

# Training Curriculum

## CHILD CARE LEAD POISONING PREVENTION



Second Edition 2006

# ACKNOWLEDGMENTS

We thank and acknowledge the team effort of the 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 version or in electronic form on supplemental CD

# I. 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

This curriculum has been approved by the Emergency Medical Services Authority (EMSA) for use by a certified health and safety trainer as part of or as a supplement to an approved 15 hour Health and Safety training (Health and Safety Code, Section 1596.865) required of licensed day care facilities.

Lead poisoning is the most common environmental illness 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 Health Services 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 us at the Healthline or CLPPB to share your experience and any suggestions.



California Department of Health Services  
Childhood Lead Poisoning Prevention Branch  
850 Marina Bay Parkway  
Building P, Third Floor  
Richmond, CA 94804-6403  
(510) 620-5600  
Attn: CLPPB Health Educator  
[www.dhs.ca.gov/childlead](http://www.dhs.ca.gov/childlead)



California Childcare Health Program  
1950 Addison St. Suite 107  
Berkeley, CA 94704  
(510) 839-1195 telephone  
(510) 839-0339 fax  
(800) 333-3212 Healthline  
<http://ucsfchildcarehealth.org/>

# 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.

In order 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, we have compiled some information in this booklet.

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 for all California counties at [http://www.rnetwork.org/rrnet/resources\\_and\\_links/counties.php](http://www.rnetwork.org/rrnet/resources_and_links/counties.php). Information about the local R&R also can be obtained from the Child Care Healthline at (800) 333-3212. For additional strategies, contact either the Healthline at the number above, or 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: \$21,130\*

Annual wages for child care program staff in California: \$17,420\*

\* The California Child Care Portfolio, California Child Care Resource and Referral Network, 2001.

Percentage of child care workers who have health insurance benefits paid by their employer in the U.S.: 20 Percent \*\*

Annual turnover rate among all child care workers in the U.S.: 30 Percent\*\*

\*\*Center for the Child Care Workforce, 2001

## Barriers to Learning, Prevention and Remediation

Child care providers spend their work hours attending to the immediate demands 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 Care

Characteristics of Licensed Child Care Programs:

- ☞ 15 hours of health and safety training is required for licensed caregivers
- ☞ Minimum standards required and inspections are made to insure compliance
- ☞ The licensing agency will accept complaints and investigate within ten working days
- ☞ There is a public record that can be reviewed
- ☞ All adult caregivers 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—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 Group 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 Head Start performance standards which are higher than Title 22 regulations.

#### Programs Legally Exempt From Licensing, Non-regulated Child Care or Relative Care

- ☞ 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.
- ☞ Family child care provided for the children of one family only.
- ☞ 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><b>Child Care Resource and Referral Agency</b> Every county has at least one “R&amp;R” who has extensive knowledge of child care programs, providers and services.</p> <p><b>California Association of Resource and Referral Agencies Information Line: (800) 543-7793 (in California)</b> Information available in English and Spanish.</p>	<p>R&amp;R’s 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><b>California Department of Social Services, Community Care Licensing -- Child Care</b> 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><b>Statewide Child Care Program Office: Sacramento (916) 229-4500</b></p> <p>Regional Offices</p> <table data-bbox="186 1129 665 1522"> <tr><td>Bay Area</td><td>(510) 622-2602</td></tr> <tr><td>Central Coast</td><td>(805) 682-7647</td></tr> <tr><td>Chico</td><td>(530) 895-5033</td></tr> <tr><td>Eureka Satellite Office</td><td>(707) 445-6621</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) 266-8843</td></tr> <tr><td>Sacramento</td><td>(916) 229-4530</td></tr> <tr><td>San Jose</td><td>(408) 277-1286</td></tr> </table>	Bay Area	(510) 622-2602	Central Coast	(805) 682-7647	Chico	(530) 895-5033	Eureka Satellite Office	(707) 445-6621	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) 266-8843	Sacramento	(916) 229-4530	San Jose	(408) 277-1286	<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><b>Family Child Care Association</b> 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 Healthline or the local resource and referral agency for information.</p> <p>Mailing Address: P.O. Box 3081 Salinas, CA 93912 (925) 828-2100 <a href="http://www.cafcc.org">www.cafcc.org</a></p>	<p>Many associations sponsor workshops or have newsletters for their members.</p>																										

<p><b>Local Association for the Education of Young Children (AEYC) affiliates</b> are professional organizations for early childhood program providers. You can find out the name of the current president of the group in your area by calling the state office at (916) 486-7750</p>	<p>Most AEYC's sponsor an annual conference or newsletter. They can be strong advocates for protecting children.</p>
<p><b>Federal Child Care Food Program</b> 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.</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><b>California Community Colleges and State Universities</b> Most community colleges, some universities and some extensions offer child care health and safety and other child care appropriate courses. You can check with your local colleges for this information. They can be found in the Yellow Pages under "School, Academic, Colleges, and Universities."</p>	<p>Many early childhood education instructors are willing to disseminate health promotion literature. Others welcome guest speakers.</p>
<p><b>Head Start Administration</b> Head Start providers in California are contracted by Region IX Head Start Administration. Call the Healthline at (800) 333-3212 for information on local contractors.</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><b>Alternative Payment Programs</b> 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. <b>California Alternative Payment Program (CAPP) Office:</b> 1555 River Park Drive, Suite 202 Sacramento, CA 95815 (916) 567-6797 <a href="http://www.cappaonline.com">www.cappaonline.com</a></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><b>Local Child Care Health and Safety Trainers.</b> The requirement of 15 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. The Child Care Healthline can provide names of approved trainers in each county—call (800) 333-3212.</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>

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.

## II. 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. You may use the disk enclosed to present the workshop on an LCD projector or print out transparencies to use with an overhead projector.

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 handouts 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:

- ∞ Distribute all the handouts in the curriculum.
- ∞ Review the following brochures:
  - a. Learn About Lead Poisoning.
  - b. Remodeling or Repainting?
  - c. Simple Steps to Protect Your Child from Lead.

### III. TRAINING MATERIALS

- ∞ Curriculum Masters to Photocopy
- ∞ Optional Handouts
- ∞ Curriculum Brochures to Request from Your Local Childhood Lead Poisoning Prevention Program
- ∞ 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
- ☞ 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

- ☞ Learn About Lead Poisoning
- ☞ Simple Steps to Protect Your Child from Lead
- ☞ Lead in House Paint and Dirt Can Hurt Your Child
- ☞ Do not Take Lead Home from Your Job
- ☞ Remodeling or Repainting?

## Recommended Teaching Aids

The following items help focus on the simple things child care providers can do:

- ☞ Photos of peeling, cracked and chipping paint.
- ☞ Home test kits for pottery and sample collection kits for painted surfaces and soil (both available at hardware stores).

## 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.
- ∞ Samples of paint chips, 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 Child Care Healthline at (800) 333-3212 or 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.



## IV. 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 Awarding of 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?

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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



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## 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**

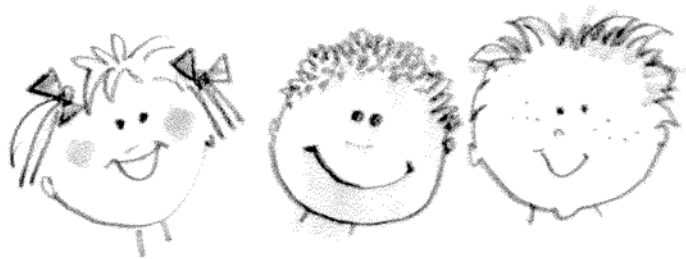
**Introductions**

**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

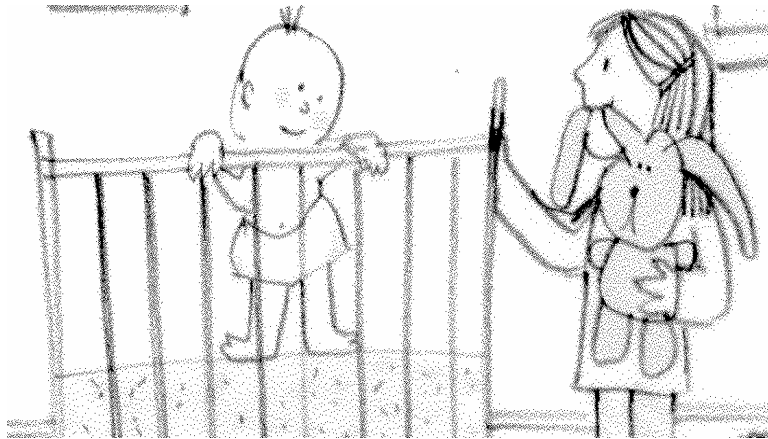


#### ▣ Child Care Provider BINGO!

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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  _____	<b>FREE SPOT!</b> 	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 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: Learn About Lead Poisoning.
- ∞ Handout #1: Local Resources – Fill in phone numbers for your local lead poisoning prevention program or CHDP.

## SLIDES 5 - 8

### Activities

- ∞ Review Brochure Learn About Lead.


**WHY IS LEAD POISONING AN ISSUE?** 

- Most common and preventable environmental illness among one to six year olds.
- In CA around one percent of children under 6 yrs tested at 10 µg/dL or greater.
- There are 59,500 family and center based licensed child care programs in CA\*

\* 2004 Family Child Care Center Licensing Study

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**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.

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**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.



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**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 tests should be done at 12 and 24 months.



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## SLIDES 9-12

### Activities

- ∞ Review Brochures Lead in House Paint and Dirt Can Hurt Your Child.
- ∞ Prioritize and discuss lead sources.

#### SOURCES OF LEAD

- Lead-based paint usually in homes built before 1978
- Chipping and peeling paint
- High friction areas
- Lead in soil
- Lead in home remedies



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#### OTHER SOURCES OF LEAD

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



- Hobbies such as making stained glass or fishing sinkers

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#### OTHER SOURCES OF LEAD

- Lead in imported Mexican candy and spices
- Some imported candy wrappers and imported food cans with lead soldered seams
- Handmade or imported pottery, dishes and old painted toys.



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#### 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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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 Healthline	(800) 333-3212
Regional Poison Control Center	
California Department of Health Services Childhood Lead Poisoning Prevention Branch <a href="http://www.dhs.ca.gov/childlead">www.dhs.ca.gov/childlead</a>	(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 also will 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 promote diets high in calcium and iron and serve balanced, regular meals and snacks.

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

Local Lead Program Brochures:

- ∞ Simple Steps to Protect Your Child from Lead
- ∞ Lead in House Paint and Dirt can Hurt Your Child
- ∞ Don't Take Lead Home From Your Job


## SLIDES 13-17

### Activities

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

### REDUCING ENVIRONMENTAL EXPOSURE


- Wash Toys Regularly
  - Toys & pacifiers are frequently mouthed
  - Check toys for chipping paint
  - Do not use old or imported toys unless you know they are lead-free



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### REDUCING ENVIRONMENTAL EXPOSURE

<b>CLEAN AND DISINFECT</b>		
<b>AFTER EACH USE</b> Mouthed toys Changing tables Counters used for food or brushing teeth Tables used for eating Dishes and utensils	<b>DAILY OR WHEN SOILED</b> Toys and hard surfaces Toilets Door knobs Kitchen floors, counters, and tables Sinks Waste cans	<b>WEEKLY</b> Cubbies Cribs Trash cans Refrigerators Drinking fountains Window sills and baseboards
<b>VACUUM/MOP</b>	<b>DAILY</b> Vacuum all rugs Damp mop floors	<b>WASH</b>
<b>AT LEAST WEEKLY, PREFERABLY DAILY, AND WHEN SOILED</b> Mop heads, have a special one just for cleaning up dust if lead is present		
<b>SPOT CLEAN</b>		
<b>MONTHLY</b> Walls (Do not use abrasive cleaning products or tools, i.e. sandpaper.) Carpets (Deep clean every 6 months)		



## REDUCING ENVIRONMENTAL EXPOSURE



### Inspect on a Monthly Basis:

- Chipping, peeling paint chips
- 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!)



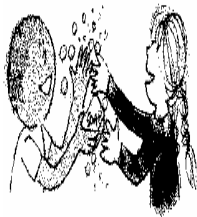
16

## 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!



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## SLIDE 18

## LEAD AND NUTRITION



- Calcium and iron can help prevent the absorption of lead
- A full stomach reduces the amount of lead absorbed by the body
- Feed children three regular meals
- Offer nutritious snacks between meals and foods high in calcium and iron

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## 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 one tablespoon household liquid chlorine bleach added to one quart of water (or ¼ cup bleach to 1 gallon of water) prepared fresh daily is an effective sanitizing solution.

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

### CLEAN AND SANITIZE

#### **After Each Use**

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

#### **Daily or when soiled**

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

#### **Weekly**

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

### VACUUM/MOP

#### **Daily**

- Vacuum all rugs
- Damp mop floors

### WASH

#### **At least weekly, preferably daily, and when soiled**

- Mop heads, have a special one just for cleaning up dust if lead is present
- Cloth toys
- Laundry
- Dress-up clothes

### SPOT CLEAN

#### **Monthly**

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



## 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 also will 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!

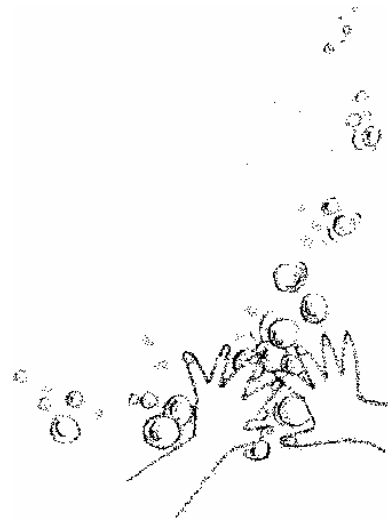
If children wash their hands with soap under running water during the time it takes to sing this song twice, they will have thoroughly cleaned them.

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 the most common environmental illness 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?

Certain nutrients, such as calcium and iron, can help prevent the absorption of lead that is ingested. In addition, a full stomach reduces the amount of lead absorbed by the body.

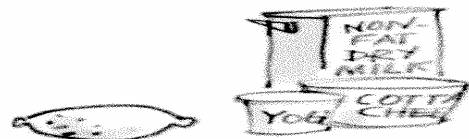
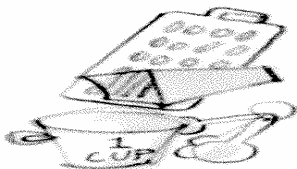
### NUTRITION AND CHILDHOOD LEAD POISONING PREVENTION

- ☞ Feed children three regular meals and snacks. Lead is absorbed more easily in an empty stomach.
- ☞ Offer nutritious snacks and serve foods high in iron and calcium as part of a well balanced diet.
- ☞ Feed children less fat after the age of two years. Low-fat yogurt, one percent milk, string cheese, low-fat cottage cheese, and tofu are lower in fat and rich in calcium.
- ☞ 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 in opened cans, in dishes 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  
(Contains 1225 mg calcium total)

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 own dish.

#### **FRUIT SMOOTHIES**

1-cup low-fat vanilla frozen yogurt  
3/4 cup low-fat milk  
1/4 cup frozen orange juice concentrate  
(Serves 2)

In a blender, combine the frozen yogurt, milk and orange juice concentrate. Blend until smooth. Pour into cups and serve immediately. Try substituting bananas or other fruits for orange juice.

### **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, CHDP, 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 California Child Care Healthline at (800) 333-3212.



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
- Has the property been recently renovated?
- Have you checked to see if your pipes are made of lead?
  - Let your water run for a minute 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 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.
- Is the property near a busy roadside that may be contaminated with lead-based gasoline emitted by cars?
  - Don't let kids play on bare soil.
  - Plant grass, shrubs or other ground cover.
- 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 hand before eating, after playing outside and before napping.
- Do you have 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?
  - Have it tested to make sure it does not contain lead.
- Do you have painted furniture or toys from an unknown origin?
  - Make sure that the paint is intact.
  - 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. Providers can promote these safe practices when marketing the health and safety of their programs.

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: Remodeling or Repainting?
- ∞ Brochure: Lead in House Paint and Dirt Can Hurt Your Child.

## Optional

- ∞ Lead sampling kits (For taking a sample of paint that gets sent to a lab or analysis).

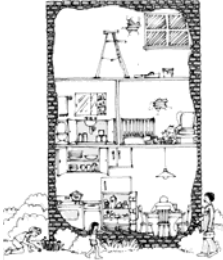
## SLIDES 19 and 20

### Activities

- ∞ Review brochure Remodeling or Repainting?
- ∞ Discussion.

### PAINTING, REPAIRING OR REMODELING YOUR CHILD CARE ENVIRONMENT

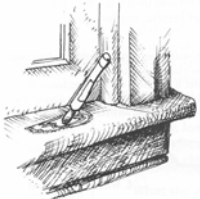
- There MAY be a risk for contamination if:
  - The facility was built before 1978 and/or
  - The play yard is exposed to heavy automobile traffic and/or
  - It is near an industrial area where lead products have been used or produced.



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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 21 and 22

### Activities


- ☞ Discussion.

**RESOURCES:**

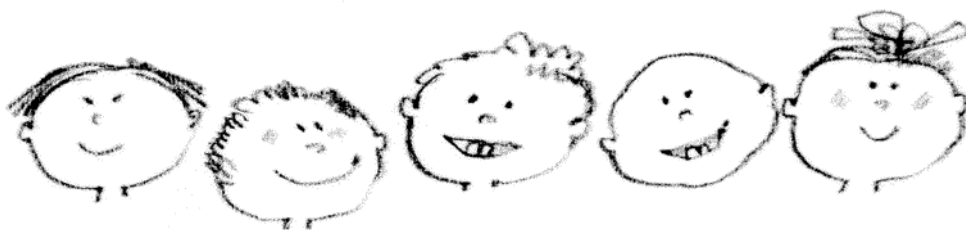
- ☐ Local Childhood Lead Poisoning Prevention Program  
XXX-XXX-XXXX
- ☐ DHS Childhood Lead Poisoning Branch  
(510) 620-5600  
<http://www.dhs.ca.gov/childlead>
- ☐ California Child Care Health Program Healthline  
(800) 333-3212 <http://www.ucsfchildcarehealth.org/>
- ☐ Childcare Health Program  
(510) 644-1000 [www.childcarehealth.org](http://www.childcarehealth.org)

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**QUESTIONS?**



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## Trainer Information Sheet Not for Distribution

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 (CDC) and Prevention and the State's 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 Health Services 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.

**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. Most children identified as lead poisoned were detected during routine well-child check-ups. These children did not appear ill!

The California Department of Health Services 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 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 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 laboratories, 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.dhs.ca.gov/childlead](http://www.dhs.ca.gov/childlead).**

**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.**

# 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 23 and 24

### 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!



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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a better understanding of my role in preventing childhood lead poisoning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I found the handouts useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The instructor was well prepared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I learned about several potential sources of lead poisoning in home and child care environments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I learned preventive strategies for protecting children from lead exposure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I learned about resources available to the child care community that assist programs in lead poisoning prevention efforts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would recommend this training to other child care providers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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)

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(Instructor's Printed Name and Signature)

