Growing Colors
Bruce McMillan
(Lothrop Lee & Shepard, 1988)

Growing Vegetable Soup
Lois Ehlert
(Harcourt Brace, 1987)
Occupational Safety

National Institute for Occupational Health and Safety
1-800-35-NIOSH
Information on occupational exposure to lead and on respirators and protective clothing.

Soil

For more information on testing soil for lead and precautions to take to protect your family from lead in soil, contact your local county extension agent, through local state university, phone book, or http://www.reeusda.gov/statepartners/usa.htm

Special Needs Education

Kidsource
http://www.kidsource.com/kidsource/content3/ada.idea.html
Review of federal laws on special education (ADA, IDEA, and Section 504).

CASE (Council of Administrators of Special Education, Inc.)
Dr. Jo Thomason
615 16th Street, NW
Albuquerque, NM 87104
505-243-7622
Council for Exceptional Children
Division for Early Childhood
Barbara Smith
1444 Wazee St., Ste.320
Denver CO 80202
303-620-4579
http://www.cec.sped.org/

National Center for Learning Disabilities
381 Park Ave. S., Suite. 1401
New York, NY 10016
212-545-7510
http://www.ncld.org

Learning Disabilities Association of America
4156 Library Road
Pittsburgh, PA 15234
412-341-1515
http://www.ldanatl.org

CHADD  (Children and Adults with Attention Deficit Disorder)
499 Northwest 70th Avenue, Suite 109
Plantation, FL 33317
954-587-3700
http://www.chadd.org

Attention Deficit Information Network (AD-IN)
475 Hillside Avenue
Needham, MA 02194
781-455-9895
781-444-466
http://www.addinfonetwork.com
Testing/ Laboratory Analysis

NLIC (National Lead Information Clearinghouse)
1-800-424-LEAD
State-by-state list of laboratories approved by EPA’s National Lead Laboratory Accreditation Program, (NLLAP) and recommended for analyzing paint chips, dust wipes and/or soil. Also information on specific XRF instruments.
Tribal Materials

My Lead Safety Book
Cheyenne River Sioux Tribe
Sarah Eagle Horse, Coordinator
CRST EPD Lead-based Paint Program
PO Box 590 Eagle Butte, SD 57625
605-964-6556

Children and the Hazards of Lead Based Paint in Tribal Communities
Inter Tribal Council of Arizona, Inc.
4205 N. 7th Avenue, Suite 200
Phoenix, AZ 85013
602-248-0071
Glossary

**abate/ abated/ abatement** - to take measures to permanently eliminate lead-based paint. These measures include: replacement of elements bearing lead-based paint (such as windows and trim), removal of the paint itself from the wall or other element (by sanding, scraping, or using chemical removers), enclosure of lead-based painted surfaces with wallboard, paneling, etc., and encapsulation of painted surfaces, usually with a special liquid coating which prevents lead from escaping.

**absorbed/ absorption** - to retain in the body the lead that a child is exposed to, rather than eliminating it as waste. More of the lead a child is exposed to is retained (absorbed) if the lead enters the body through the lungs, rather than the mouth, if the particles are smaller, if the child is lacking in certain nutritional elements, and if the child’s stomach is empty.

**anemia (iron deficiency anemia)** - a reduction in the number or volume of red blood corpuscles or total hemoglobin in the blood stream, which interferes with the ability of the blood to transport oxygen to the body’s cells. Iron deficiency anemia is anemia caused by an inadequate amount of iron being absorbed by the body. A lead poisoned child often, but not always, has iron deficiency anemia also.

**blood lead level** - the amount of lead contained in a child’s blood, which is an indicator of a child’s exposure to lead in his or her environment. The blood lead level is measured when a child is screened for lead poisoning and is expressed in the number of micrograms of lead for one decilitre of blood.

**calcium** - a mineral contained in many foods and important to a child’s general health, and especially in protecting against lead poisoning. Note: Calcium supplements can be taken to make up for a lack of dietary calcium. However, care should be taken; some calcium supplements contain lead themselves, and could do more harm than good. Three that have been tested and recommended by the Natural Resource Defense Fund are: Children’s Mylanta (liquid or chewable), Posture-D High Potency Calcium with Vitamin D, and Tums 500 Calcium Supplement.

**capillary blood test** - a test where a small amount of blood is taken from a capillary in a child’s finger (or an infant’s heel). Some practices prefer this as a less intrusive or traumatic way of sampling blood than taking blood from a vein in the arm.
chelation/ chelating agent - a medical procedure using/ a drug which attaches to lead in the blood so that it is eliminated as waste. The most common of these is an oral drug called Chemet (succimer, or DMSA). Others are BAL (Dimercaprol), EDTA (Edetate Disodium Calcium) and Cuprimine (D-Penicillamine). The procedure of administering this drug is called chelation.

early intervention program - a program which evaluates developmental delays and other special needs of young children, birth to age 3, and offers services to overcome such difficulties which might interfere with the child’s education.

elevated blood lead level - an amount of lead in the blood that raises concerns about possible adverse health effects. Over 10 micrograms of lead for each decilitre of blood is considered to be of concern.

encapsulant - a covering that adheres to a lead-based painted surface and acts as a barrier between lead-based paint and the environment. The most common type is a liquid which looks like and is applied in a manner similar to paint.

enclosure - the use of rigid, durable construction materials that are mechanically fastened to a lead-based painted surface and act as a barrier between the lead-based paint and the environment.

finger stick - a method of taking a small amount of blood from the capillaries in a child’s finger to test it for lead content. (Same as capillary blood test)

Head Start - a federally funded program to assist pre-schoolers (ages 3 through 5) in overcoming developmental delays, learning disabilities and other special needs that would interfere with successful participation in elementary school education.

heat gun - a device which can separate lead paint from the substrate by heating it. Heat guns should not be used for lead paint removal at over 1,100 degrees F, according to HUD, because of the toxic fumes that can be created.

HEPA (high efficiency particulate air) - a filter capable of removing 99.97% or more of the particles that are 0.3 microns or larger from the air. HEPA filters are used on respirators for lead-related workers and for vacuum cleaners used for cleaning lead dust and other fine contaminants.
**high risk** - an increased likelihood that a child is lead poisoned because of factors including:

- Lives or frequently visits housing of a day care built before 1960.
- Lives or frequently visits housing of a day care built before 1978 that has recently been renovated or remodeled or that has flaking, peeling paint.
- Has a sibling or playmate with lead poisoning.
- Has a household member who comes into contact with lead in their work

If a child is at high risk of lead poisoning, it is especially important that he or she be screened at least annually, and not only at ages one and two.

**home test kit (chemical spot test)** - a commercially available product used for testing paint for the presence of lead. These use one of two chemicals, sodium sulfide or sodium rhodozinate (rhodizonic acid) to indicate the probable presence of lead in the tested material.

**ingest** - to take into the body by way of the mouth. Ingestion is the most common way for lead to enter a child’s body.

**lead** - a soft grayish metal used in a variety of products (including car batteries, pigments, paints, and dyes) that is highly toxic to humans, especially young children.

**lead poisoning** - a disease caused by the exposure to and absorption of lead involving damage to virtually all organs of the body, most notably the brain. The level of lead in the blood that defines lead poisoning is set differently in different places, but the most generally accepted standard is that a single measurement of 20 or more micrograms of lead per deciliter of blood (or repeated measurements of over 15) means a child is lead poisoned.

**lead-based paint** - paint (or varnish or shellac) containing 0.5% of lead by weight or 1.0 milligrams of lead for each square centimeter of painted surface.

**LeadCare®** - a small, portable piece of equipment, manufactured by ESA, Inc., which measures the amount of lead in a small sample of blood and shows the results in about 10 minutes.
**Little Moccasins® Lead Safety Program** - the interactive CD ROM developed by Houlton Band of Maliseet Indians which accompanies the First Steps manuals. Additional free copies are available from Mr. Phil Quint, Lead Director, 1-800-545-8524.

**micrograms per deciliter** - the measure used to describe how concentrated the lead is in a sample of blood. 10 micrograms per deciliter, the threshold above which there is an increased probability of certain adverse health effects, is equivalent to about 1/20th of a drop of a contaminant in a bathtub full of water.

**psychosocial** - psychological and social, as distinguished from physical, medical. The psychosocial effects of lead poisoning include denial, anger, guilt, and stress.

**respirator** - an apparatus that fits over the nose and mouth the protect the person wearing it from breathing in hazardous materials. To protect a worker from lead dust, a respirator with a purple coded HEPA filter should be worn.

**screening** - a test which indicates that there is an increased likelihood that a child has an elevated blood lead level. A child is screened for lead poisoning by measuring the concentration of lead in his or her blood.

**solder** - a material used to join two pieces of metal together. Lead was commonly used to solder household plumbing until 1986, when it was prohibited for that use.

**special education services** - services that federal law requires public schools to provide to meet the needs of pupils with specific disabilities that could interfere with their education.

**venous** - from the vein. A venous blood test involves the drawing of a small amount of blood from a child’s arm to test it for lead. This type of blood sampling technique is preferred by many practices who feel blood taken this way is less likely to be contaminated than a finger stick sample.

**XRF (X-ray fluorescence)** - a hand held apparatus that uses radiation to detect and measure the concentration of lead in paint, including in layers of paint that are covered by newer layers. For both effective results and safe handling, proper training and certification is required in order to operate an XRF machine.

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1 The University of Connecticut Cooperative Extension System does not take any responsibility for changes or additions made to original materials.
Please take a couple of minutes to help up evaluate the effectiveness of this manual by checking the appropriate box to indicate what you have learned from it.

<table>
<thead>
<tr>
<th>BEFORE TRAINING</th>
<th>AREA OF KNOWLEDGE</th>
<th>AFTER TRAINING</th>
</tr>
</thead>
<tbody>
<tr>
<td>I knew a lot about</td>
<td>The impact of lead poisoning on small children</td>
<td>I know a lot about</td>
</tr>
<tr>
<td>I knew something about</td>
<td>The major sources of lead in the environment</td>
<td>I know something about</td>
</tr>
<tr>
<td>I knew nothing about</td>
<td>The signs and symptoms of lead poisoning</td>
<td>I know nothing about</td>
</tr>
<tr>
<td>I knew a lot about</td>
<td>The effects of lead on young children’s learning, behavior and development</td>
<td></td>
</tr>
<tr>
<td>I knew something about</td>
<td>The importance of screening children under age 6 for lead poisoning</td>
<td></td>
</tr>
<tr>
<td>I knew nothing about</td>
<td>How to interpret the results of a blood lead test</td>
<td></td>
</tr>
<tr>
<td>I knew a lot about</td>
<td>The ways a child can be exposed to lead dust</td>
<td></td>
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<tr>
<td>I knew something about</td>
<td>The importance of hand washing and wet washing to prevent lead poisoning</td>
<td></td>
</tr>
<tr>
<td>I knew nothing about</td>
<td>The importance of nutrition to protect against lead poisoning</td>
<td></td>
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<tr>
<td>I knew a lot about</td>
<td>Behavior management techniques for challenging children</td>
<td></td>
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<td>I knew something about</td>
<td>Detecting and controlling lead paint and dust hazards</td>
<td></td>
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<tr>
<td>I knew nothing about</td>
<td>Precautions to take when working with lead paint</td>
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</tbody>
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1. Please indicate whether you are a:
   - family daycare provider
   - school-age child care provider
   - Child care or day care center director or staff member
   - Head Start director or staff member
   - Parent, family member, or guardian of a young child
   - Other ___________________

2. What is the location of your child care facility (or your home, for a family)?
   ____________________________
   ___(town or reservation)
   ____________________________
   (State)

3. What is/are the ethnicity/race(s) of the children you care for? (check all that apply)
   - Native American Indian
   - Caucasian
   - African-American
   - Hispanic
   - Asian
   - Other _______________

4. How many children do you care for in your child care facility (or in your family)?
   _______infants _______pre-school
   _______toddlers _______school-age

5. Would you recommend this manual to:
   - A colleague?________
   - Others? (please specify who)______________

Please answer the following questions regarding how useful this manual is.

1. Will you read all the fact sheets in the section “Preventing Lead Poisoning in Children” of this manual?
   - Yes
   - No
   - Maybe
   - Much of it, but not all

2. Will you read all the information in the section “Rules and Regulations”?
   - Yes
   - No
   - Maybe
   - Much of it, but not all

3. Will you read all the activity plans in the section “Activities for Young Children”?
   - Yes
   - No
   - Maybe
   - Much of it, but not all

For child care providers:

4. Will you use the information on preventing lead poisoning in your work as a child care provider?
   - Yes
   - No
   - Maybe

5. Will you use the information about regulations and resources in your work as a child care provider?
   - Yes
   - No
   - Maybe

6. Will you use one or more of the activity plans in your work as a child care provider?
   - Yes
   - No
   - Maybe

7. Will you distribute one or more fact sheets about preventing lead poisoning to parents of guardians involved in your child care? ____________
   to others (please specify)?__________
8. Will you distribute the information about regulations to parents or guardians involved in your child care? _____________
to others (please specify)?____________

9. Will you distribute one or more activities (or songs or recipes)?
to parents involved in your child care? _____________
to others (please specify)? _____________