monitor licensing compliance. They make one unannounced visit every three years to family child care homes and a yearly visit to centers. There are 13 regional offices in California.</p> <p>Northern Child Care Area Office: (916) 651-6040</p> <p>Southern Child Care Area Office: (323) 981-3878</p> <p>Regional Offices:</p> <table border="0"> <tr><td>Bay Area</td><td>(510) 622-2602</td></tr> <tr><td>Central Coast</td><td>(805) 562-0400</td></tr> <tr><td>Chico</td><td>(530) 895-5033</td></tr> <tr><td>Fresno</td><td>(559) 243-4588</td></tr> <tr><td>Inland Empire</td><td>(909) 782-4200</td></tr> <tr><td>Los Angeles East</td><td>(323) 981-3350</td></tr> <tr><td>Los Angeles Northwest</td><td>(310) 337-4333</td></tr> <tr><td>Mission Valley</td><td>(619) 767-2200</td></tr> <tr><td>Orange</td><td>(714) 703-2800</td></tr> <tr><td>Peninsula</td><td>(650) 266-8800</td></tr> <tr><td>River City</td><td>(916) 263-5744</td></tr> <tr><td>Rohnert Park</td><td>(707) 588-5026</td></tr> <tr><td>San Jose</td><td>(408) 324-2148</td></tr> </table>	Bay Area	(510) 622-2602	Central Coast	(805) 562-0400	Chico	(530) 895-5033	Fresno	(559) 243-4588	Inland Empire	(909) 782-4200	Los Angeles East	(323) 981-3350	Los Angeles Northwest	(310) 337-4333	Mission Valley	(619) 767-2200	Orange	(714) 703-2800	Peninsula	(650) 266-8800	River City	(916) 263-5744	Rohnert Park	(707) 588-5026	San Jose	(408) 324-2148	<p>Licensing evaluators could benefit from a workshop on lead hazards. While they are not mandated to inspect for lead hazards, they may be in a position to disseminate information at site visits or orientation meetings required for every new child care program.</p>
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<p>Family Child Care Association There are more than 50 associations in California, often several in one county. Some are part of a state network and some a national network. Contact the CCCRR Consumer Education Line or the local resource and referral agency for information.</p>	<p>Many associations sponsor workshops or have newsletters for their members.</p>																										

<p>Mailing Address: P.O. Box 8754 Emeryville , CA 94662 (925) 828-2100</p>	
<p>California Association for the Education of Young Children (AEYC) affiliates are professional organizations for early childhood program providers. You can find the name of the current president of the group in your area by calling the state office at (916) 486-7750 www.caeyc.org</p>	<p>Most AEYCs sponsor an annual conference or newsletter. They can be strong advocates for protecting children.</p>
<p>Federal Child and Adult Care Food Program (CACFP) Every county has at least one agency that operates this program. Your local child care resource and referral agency can assist in locating the program in your area, or check the contacts listed at the California Department of Education site www.cde.ca.gov/ls/nu/cc/cacfpcontact.asp</p>	<p>Food program representatives routinely visit all child care programs enrolled to receive food subsidies. They provide nutrition education and would be well positioned to deliver lead poisoning prevention messages, especially as they relate to nutrition. This is a good way to reach family child care providers.</p>
<p>California Community Colleges and State Universities Most community colleges, some universities, and some extensions offer child care health and safety and other child care appropriate courses. You may view a map of community college campuses: californiacommunitycolleges.cccco.edu/maps/map.asp Or view a map of state university campuses: degrees.calstate.edu/campuses</p>	<p>Many early childhood education instructors are willing to disseminate health promotion literature; others welcome guest speakers.</p>
<p>Head Start Administration Head Start providers in California are contracted by Region IX Head Start Administration. Local contractors are listed at caheadstart.org/headstart_community.html and caheadstart.org/pdfs/membership/HeadStartAgencyList.pdf</p>	<p>Head Start programs are required to provide education to low-income families. They often look for speakers and/or health promotion materials.</p>
<p>Alternative Payment Programs These administer funds for low-income families to purchase the child care services of their choice. This includes non-regulated child care, such as relative care. Most programs can be contacted through the local resource and referral agency. California Alternative Payment Program (CAPPA) Office: 1451 River Park Drive, Suite 185 Sacramento, CA 95815 (916) 567-6797 www.cappaonline.com</p>	<p>These programs are well positioned to disseminate information to a hard-to-reach population of both licensed and non-licensed providers.</p>
<p>California Children and Families Commission (First 5 California) distributes funds to local communities through the state's 58 individual counties, all of which have created local First 5 county commissions. May maintain QRIS rankings. Funds are distributed to promote, support, and optimize early childhood development. www.cafc.ca.gov/</p>	<p>A central address in each county for developing and coordinating resources. Hosts a periodic statewide summit.</p>

<p>Local Child Care Health and Safety Trainers. The requirement of 16 hours of health and safety training has led to the development of a cadre of trainers who are paid to provide the training. They often represent national or state organizations.</p>	<p>Child care health and safety trainers often welcome appropriate materials related to injury prevention. Childhood lead poisoning prevention should be included in all trainings as part of the injury prevention curriculum.</p>
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Additionally, you might request information on local child care conferences where you can present or distribute information. Find out if there are interagency child care coalitions or an appropriate task force that may welcome information and strategies to reduce childhood lead poisoning. And lastly, consider participating in Local Child Care Planning Councils www.cde.ca.gov/sp/cd/re/lpccontacts.asp

I. ABOUT THE CURRICULUM

- The One-Hour Version
- The Thirty-Minute Version



The One-Hour Version

The purpose of this one-hour training is to educate child care providers about the dangers of childhood lead poisoning so they will:

- Understand the problem of lead poisoning.
- Practice simple routines to reduce the possibility of lead exposure in their environment.
- Share this information with families and encourage them to have their children tested for lead poisoning.

This curriculum packet contains almost everything you will need (with some photocopying on your part) to present the curriculum and evaluate your session. The full curriculum includes lecture/discussion materials; small and large group activities; training evaluation; and certificates of completion as well as a Power Point presentation.

If you do not have one hour to devote to lead poisoning prevention, you will find suggestions on how to introduce the topic and curriculum in approximately 30 minutes. This is the minimum amount of time in which we believe the introduction can be made, handouts given, and referrals discussed. However, if you have more than one hour to dedicate to the training, optional activities have been included in the appendix to make the training more interesting and interactive.

The content of this curriculum has been formatted into a Power Point presentation for your use. It is available for free download online at www.cdph.ca.gov/Programs/CCDPHP/DEODC/CLPPB/CDPH%20Document%20Library/ChildCarePresentation.pdf

Total Time: One hour

Time with Optional Activities: One and a half - Two hours

The Thirty-Minute Version

Should you find it necessary to devote less time to the topic of lead poisoning prevention, you may use the PowerPoint to introduce the topic to child care providers in a minimum of 30 minutes. This should allow enough time for a brief overview of the dangers and sources of lead, steps child care providers can take to reduce exposure to lead, and community resources to assist child care providers in their prevention efforts.

At the very least, you will want to:

- Review PowerPoint presentation, omitting the icebreaker (slide 4).
- Distribute handouts 1-5 and the following brochures as takeaways:
 - a. Protect Your Child from Lead
 - b. Repainting or Fixing Up Your Older Home?
 - c. Check for Lead In and Around Your Home

II. TRAINING MATERIALS

- Curriculum Masters to Photocopy
- Handouts
- Curriculum Brochures to Request from Your Local Childhood Lead Poisoning Prevention Program or CLPPB
- Recommended Teaching Aids
- Set Up/Supplies
- Before You Begin



CURRICULUM MASTERS TO PHOTOCOPY

- Training Agenda
- Power Point Handouts
- Lead Poisoning Prevention Checklist
- Handout # 1: Local Resources
- Handout # 2: Cleaning and Sanitizing Schedule
- Handout # 3: Teaching Children Healthy Habits
- Handout # 4: Nutrition and Childhood Lead Poisoning
- Handout # 5: Lead Poisoning Prevention Checklist
- Lead Poisoning Prevention Fact Sheet for Child Care Providers
- Workshop Evaluation
- Certificate of Award

Optional Handouts

- Handout # 6: Strategies for Educating Parents: A Role Playing Activity
- Handout # 7: Visiting a Program: Possible Scenario
- Handout # 8: Can You Find the Sources of Lead?
- Handout # 9: Source Information for Hazard Hunt

Curriculum Brochures to Request from your Local Childhood Lead Poisoning Prevention Program or from the Childhood Lead Poisoning Prevention Branch

The CLPPB website offers a variety of health education materials which can also be ordered. Many materials are available in multiple languages. Visit www.cdph.ca.gov/Programs/CCDPHP/DEODC/CLPPB/Pages/edmatls.aspx to view the materials available. For assistance, call (510) 620-5600.

Recommended Teaching Aids

The following items help focus on the simple things child care providers can do to prevent childhood lead poisoning:

- Photos of peeling, cracked and chipping paint.
- Home test kits for pottery and personal items (available at hardware stores). Employees need to be certified to sample paint/dust/soil.

Set Up/Supplies

For the training, you will need to make photocopies, gather your supplies, and set up your equipment beforehand. See below for a list of what you will need:

- Sign in sheets.
- Name tags and pens.
- Packet or folder of handouts and brochures for each participant.
- Extra blank sheets of paper for note taking.
- Small prizes, candy or other giveaways for Bingo game.
- Overhead projector or LCD projector/laptop and screen.

Optional:

- Lead test kits.
- Photos of deteriorating paint, pottery, or other lead tainted items for display.

Before You Begin

Please read all materials thoroughly before you conduct a training. Child care trainers may want to co-teach with health educators or lead specialists from health departments. Additionally, these health professionals may want to teach with child care trainers as a way of becoming familiar with the child care community.

If you have any questions about the curriculum, call the Childhood Lead Poisoning Prevention Branch at (510) 620-5600 and ask to speak to a CLPPB Health Educator.

Come prepared with the phone numbers of the local lead poisoning prevention program and the Child Health and Disability Prevention Program (CHDP) of your local health department. Complete lists are available in the appendix.

III. CONTENT

- Introducing the Topic of Lead Poisoning Prevention
- Why Lead Poisoning is an Issue
- Child Care Activities to Promote Health and Reduce Exposure to Lead
- Painting, Repairing, or Remodeling Your Child Care Environment
- Question and Answer Session
- Workshop Evaluation and Certificates



Introducing the Topic of Childhood Lead Poisoning Prevention

Rationale

Workshop participants feel more comfortable when ground rules are laid out and introductions made. The workshop will be more effective if tailored to the group. This segment offers opportunities for introductions, review of objectives, review of agenda, and profile of participants.

Time: Ten minutes (depending on the number of participants)

Objective

Participants will become familiar with trainer(s), facility, agenda, and types of child care providers present.

Materials Needed

- Training packets/handouts
- Name tags
- Training agenda
- Bingo activity sheets and prizes for winner(s)

SLIDES 1 - 3

CHILD CARE PROVIDER TRAINING

CHILDHOOD LEAD POISONING PREVENTION

CHILDHOOD LEAD POISONING PREVENTION BRANCH / CALIFORNIA CHILDCARE HEALTH PROGRAM

INTRODUCTIONS

- Name
- Job
- Family Day Care or Center?

TRAINING OBJECTIVES

- 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 & encourage parents to test children for lead

Activities

- Introductions.
- Pass out packets/handouts.
- Review course agenda.
- Point out location of restrooms, telephones, etc.
- Review training objectives.

CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING AGENDA

- Introductions
- Why Lead Poisoning is an Issue
- Child Care Activities to Promote Health and Reduce Exposure to Lead
- Question and Answer
- Evaluation and Awarding of Certificates



SLIDE 4

ICE BREAKER ACTIVITY

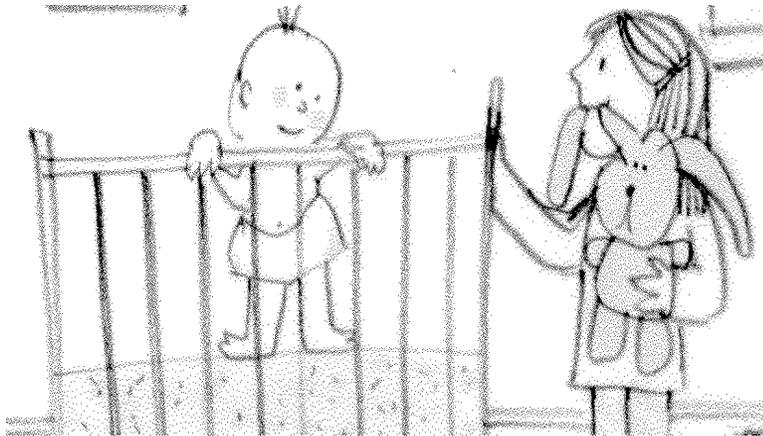


▣ Child Care Provider BINGO!

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Activity

- Read instructions for Bingo: Each blank space identifies something about the people in this workshop. Seek out your fellow participants and if one of the listed items pertains to them, ask them to sign their name in the appropriate space. (Depending on the size of the group, try to limit one spot per person). The first person to get Bingo wins!



CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING
BINGO

Provides care for preschoolers _____	Has been in the child care field for less than five years _____	Works in a family child care facility _____	Has been in child care for over 15 years _____	Has regular parent education meetings _____
Drives a van to pick up children _____	Likes water activities _____	Provides evening care _____	Drove over fifty miles today _____	Works in a facility that was built before 1978 _____
Provides weekend care _____	Speaks Spanish _____	FREE SPOT! 	Is underpaid _____	Owens his/her center _____
Takes regular field trips _____	Speaks Chinese or Vietnamese _____	Is a child care administrator _____	Changes more than ten diapers a day _____	Serves children with disabilities or other special needs _____
Cares for at least one infant under one year old _____	Trains other providers _____	Has children in day care _____	Facility has been painted, repaired or remodeled recently _____	Has a 6-to-6 program _____

Why Lead Poisoning is an Issue

Rationale

Young children are most at risk for lead poisoning because of their age. Many young children are also in child care. It is extremely important that child care providers be aware of the problem of childhood lead poisoning, know why children are at risk, and understand that they have a role in prevention efforts.

Time: 15 minutes

Objectives

Participants will know:

- At which age children are most at risk for lead poisoning, and why.
- That lead poisoning can only be diagnosed with a blood lead test, when the test should be done, and how it can be obtained.
- The sources of lead in a child's environment.

Materials Needed

- Brochure: Protect Your Child From Lead.
- Handout #1: Local Resources – Fill in phone numbers for your local lead poisoning prevention program or CHDP.

SLIDES 5 - 8

Activities

- Review Brochure: Protect Your Child From Lead.

WHY IS LEAD POISONING AN ISSUE?



- 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?



- 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.

HEALTH EFFECTS OF LEAD



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

HOW DO I KNOW IF A CHILD IS LEAD POISONED?

- 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.

SLIDES 9-12

Activities

- Prioritize and discuss lead sources.

SOURCES OF LEAD

- 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



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OTHER SOURCES OF LEAD

- 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)



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OTHER SOURCES OF LEAD

- 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



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WHAT CAN PROVIDERS DO TO PROTECT CHILDREN?

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



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CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING

Handout #1: Local Resources

NAME	TELEPHONE #
Local Child Health and Disability Prevention Program (CHDP)	
Local Childhood Lead Poisoning Prevention Program (CLPPP)	
Community Clinics:	
CA Child Care Consumer Education Line	(800) 543-7793
Regional Poison Control Center	
California Department of Public Health Childhood Lead Poisoning Prevention Branch www.cdph.ca.gov/programs/CLPPB	(510) 620-5600

Child Care Activities to Promote Health and Reduce Exposure to Lead

Rationale

- Many of the steps child care providers already take to protect children from communicable diseases will also help to protect them from lead. It is important to reinforce these practices with children and their families.
- Nutrition plays an important role in reducing lead absorption in young children. Child care providers should offer nutritious snacks and serve healthy food as part of a well-balanced diet. Be sure to include foods from all food groups.

Time: 15 minutes

Objectives

- Participants will learn how environmental lead exposure can be reduced.
- Participants will understand the role of hand washing and wiping feet in lead poisoning prevention efforts.
- Participants will understand the nutritional factors influencing lead absorption in young children.

Materials Needed

- Handout #2: Cleaning and Sanitizing Schedule
- Handout #3: Teaching Children Healthy Habits
- Handout #4: Nutrition and Childhood Lead Poisoning Prevention
- Handout #5: Lead Poisoning Prevention Checklist

Childhood Lead Poisoning Prevention Branch Brochures:

- Protect Your Child From Lead
- Don't Take Lead Home From Your Job

SLIDES 13-17

Activities

- Review and discuss handouts 2, 3, 4, and 5.
- Sing songs and read poem.

REDUCING ENVIRONMENTAL EXPOSURE

- ▣ 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/



*Some products labeled "lead free" may still contain lead.

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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 Cribbs 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)

14

REDUCING ENVIRONMENTAL EXPOSURE



Inspect on a Monthly Basis:

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

15

REDUCING ENVIRONMENTAL EXPOSURE

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!)



16

TEACHING CHILDREN

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!



17

SLIDES 18-22

LEAD AND NUTRITION



- 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



- 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.

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HEALTHY FOODS



- **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, soy milk or nut milks without added sugars.

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HEALTHY FOODS



- 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.

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LEAD IN TAP WATER

- 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
- 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 in 6 hours)
 - Use only cold tap water for cooking, drinking and baby formula (if used)

22

Activities

- Review and discuss handout 4.

Handout #2: Cleaning and Sanitizing Schedule

Cleaning and washing with soap and water removes dirt, lead dust, and body fluids. All-purpose liquid detergents in water are the best cleaning agents. Sanitizing with chemicals eliminates from surfaces most germs that cause illness. In the child care setting, a solution of liquid chlorine bleach, mixed and used according to label instructions, is an example of a low-cost, effective sanitizing solution.

Many steps you already take to protect children from communicable diseases will also reduce exposure to lead.

<p>CLEAN, AND SANITIZE OR DISINFECT</p> <p>Before or After Each Use</p> <p>Mouthed toys Changing tables Counters used for food or brushing teeth Tables used for eating Dishes and utensils</p>	<p>VACUUM/MOP</p> <p>Daily</p> <p>Vacuum all rugs Damp mop floors Special mop heads designated for cleaning areas where lead is present.</p>
<p>Daily (at the end of the day) or when soiled</p> <p>Toys and hard surfaces Toilets Door knobs Kitchen floors, counters, and tables Sinks Diaper pails, Drinking fountains</p>	<p>CLEAN</p> <p>Weekly, and when soiled</p> <p>Mop heads Machine washable cloth toys Laundry (sheets and pillow cases) Dress-up clothes</p>
<p>Weekly or when soiled</p> <p>Cubbies Cribs Trash cans Refrigerators Window sills and baseboards</p>	<p>SPOT CLEAN</p> <p>Monthly</p> <p>Walls (Do not use abrasive cleaning products or tools, e.g., sandpaper.) Carpets (Deep clean every six months)</p>



For more information, refer to: American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*. 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; 2011. <http://cfoc.nrckids.org>. Accessed 4/30/18. http://cfoc.nrckids.org/files/CFOC3_updated_final.pdf

CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING

Handout #3: Teaching Children Healthy Habits

Child care providers can make positive changes to prevent childhood lead poisoning. Many steps you already take to protect children from communicable diseases will also protect them from lead.

HANDWASHING

Children's hands can carry germs and lead dust to their mouths. Children in child care should wash their hands:

- Before eating and handling food.
- After toileting, diapering or handling other body fluids.
- After playing outside.
- Before going to bed (especially for the thumb-suckers).

Direct children to the hand washing area by singing this song to the tune of "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!

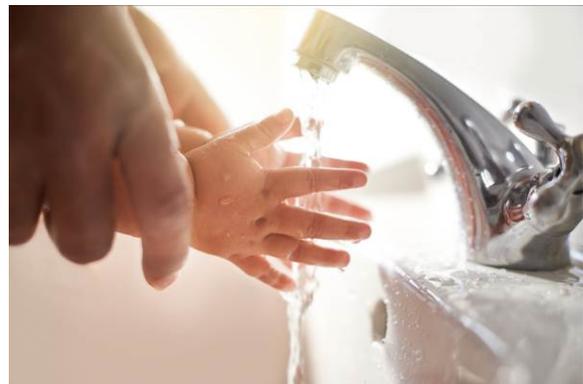
If children wash their hands with soap under running water during the time it takes to sing this song twice, they will have thoroughly cleaned them.

Or try this poem by Maurci Jackson:

Wash your hands before you eat.
Wash your hands before you sleep.
Wash your hands after play.
Wash your hands throughout the day.

Run the water in the sink.
Several minutes before you drink.
Drink the water, drink a lot.
But never drink the water hot.

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WIPING FEET

Wiping feet before coming inside keeps soil that may contain lead out of the child care environment. This is especially important in programs that care for infants and toddlers who spend much of their day playing on the floor. It is a common practice in many infant/toddler programs for staff to wear socks only. This not only keeps out soil, but protects little fingers if they are stepped on. Preschoolers will get into feet-wiping routines if you have colorful doormats and fun reminders like "all little horses wipe their feet and neigh."

Handout #4: Nutrition and Childhood Lead Poisoning Prevention

Lead poisoning is one of the most common environmental illnesses among young children. It can slow growth and cause learning and behavior problems. Children between six months and six years of age are most at risk. The only way to know if a child has lead poisoning is to have the child's blood tested. Child care providers can help protect children from lead poisoning by reducing exposure to lead in the child care environment, promoting good nutrition, and encouraging testing.

HOW DOES NUTRITION HELP PREVENT CHILDHOOD LEAD POISONING?

Frequent healthy meals and snacks can help prevent the absorption of lead.

NUTRITION AND CHILDHOOD LEAD POISONING PREVENTION

- Feed children frequent meals and snacks. Lead is absorbed more easily in an empty stomach.
- Offer nutritious snacks and serve healthy food as part of a well-balanced diet. Be sure to include foods from all food groups, including:

Protein. Choose seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.

Vegetables. Serve 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

Fruits. Offer 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.

Grains. Choose whole grains, such as whole-wheat bread, oatmeal, popcorn, quinoa, or brown or wild rice.

Dairy. Encourage children to eat and drink low-fat dairy products, such as milk, yogurt, cheese, soymilk or nut milks without added sugars.

- 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.

- Prepare foods carefully. Wash your hands, and the children's, before touching food. Surfaces used for food preparation and serving should be clean. Wash fresh foods before eating or cooking. Do not cook, serve, or store food or beverages in opened cans, in dishes or crocks that contain lead, or in leaded crystal.
- Seat children at the table when eating. They are less likely to drop food on the floor, where it may pick up lead dust and then be eaten.

NUTRITION AND FOOD ACTIVITIES

Children learn about nutrition by:

- Eating what you serve and watching you eat healthy foods.
- Including nutrition concepts in their environment or play area (like play food, pictures of food, empty food boxes).
- Formal learning activities such as songs about food, growing their own food and using food for science experiments.
- Cooking activities where they can handle, smell and taste food, and serve and receive it from others.



Some Snacks to Try!

Snacks are important for children. Young children like smaller, more frequent meals. Here is a great recipe that they cannot resist. It's fun and healthy, too! Share your healthy recipes and activities with parents.

MOCK SOUR CREAM DIP

- 1 cup low-fat cottage cheese
- 1 cup low-fat plain yogurt
- 1/3 cup non-fat dry milk powder
- 2 ounces cheddar cheese, grated
- 2 tbsp lemon juice

Run ingredients through food processor or blender until smooth. After everyone has washed up, serve with fruits and veggies for dipping. Each child should have his or her own dish.

GREEN SMOOTHIES

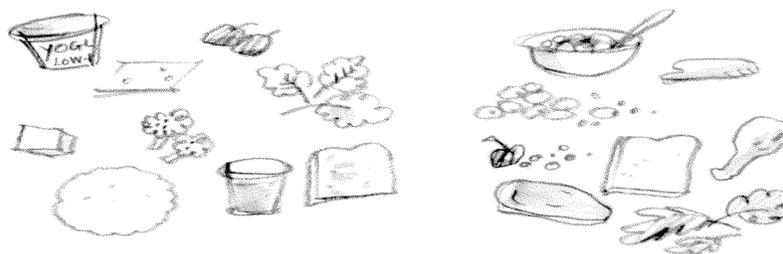
- 1-cup low-fat vanilla yogurt
 - 3/4 cup low-fat milk
 - 1/2 cup frozen strawberries or other frozen fruit
 - 1-cup fresh or frozen spinach, kale or other dark leafy green
- (Serves 2)

In a blender, combine the yogurt, milk, greens and frozen fruit. Blend until smooth. Pour into cups and serve immediately.

WHAT ELSE CAN YOU DO TO HELP PREVENT CHILDHOOD LEAD POISONING?

- Let families know that anemia and lead poisoning may occur together. Refer children with anemia who have not had a lead test to their health care provider for a blood lead test, and to Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Food stamp program, or other food program.
- Enroll in the child care food program to receive financial assistance and education to provide healthy food. Your child care resource and referral agency can give you a local number for this program.

For more information on childhood lead poisoning prevention, call your local Childhood Lead Poisoning Prevention Program, local health department or the CLPPB at (510) 620-5600.



CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING

Handout #5: Lead Poisoning Prevention Checklist

What should you look for when doing an assessment of possible lead sources in your center? What questions should you ask yourself as you conduct a visual inspection of the building? A checklist is provided below to help you identify lead risks in your child care center.

- Was the property built before 1950? Before 1978? Have the paint tested if you see any damage.
- Is the paint in good shape?
 - Check often for cracked, damaged or peeling paint.
 - Look at interior and exterior of structure.
 - Check the windows, stairs, doorways, floors and porches.
 - Move cribs or other furniture away from the walls.
- Has the property been recently renovated? Will it be renovated soon?
- Have you checked to see if your pipes or fixtures contain lead? Homes built before 1986 are more likely to have pipes, solder, or fixtures that contain lead. Consider replacing older brass fixtures installed prior to 2010 with new ones that meet the January 1, 2010, requirements. Items that carry the NSF 61, Annex G designation meet this designation.
 - Let your water run until it feels coldest (usually 30 seconds to a few minutes depending on how long the water has been sitting in the pipes) before use to get any potential lead out.
 - Use only cold water from the tap to cook with, drink, or to mix with infant formula.
- Is the property near a busy roadside that may have been contaminated with leaded gasoline emitted by cars?
 - Don't let kids play on bare soil.
 - Plant grass, shrubs or other ground cover to prevent direct contact with the soil.
 - Remove shoes when coming inside.
- Is the property free of lead dust?
 - Clean floors and window sills often with soap and water then rinse with fresh water.
 - Wash children's hands before eating, after playing outside and before napping.
- Do you have older imported vinyl miniblinds?
 - Remove them or have them tested to make sure they don't contain lead.
- Do you own imported or homemade china or ceramic dishware or water crocks?
 - Have it tested to make sure it does not contain lead.
- Do you have painted furniture or toys from an unknown origin?
 - Have it tested to make sure it is lead free.
 - Don't let children chew on painted furniture or toys.



Painting, Repairing, or Remodeling Your Child Care Environment

Rationale

Child care providers may expose children to lead in the course of painting, repairing and remodeling. They must take precautions to protect children before beginning any work that might disturb lead-based paint. Any work done on a child care structure built before 1978 must use a certified renovator and comply with the United States Environmental Protection Agency's Lead Renovation, Repair and Painting Rule (RRP Rule). Providers can promote these safe practices when marketing the health and safety of their programs. By law, paint on pre-1978 structures is legally presumed to be lead-based. By law, employees need to be certified by CDPH to test or collect samples of paint, dust, or soil for lead.

Time: Five minutes

Objective

- Participants will be aware of remodeling and maintenance practices which might disturb lead-based paint.
- Participants will know where they can obtain consultation and recommendations for performing work in a safer manner.
- Participants will understand that lead hazard reduction practices help to promote their program.

Materials Needed

- Brochure: Repainting or Fixing Up Your Older Home?
- Brochure: Protect Your Child From Lead

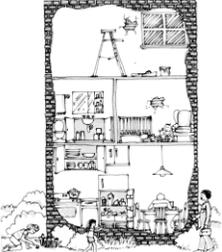
SLIDES 23 and 24

Activities

- Review brochure Repainting or Fixing Up Your Older Home?
- Discussion.

PAINTING, REPAIRING OR REMODELING YOUR CHILD CARE ENVIRONMENT

- 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.



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LEAD TESTING

- 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

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Question and Answer Session

Rationale

An open forum for participants to ask questions is essential. A list of sample questions and answers is included to assist you in preparing for this session. See the following page: "Trainer Information Sheet."

Time: Five minutes or more

Objective

Participants will have their remaining questions answered.

Materials Needed

- Trainer Information Sheet.

Comments

The "Trainer Information Sheet" is not for distribution. It is to assist you in answering participants' common questions.

SLIDES 25 and 26

Activities

- Discussion.

RESOURCES:

- Local Childhood Lead Poisoning Prevention Program
XXX-XXX-XXXX
- CDPH Childhood Lead Poisoning Branch
(510) 620-5600
<http://www.cdph.ca.gov/Programs/CLPPB>
- California Child Care Health Program
<http://cchp.ucsf.edu>
- Resource & Referral Consumer Education Line
(800) 543-7793

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QUESTIONS?



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CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING

Trainer Information Sheet

Not for Distribution to Trainees

The following are questions child care providers have asked during workshops and trainings on childhood lead poisoning prevention. You may hear these questions, or some like them, during your trainings with child care providers. The answers provided are suggestions; you may wish to state them in your own words. This information sheet is not intended for distribution.

Q. Why should I learn about lead?

A. While lead poisoning is an issue that dates back at least to Roman times, recent efforts of the federal Centers for Disease Control and Prevention (CDC) and the California Childhood Lead Poisoning Prevention Branch (CLPPB) have made many more people aware of the hazards of lead for growing children. If you're planning work which disturbs lead-painted surfaces, you need to make sure the job is done safely. The California Department of Public Health recommends that you hire a contractor who is certified to perform lead-related construction work. In some cases, it may be required. Call (800) 597-LEAD in California, or (510) 620-5694 from outside California, for information on finding State certified individuals and doing this work safely. Additionally, work on older buildings may require federal certification as a renovator. For more information, go to www.epa.gov/lead.

Q. Do doctors always screen children for lead poisoning?

A. Some medical professionals are reluctant to initiate risk assessment and testing for lead poisoning. It is important for child care providers to encourage parents to request that their children be tested if they are at risk of lead poisoning. Children enrolled in Medi-Cal, CHDP, WIC, and other publicly funded programs for low-income children are at risk and should be tested. All children should be assessed by their doctor to see if they are at risk. Most children identified as lead poisoned were detected during routine well-child check-ups. These children did not appear ill!

The California Department of Public Health has adopted regulations establishing a standard of care on evaluating and screening for childhood lead poisoning as part of periodic health assessments during early childhood.

In summary, the regulations require:

- a) Anticipatory guidance on lead hazards and the risk of lead poisoning, at each periodic health assessment visit between six months and six years;
- b) A blood-lead test at 12 and 24 months for all children receiving services from a publicly supported program for low-income children, since they are at increased risk for lead poisoning; and
- c) A blood lead test at 12 and 24 months for children who do not receive services from a publicly supported program but are found to be at risk because their caregiver answers "yes" or "do not know" to the risk assessment question: "Does your child live in, or spend a lot of time in, a place built before 1978 that has peeling or chipped paint or that has been recently renovated?"

If the actions described in b) or c) above were not carried out, the provider must do so as soon as he or she becomes aware of the omission in a child between the ages of 12 months and 6 years. A blood lead test also must be ordered if a change in circumstances has put a child at risk for lead poisoning.

Q. Can I test my home or facility for lead using swabs?

A. You can test dishes and pottery with swabs from a home test kit available in most hardware stores. The swabs turn pink in the presence of leaded glaze. To test paint in your home you can take paint chip samples and send them to a certified laboratory for analysis. (Some hardware stores carry kits to make this easier.) You may not collect paint chips if you receive compensation, such as rent or a salary, unless you are a State certified inspector. You can have a State certified inspector do the testing for you, doing a visual inspection, taking paint chips, and/or using a special instrument that detects lead in all the layers of paint on a surface.

For more information about paint testing methods and costs, including a list of certified individuals, call your local health department's childhood lead poisoning prevention program (in the government pages at the front of your local telephone book) or the State CLPPB Construction Information Line at (800) 597-LEAD in California, or (510) 620-5694 from outside California or online at www.cdph.ca.gov/programs/CLPPB.

Q. If there is lead in my rental unit, who is responsible for making it lead safe?

A. Under California law, landlords are responsible for providing safe housing. State law identifies what constitutes an uninhabitable dwelling due to lead-based paint and other hazards (Civil Code section 1941.1; Health and Safety Code 17920.10). There are localities with ordinances defining such responsibility. For more information, contact your local childhood lead poisoning prevention program, or the State Lead-Related Construction Information Line at (800) 597-LEAD in California, or (510) 620-5694 outside California. Child care providers who operate in rented or leased property should ask the owner to safely address lead problems and ensure a thorough clean up.

- Recommend that your landlord have work done by a State certified lead-construction professional.
- Document all requests for repair and maintenance. You may wish to seek assistance from a local legal aid or tenants' rights group if appropriate repairs are not made.
- Any work done on a pre-1978 childcare structure must be in compliance with the federal Renovation, Repair and Painting (RRP) Rule. For more information visit www.epa.gov/lead.

Workshop Evaluation and Certificates

Rationale

Because the participants are the best judges of the quality of the workshop and trainer, they should complete a training evaluation. Participants will be more likely to promote lead poisoning prevention if they feel positively about their efforts and receive recognition and a certificate.

Time: Five minutes

Objectives

- Participants will offer feedback on the training.
- Participants will be acknowledged for their efforts to raise health and safety standards in their facilities and communities.

Materials Needed

- Workshop Evaluation
- Certificate of Award for Completion of Health and Safety Training in Child Care Lead Poisoning Prevention

SLIDES 27 and 28

Activities

- Distribute evaluation forms, review directions, and collect completed forms.
- Fill out certificate for each participant and distribute.

EVALUATION

- 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.



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THANK YOU FOR YOUR PARTICIPATION!



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CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING
Workshop Evaluation

We would like to know what you thought about this training. Please tell us by checking the appropriate box.

Trainer's Name: _____ **Date:** _____

	Strongly agree	Agree	Not Sure	Disagree	Strongly disagree
I have a better understanding of childhood lead poisoning	<input type="checkbox"/>				
I have a better understanding of my role in preventing childhood lead poisoning	<input type="checkbox"/>				
I found the handouts useful	<input type="checkbox"/>				
The instructor was well prepared	<input type="checkbox"/>				
I learned about several potential sources of lead poisoning in home and child care environments	<input type="checkbox"/>				
I learned preventive strategies for protecting children from lead exposure	<input type="checkbox"/>				
I learned about resources available to the child care community that assist programs in lead poisoning prevention efforts	<input type="checkbox"/>				
I would recommend this training to other child care providers	<input type="checkbox"/>				
What did you like best about the training?					
What did you like the least?					
What suggestions do you have for improving the training?					
What else would you like to know about childhood lead poisoning prevention?					
Comments: (Feel free to use the other side of this page)					

Certificate of Award

of Health and Safety Training in

*Child Care
Lead Poisoning
Prevention*

THIS WILL CERTIFY THAT:

(First and Last Name)

HAS SUCCESSFULLY COMPLETED A _____ HOUR CLASS
IN CHILD CARE LEAD POISONING PREVENTION

on _____
(Date)

Note: These hours may be applied toward partial fulfillment of the Injury Prevention requirement of the AB243 mandated health and safety training when course is taught by a certified instructor.

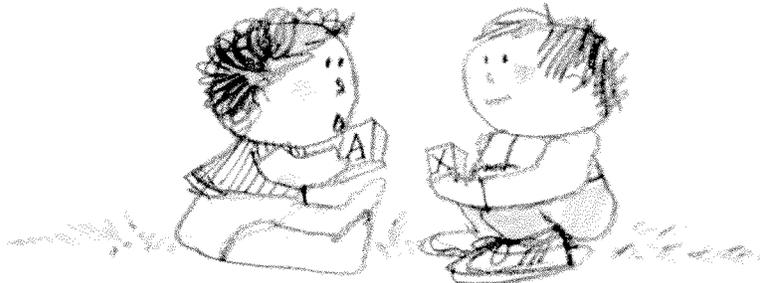
(Sponsoring Agency)

(Instructor's Printed Name and Signature)



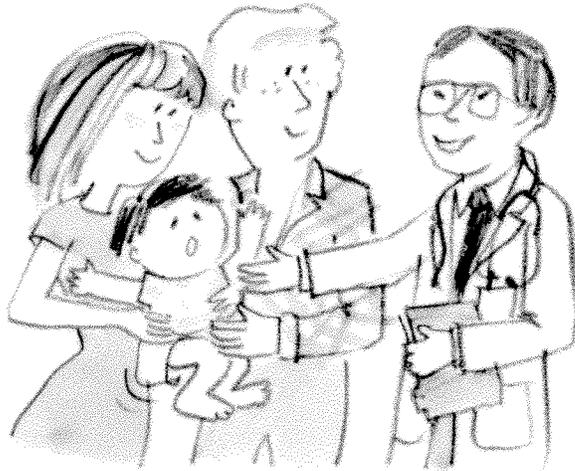
IV. APPENDIX

- Optional Group Activities
- Contact Numbers for Local Childhood Lead Poisoning Prevention Programs
- Contact Numbers for Child Health and Disability Prevention Programs
- Brochures
- Lead Poisoning Prevention Fact Sheet for Child Care Providers
- PowerPoint Handouts
- Curriculum Evaluation



Optional Group Activities

- Strategies for Educating Parents: A Role Playing Activity
- Visiting a Program: Possible Scenario
- Hazard Hunt Activity



Strategies for Educating Parents: A Role Playing Activity

Rationale

Since parents may be concerned about lead poisoning, child care providers need to know how to talk with parents about lead poisoning and about the efforts they are making to reduce lead exposure in their facility.

Time: Ten minutes

Objective

Participants will gain and practice skills in talking with parents about lead poisoning prevention efforts.

Materials Needed

- Handout #6: Strategies for Educating Parents: A Role Playing Activity.

Activities

- Role play as many situations as time allows or assign each scenario to small groups.

Questions/Comments

Possible responses to questions (see Handout #6):

Question #1: What will you tell her?

- "I'd be happy to show you the results of my environmental lead tests."
- "Yes, my home is older, however, all of the remodeling and maintenance were done in a lead-safe manner."
- Show the procedures you follow to reduce hazards (see Simple Steps Brochure).

Question #2: What additional things might you have to do to ensure that your child care environment is lead safe for children?

- Establish a regular cleaning routine.
- Inspect periodically for lead hazards such as deteriorating paint or dishes which may contain lead.
- Require everyone to remove shoes before entering the house or wipe feet outside before entering.
- Refrain from any remodeling or maintenance before testing for the presence of lead-based paint and learning how to handle it.
- Plant ground cover where dirt is exposed or cover with sand or wood chips.
- Plant bushes next to the house.
- Only use cold water from the tap for cooking and drinking. Flush tap before using water.

Question #3: How do you react to a parent who asks these questions?

- Explore child care providers' possible feelings of resentment or annoyance with parental demands.

Handout #6: Strategies for Educating Parents: A Role Playing Activity

A parent who is visiting your program would very much like to enroll her two year old. She is very concerned about childhood lead poisoning because her nephew has been lead poisoned. She wants to protect her child. Because your facility is older, she wants to know what you have done to reduce lead in your child care setting.

1. What will you tell her?

2. What additional changes might you have to make to ensure that your child care environment is lead safe for children:

a) Indoors?

b) Outdoors?

3. How do you react to a parent who asks these questions?

Visiting a Program: Possible Scenario

Rationale

Since parents may be concerned about lead poisoning, child care providers need to know how a parent might be looking at their programs and potential sources of lead exposure in their facility.

Time: 15 minutes

Objective

Participants will gain insight into what parents visiting a program might be concerned about and for which they are looking.

Materials Needed

- Handout #7: Visiting a Program: Possible Scenario.

Activities:

- Participants can work in groups to read and discuss the questions provided at the end of the scenario.

OR

- One participant can read the scenario and everyone works together to answer the questions provided.

Questions/Comments:

Possible Responses to Questions include:

- Question #1: Name four potential sources for children's lead exposure in this location.
 1. pre-1978 home.
 2. Cracking, peeling paint on exterior.
 3. Keys.
 4. Old, dirty toys.
 5. Child playing on floor.
 6. Chipped paint on play table.
 7. Possible home remedies in medicine cabinet.
- Question #2: Name three characteristics of young children that make them particularly vulnerable to ingesting lead.
 1. Young children mouth hands, toys and other objects.
 2. They spend a lot of time on floors where lead dust accumulates.
 3. Prone to pica behavior such as eating paint chips and dirt.
 4. They are curious and like to explore cupboards, drawers, and medicine cabinets.
- Question #3: How could Maria and Charles work with this provider to remediate some of the problems they see?
 1. Talk with the provider and point out some of their concerns.
 2. Contact the local childhood lead poisoning prevention program for information on reducing environmental exposures.

CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING

Handout #7: Visiting a Program: Possible Scenario

Maria and Charles, parents of an 18-month old baby girl, are visiting a licensed family child care program in their neighborhood. They are considering enrolling their baby in this program so they are visiting today to meet the provider and see the site that is in the provider's home.

The house and those in the neighborhood around it were all built in the 1940's. The house has a stucco exterior but the stucco has many cracks and some small whitish chips are visible on the exterior grounds. Maria and Charles ring the bell and the child care provider lets them in.

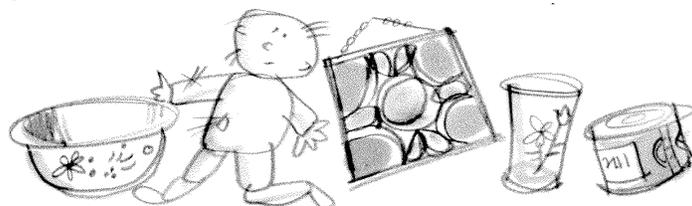
The provider shows them the way to her kitchen, toward the back of the house. In the kitchen, two toddlers in high chairs are eating lunch. A third child who has finished lunch is crouching on the ground near the table, holding a key ring with several keys on it. Looking out the back window, Charles and Maria see a preschool age child (about three) riding a tricycle on the patio. There is no adult attending to him.

Charles and Maria ask to see the children's napping area. This area is a bedroom on the side of the house. In the nap room there are mats for sleeping and many toys. Maria thinks that the toys look very old and worn out: the stuffed animals have small tears and loose buttons and the wooden play table surfaces are chipped.

The nap room is adjacent to the bathroom. Inspecting the bathroom, they see that the medicine cabinet does not have a lock on it. When Charles asks the provider why she says: "Oh, the children never come in here. Anyway we don't have any real medications in there, just some natural remedies from the Health Store."

Questions:

1. Name four potential sources for children's lead exposure in this location.
2. Name three characteristics of young children which make them particularly vulnerable to ingesting lead.
3. How could Maria and Charles work with this provider to remediate some of the problems they see?



Hazard Hunt Activity

Rationale

Since child care environments can expose children to lead, providers must know where potential sources of lead can be found as well as ways to reduce exposure.

Time: 20 minutes

Objective

Using the "Hazard Hunt" diagram, participants will be able to identify potential lead sources and ways to reduce exposure.

Materials Needed:

- Handout #8: Can You Find the Sources of Lead?
- Handout #9: Source Information for Hazard Hunt.

Activities:

- Review directions and complete the Hazard Hunt as a large group.
- Review answers to Hazard Hunt.

OR

- Review directions and complete the Hazard Hunt in small groups.
- A representative from each group reports back to larger group.
- Review answers to Hazard Hunt.
- Use this activity as a way to summarize training content and reinforce training.

The following is a room-by-room list of the potential lead sources shown:

BATHROOM

- Home remedies in medicine cabinet.
- Water: depending on the water source, pipes, and plumbing fixtures.

ATTIC

- Pre-1978 peeling paint on walls and windows.

CHILD'S ROOM

- Older or imported toys.
- Peeling pre-1978 paint.
- Old crib next to an area where there is peeling paint.

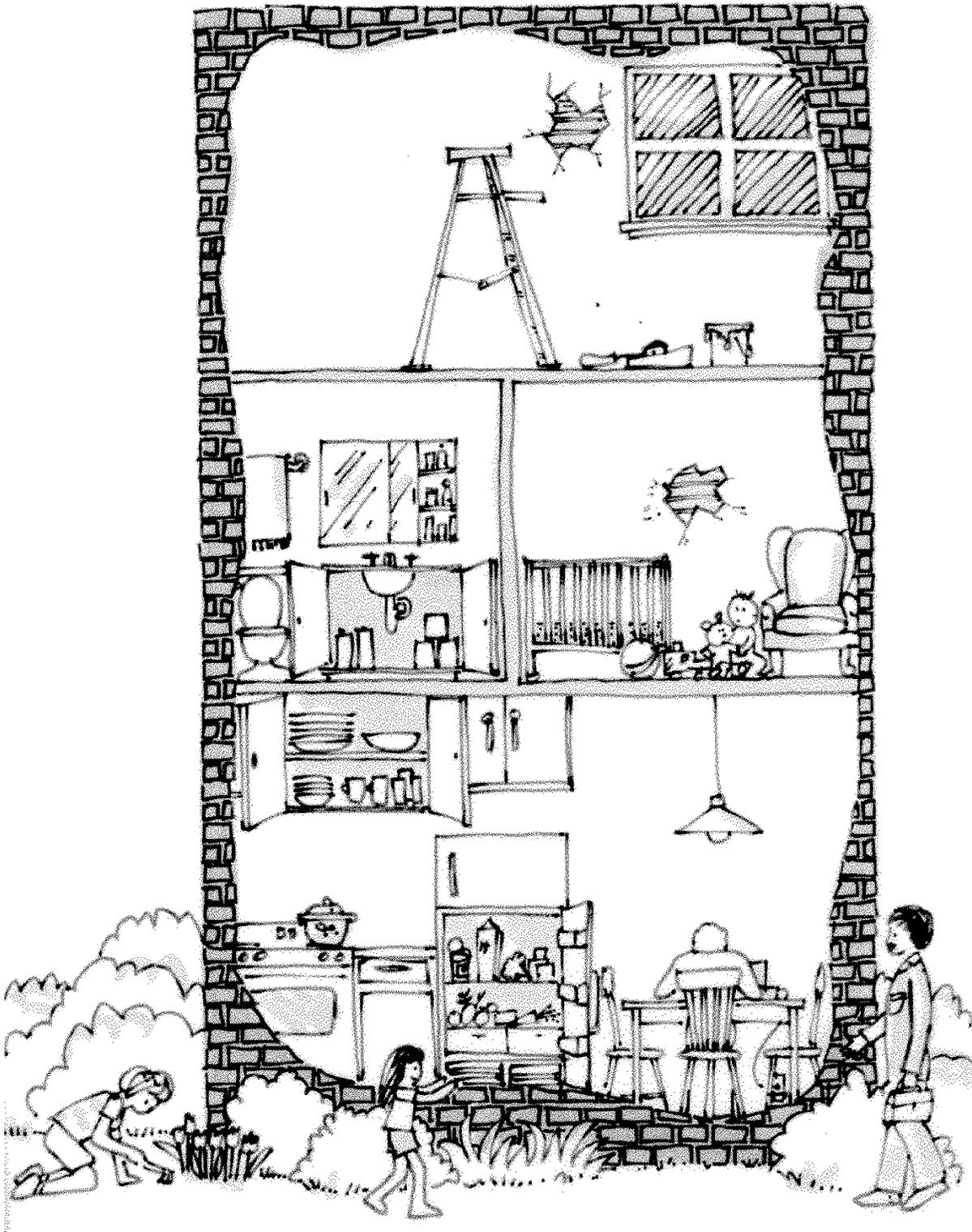
KITCHEN/DINING ROOM

- Clay pots and other dishware.
- Canned foods with lead-soldered seams.
- Hobbies or cottage industries.
- Some imported candies.

OUTSIDE

- Occupational exposures brought into the home.
- Soil.

CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING
Handout #8: Can You Find the Sources of Lead?



CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING

Handout #9: Source Information for Hazard Hunt

These are brief review points on the lead sources shown in the house. For more thorough information, refer to the curriculum or call your local health department.

PAINT

Any house built before 1978 may contain lead in the paint. Housing built before 1950 is likely to have very high levels of lead in the paint.

WHAT TO DO:

Move cribs, high chairs and toys away from peeling and deteriorating paint. Do not scrape, sand, or burn paint unless you know it does not contain lead. Also, damp mop floors and damp dust window sills and baseboards with detergent and lots of rinse water. Do not use these mops, cloths or sponges for anything else.

SOIL

Soil may be contaminated from gasoline emissions or from leaded paint that has fallen off a structure.

WHAT TO DO:

Plant grass or other ground cover so children do not have contact with soil that may be contaminated with lead. Remove shoes or wipe soil off of them before entering the house. Always supervise children when outdoors.

TOYS

Older or imported toys may be painted with lead based paint or contain lead. Any toy may also collect lead from deteriorating paint in house dust or in the soil.

WHAT TO DO:

Wash toys (and pacifiers) often. Discard badly damaged toys or toys with peeling paint. Check CPSC recall list at www.cpsc.gov/Recalls and discard any toys that have been recalled.

HOME REMEDIES

Many home remedies are helpful to make people feel better. Unfortunately some contain lead and can do more harm than good. Home remedies are found in every culture; those of concern are usually brought from other countries and passed among family members. Some which contain lead include Azarcon, Greta, Pay-loo-ah, Bala Goli, some Ayurvedic remedies, some Chinese patent remedies, Sindoor, Surma and Kohl. Kohl may be used as a cosmetic or for health reasons.

WHAT TO DO:

These medications should not be given to anyone. Call your local Childhood Lead Poisoning Prevention Program (CLPPP) for more information.

OCCUPATIONAL SOURCES

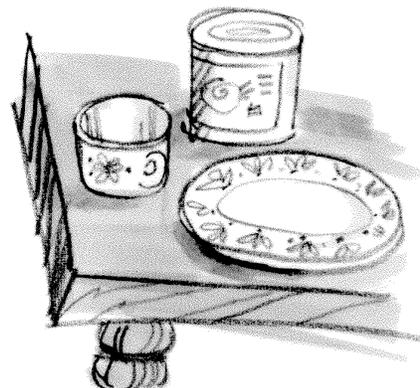
Many jobs can expose a worker to lead, including building demolition, painting, battery recycling, and radiator repair.

WHAT TO DO:

It is best to shower and change from work clothes and shoes before leaving work. Call the Occupational Lead Poisoning Prevention Program at (510) 620-5757 for more information.

COTTAGE INDUSTRIES AND HOBBIES

Some families work with lead in their home, either for profit or as a hobby. Examples include making fish sinkers or working with stained glass.



WHAT TO DO:

Do not do these kinds of activities where children may come in contact with them. Call your local CLPPP to find out how to do them safely.

CERAMICS AND DISHWARE

Handmade or imported pottery and other dishware may contain lead.

WHAT TO DO:

Dishes may be tested with lead test kits. Store, cook, and serve foods in unpainted glass, stainless steel, or plastic containers.

FOODS

Some imported foods are sold in cans with lead soldered seams.

WHAT TO DO:

Do not buy cans with wide, dented seams. Seams may be tested with lead test kits to detect the presence of lead. (Narrow seams or seams with blue/black lines mean the seam does not contain lead.)

WATER

Water may become contaminated with lead from lead solder, brass fixtures, or lead pipes. The only way to know if your water has lead is to have it tested: www.epa.gov/lead/protect-your-family-exposures-lead#water

WHAT TO DO:

Use only cold water for cooking, drinking, or making baby formula (if used). Run water until it feels cold, at least 30 seconds, to flush water that has been sitting in pipes or faucets overnight.

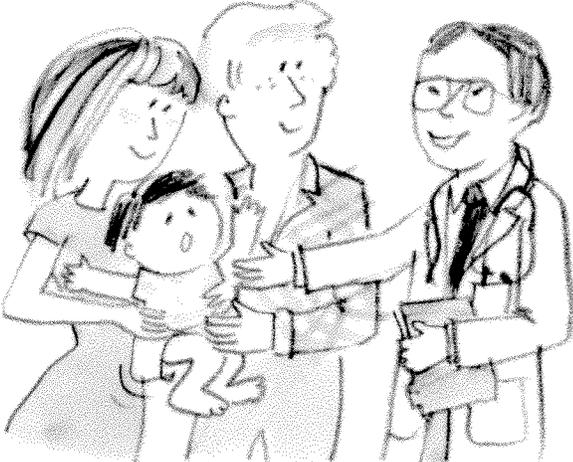
Contact Information for Local Childhood Lead Poisoning Prevention Programs

For the most current list, see

www.cdph.ca.gov/Programs/CCDPHP/DEODC/CLPPB/Pages/CLPPPIndex.aspx



Contact Information for Child Health and Disability Prevention Programs



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Child Health and Disability Prevention Program

Local CHDP Directory - Last updated April, 2018

To find out more about CHDP services, please contact your local CHDP office. Listed below are the addresses and phone and fax numbers for the CHDP offices. Whenever possible, links to local health department websites are provided. Many of these websites contain CHDP program information. For the most recent contact information visit California's Department of Health Care Services website at www.dhcs.ca.gov/services/chdp/Pages/CountyOffices.aspx

County Name/Website	County Code	Office Address	Phone	Fax
Alameda	01	1000 San Leandro Boulevard, Suite 200, San Leandro, CA 94577-1674	510-618-2070	510-618-2077
Alpine	02	75-B Diamond Valley Road, Markleeville, CA 96120-9579	530-694-2146	530-694-2252
Amador	03	10877 Conductor Blvd, Suite 400, Sutter Creek, CA 95685	209-223-6669	209-223-3524
City of Berkeley	59	1947 Center Street, 2nd Floor, Berkeley, CA 94704	510-981-5300	510-981-5345
Butte	04	82 Table Mt. Blvd, Suite 30, Oroville, CA 95965	530-538-6222	530-538-6218
Calaveras	05	Mail: 891 Mountain Ranch Road, San Andreas, CA 95249-9713 Street: 700 Mountain Ranch Road, Suite C2, San Andreas, CA 95249	209-754-6460	209-754-6459
Colusa	06	251 East Webster Street, Colusa, CA 95932-2951	530-458-0380	530-458-4136
Contra Costa	07	2500 Bates Ave. Ste B, Concord, CA 94520	925-313-6150	925-313-6160
Del Norte	08	880 Northcrest Drive, Crescent City, CA 95531-9988	707-464-3191	707-465-4573
El Dorado	09	941 Spring Street #3, Placerville, CA 95667	530-621-6110	530-622-5109
Fresno	10	Mail: P.O. Box 11867, Fresno, CA 93775-1867 Street: 1221 Fulton Mall, Fresno, CA 93721	559-600-3281	559-600-7726
Glenn	11	240 North Villa Avenue, Willows, CA 95988-2694	530-934-6588	530-934-6463
Humboldt	12	908 7th Street, Eureka, CA 95501	707-445-6210	707-476-4960
Imperial	13	Mail: 935 Broadway, El Centro, CA 92243-2396 Street: 797 Main Street, Suite A, El Centro, CA 92243	760-482-2769	760-336-3903
Inyo	14	Mail: P.O. Box Drawer H, Independence, CA 93526 Street: 155 East Market, Independence, CA 93526	760-878-0241	760-878-0266

Kern	15	1800 Mount Vernon Avenue, Second Floor, Bakersfield, CA 93306-3302	661-321-3000	661-868-0493
Kings	16	330 Campus Drive, Hanford, CA 93230-4375	559-584-1401	559-582-6803
Lake	17	922 Bevins Court, Lakeport, CA 95453	707-263-1090	707-262-4280
Lassen	18	1445 Paul Bunyan Road, Susanville, CA 96130-3146	530-251-8183	530-251-2668
City of Long Beach	60	2525 Grand Ave, Long Beach, CA 90815	562-570-7980	562-570-4099
Los Angeles	19	9320 Telstar Avenue, Suite 226, El Monte, CA 91731-2849	800-993-2437	626-569-9350
Madera	20	14215 Road 28, Madera, CA 93638-5715	559-675-7608	559-674-7262
Marin	21	3240 Kerner Blvd, San Rafael, CA 94901	415-473-4269	415-473-6396
Mariposa	22	Mail: P.O. Box 5, Mariposa, CA 95338 Street: 4988 Eleventh Street, Mariposa, CA 95338	209-966-3689	209-966-4929
Mendocino	23	1120 South Dora Street, Ukiah, CA 95482-8333	707-472-2600	707-472-2735
Merced	24	260 East 15th Street, Merced, CA 95340-6216	209-381-1125	209-381-1102
Modoc	25	441 North Main Street, Alturas, CA 96101	530-233-6311	530-233-5754
Mono	26	Mail: P.O. Box 3329, Mammoth Lakes, CA 93546 Street: 437 Old Mammoth Road, Suite Q, Mammoth Lakes, CA 93546	760-924-1830	760-942-1831
Monterey	27	1615 Bunker Hill Way, Suite 190, Salinas, CA 93906	831-755-4960	831-443-1123
Napa	28	2751 Napa Valley Corporate Dr. Building B, Napa, CA 94559	707-253-4316	707-299-2123
Nevada	29	500 Crown Point Circle, Suite 110, Grass Valley, CA 95945	530-265-1462	530-271-0841
Orange	30	Mail: P.O. Box 6099, Santa Ana, CA 92706-0099 Street: 1725 West 17th Street, Santa Ana, CA 92706	714-567-6224	714-834-7948
City of Pasadena	61	1845 North Fair Oaks Avenue, Room 2137, Pasadena, CA 91103-6120	626-744-6015	626-396-7324
Placer	31	11484 B Avenue, Auburn, CA 95603-2603	530-886-3620	530-886-3606
Plumas	32	270 County Hospital Road, Suite 111, Quincy, CA 95971	530-283-6330	530-283-6110
Riverside	33	Mail: P.O. Box 7600, Riverside, CA 92513-7600 Street: 10769 Hole Ave, Suite 210, Riverside, CA 92505	951-358-5481	951-358-5002
Sacramento	34	9616 Micron Avenue, Suite 950 Sacramento, CA 95827	916-875-7151	916-875-9773
San Benito	35	439 Fourth Street, Hollister, CA 95023-3801	831-637-5367	831-637-9073
San Bernardino	36	606 East Mill Street, San Bernardino, CA 92415	909-387-6499	909-387-6348
San Diego	37	Mail: P.O. Box 85222, San Diego, CA 92186-5222 Street: 3851 Rosecrans Street, San Diego, CA 92110	619-692-8808	619-692-8827

San Francisco	38	30 Van Ness, Suite 210, San Francisco, CA 94102-6082	415-575-5712	415-558-5905
San Joaquin	39	Mail: PO BOX 2009, Stockton, CA 95201-2009 Street: 420 S Wilson Way, Stockton, CA 95205	209-468-8335	209-468-2072
San Luis Obispo	40	2180 Johnson Ave, San Luis Obispo, CA 93401	805-781-5527	805-781-4492
San Mateo	41	2000 Alameda de las Pulgas, Suite 210, San Mateo, CA 94403	650-573-2877	650-573-2859
Santa Barbara	42	345 Camino del Remedio, 3rd Floor, Santa Barbara, CA 93110	805-681-5130	805-681-4958
Santa Clara	43	1993 B McKee Road San Jose, CA 95116	408-937-2250 800-689-6669	408-937-2252
Santa Cruz	44	Mail: P.O. Box 962, Santa Cruz, CA 95061 Street: 12 West Beach Street, Suite 271, Watsonville, CA 95076	831-763-8100	831-763-8410
Shasta	45	2650 Breslauer Way, Redding, CA 96001-4297	530-225-5122	530-225-5852
Sierra	46	Mail: P.O. Box 7, Loyalton, CA 96118-0007 Street: 202 Front Street, Loyalton, CA 96118	530-993-6700	530-993-6790
Siskiyou	47	806 South Main Street, Yreka, CA 96097-3321	530-841-2133	530-841-4092
Solano	48	275 Beck Avenue, MS 5-175, Fairfield, CA 94533-4090	707-784-8670	707-438-2500
Sonoma	49	625 Fifth Street, Santa Rosa, CA 95404-4428	707-565-4460	707-565-4473
Stanislaus	50	830 Scenic Drive, Third Floor, Modesto, CA 95350	209-558-8860	209-558-8859
Sutter	51	Mail: P.O. Box 1510, Yuba City, CA 95992-1510 Street: 1445 Veterans Memorial Circle, Yuba City, CA 95993	530-822-7215	530-755-7223
Tehama	52	Mail: P.O. Box 400, Red Bluff, CA 96080-0400 Street: 1860 Walnut Street, Suite C, Red Bluff, CA 96080-3611	530-527-6824	530-527-0362
Trinity	53	Mail: P.O. Box 1470, Weaverville, CA 96093-1470 Street: 51 Industrial Park Way, Weaverville, CA 96093-1470	530-623-1358	530-623-1297
Tulare	54	1062 S. K Street, Tulare, CA 93274	559-687-6915	559-685-4701
Tuolumne	55	20111 Cedar Road North, Sonora, CA 95370-5939	209-533-7414	209-533-7406
Ventura	56	2240 East Gonzales Road, Suite 270, Oxnard, CA 93036-8210	805-981-5291	805-658-4505
Yolo	57	137 North Cottonwood Street, Suite 2200, Woodland, CA 95695	530-666-8249	530-666-1809
Yuba	58	5730 Packard Avenue, Suite 100, Marysville, CA 95901	530-749-6366	530-741-6397

CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING

Fact Sheet for Child Care Providers

Children aged six months to six years are most at risk for lead poisoning. Help protect them while they are in your care!

Lead can harm a child's brain, making it hard for them to learn, pay attention and behave.

Places in your child care center where lead might be found:

- Chipped or peeling paint in homes built before 1978.
- Some pots and dishes made outside the USA.
- Dust, dirt, and areas with bare soil.
- Some home remedies like Azarcon, Greta, or other white or brightly colored powders.
- Some imported candies, some spices such as turmeric and chili.
- Some cosmetic, religious and ceremonial powders like sindoor, surma, kohl, and srichurnam.
- Areas where:
 - Paint has been disturbed or there is bare soil.
 - The building may have been rebuilt or remodeled.
 - Hobbies like making fishing sinkers, handling bullets, or soldering take place.

How can I keep the children I care for safe from lead poisoning?

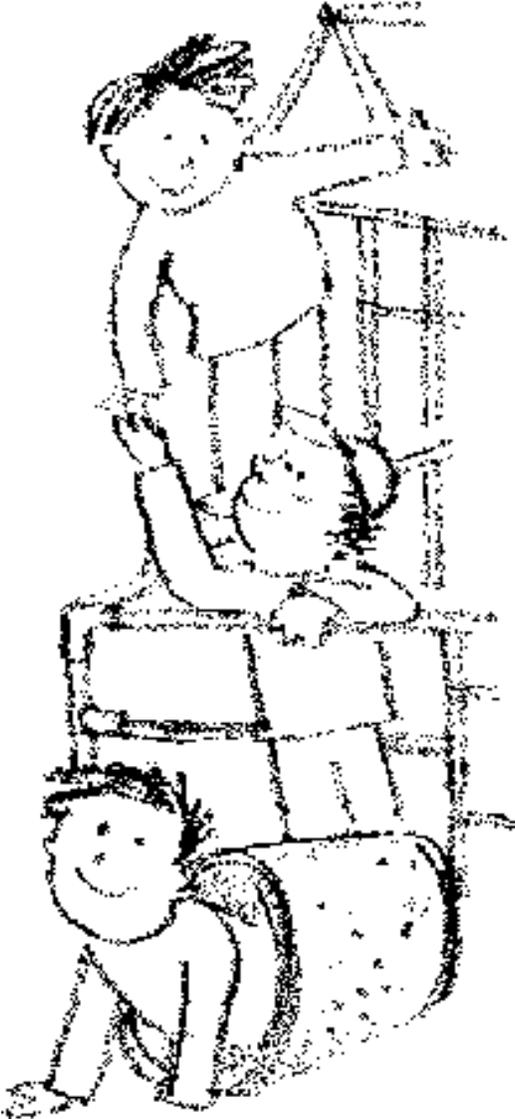
- Keep hands and faces clean.
 - Wash hands and face before eating and after playing.
- Keep the center clean.
 - Wet mop or wet wipe window frames, windowsills and floors often.
- Wash toys, pacifiers, and other objects kids play with frequently.
 - Keep playtime safe.
 - Do not let kids chew on windowsills or anything painted.
- Cover bare soil where kids play.
 - Do not let them eat dirt or paint chips.
- Keep food in glass or plastic containers.
 - Imported pottery or cans may have lead in them.
- Offer children healthy foods.
 - Offer three meals and two or three snacks each day.
 - Give kids healthy foods from each of the food groups.
 - Well-fed tummies take in less lead.

Most kids with lead poisoning do not look or act sick. The only way to know is with a blood test. Recommend that children get tested at age one and two years. This is required for children in government health programs.

For more information about preventing lead poisoning or testing your program for paint and products containing lead, contact:

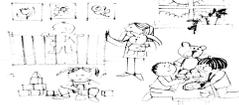
- Your local Childhood Lead Poisoning Prevention Program at _____
- The California Department of Public Health Childhood Lead Poisoning Prevention Branch at (510) 620-5600.

Power Point Handouts



Slide 1

CHILD CARE PROVIDER TRAINING
CHILDHOOD LEAD POISONING
PREVENTION



CHILDHOOD LEAD POISONING PREVENTION BRANCH/
CALIFORNIA CHILDCARE HEALTH PROGRAM

Slide 2

INTRODUCTIONS



- Name
- Job
- Family Day Care or Center?

2

Slide 3

TRAINING OBJECTIVES

- 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.



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Slide 4

ICE BREAKER ACTIVITY



□ **Child Care Provider BINGO!**

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Slide 5

WHY IS LEAD POISONING AN ISSUE?

- 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



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Slide 6

WHY ARE KIDS AT RISK?



- Lead becomes dust from peeling and chipping paint and lead in soil.
- 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

Slide 7

HEALTH EFFECTS OF LEAD

- 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.



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Slide 8

HOW DO I KNOW IF A CHILD IS LEAD POISONED?

- 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.

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SOURCES OF LEAD

- 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



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OTHER SOURCES OF LEAD

- 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)



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OTHER SOURCES OF LEAD

- 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



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Slide 12

WHAT CAN PROVIDERS DO TO PROTECT CHILDREN?

- Teach parents about lead
- Request testing
- Post information
- Promote good nutrition
- Reduce exposure in your facility



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Slide 13

REDUCING ENVIRONMENTAL EXPOSURE

- 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/



*Some products labeled "lead free" may still contain lead.

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REDUCING ENVIRONMENTAL EXPOSURE

CLEAN AND DISINFECT

<p>AFTER EACH USE</p> <ul style="list-style-type: none"> Mouthed toys Changing tables Counters used for food or brushing teeth Tables used for eating Dishes and utensils 	<p>DAILY OR WHEN SOILED</p> <ul style="list-style-type: none"> Toys and hard surfaces Toilets Door knobs Kitchen floors, counters, and tables Stairs Waste cans 	<p>WEEKLY</p> <ul style="list-style-type: none"> Cubbies Crib Trash cans Refrigerators Drinking fountains Window sills and baseboards
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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
- Clth toy
- 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)

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REDUCING ENVIRONMENTAL EXPOSURE

Inspect on a Monthly Basis:



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

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REDUCING ENVIRONMENTAL EXPOSURE

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)



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Slide 17

TEACHING CHILDREN

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!

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Slide 18

LEAD AND NUTRITION



- 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.

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HEALTHY FOODS



- 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.

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HEALTHY FOODS



- **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.

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HEALTHY FOODS



- 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.

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Slide 22

LEAD IN TAP WATER

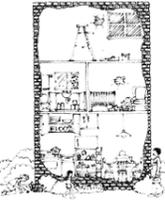
- Most tap water in California does not contain lead
- The only way to know if your tap water contains lead is to have it tested
 - Call 800-426-4791 or visit www.epa.gov/lead
- Steps to reduce potential exposure to lead in tap water
 - Flush the pipes in your home by running water until it feels coldest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

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Slide 23

PAINTING, REPAIRING OR REMODELING YOUR CHILD CARE ENVIRONMENT

- 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.



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LEAD TESTING

- 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

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RESOURCES:

- Local Childhood Lead Poisoning Prevention Program
XXX-XXX-XXXX
- CDPH Childhood Lead Poisoning Branch
(510) 620-5600
<http://www.cdph.ca.gov/Programs/CLPPB>
- California Child Care Health Program
<http://cchp.ucsf.edu>
- Resource & Referral Consumer Education Line
(800) 543-7793

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QUESTIONS?



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EVALUATION

- 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.

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THANK YOU FOR YOUR
PARTICIPATION!



CHILD CARE PROVIDER LEAD POISONING PREVENTION TRAINING

Curriculum Evaluation

We would like to know what you thought about this curriculum. Please tell us by checking the appropriate box.

<u>Performance Rating</u>	<u>Strongly Agree</u>	<u>Agree</u>	<u>Not Sure</u>	<u>Disagree</u>	<u>Strongly disagree</u>
The material was presented in a clear and organized manner.	<input type="checkbox"/>				
The material was informative and easy to understand.	<input type="checkbox"/>				
The handouts were helpful and easy to understand.	<input type="checkbox"/>				
The Power Point presentation was helpful and easy to use.	<input type="checkbox"/>				
The optional materials were interactive and useful.	<input type="checkbox"/>				
I would recommend this curriculum to other educators and trainers.	<input type="checkbox"/>				
What did you like best about the curriculum?					

What did you like the least?

How will you use this curriculum?

What suggestions do you have for improving the curriculum?

Comments: (Feel free to use the other side of this page)

Thank you for your input!
Please return to:
CDPH Childhood Lead Poisoning Prevention Branch
850 Marina Bay Parkway, Building P, Third Floor
Richmond, CA 94804
Fax: 510-620-5656
Attn: Health Educator