



Be Lead Free! News



TESTING FOR LEAD AT 1 YEAR AND 2 YEARS WHY BOTH TESTS ARE IMPORTANT

by Maureen Butler BSN, RN

Bringing your infant in for regular checkups is important for many reasons. You want to be sure the baby is gaining weight and developing skills such as rolling over and sitting up. There are important vaccines that the baby will receive to prevent serious illnesses. At his/her 1 year old checkup, your baby will have some blood tests collected. One of the tests is to check for lead poisoning.

Parents know that young children put everything in their mouth. Tiny bits of lead can be found in the dust on the floor and stick to the baby's fingers. When your little one puts those fingers in her mouth, the lead is absorbed into the blood stream.

As your baby learns to stand, it is easy for him/her to look out the window. If your apartment or house was built before 1978, there may be layers of paint and dust on windows and doors that contains lead. Toddlers are curious and will "taste" the bits of paint. Even if your house is brand new, your child may have lead exposure when visiting in older homes.



The blood test at 1 year of age will let you and the baby's health care provider know if there has been exposure to lead. If the blood lead level is high, you can find out where the lead is in your home. If you rent, the landlord is responsible for repairing the spots that have old lead paint. If you own the house, you need to know how to do the repair safely or to hire someone who has had safety training. Your children should not be in the house when the repair work is ongoing.

Some parents are surprised to learn that even if the lead test was collected at age 1 year, the test should be done again at 2 years. That is because most children in that age group are still putting lots of things in their mouth. Even if your child doesn't seem to do that, the 2 year old test is important. You can't know by looking at a child if they might be lead poisoned. Only a blood lead test can let you and the health care team know.

**All parents want their children to be healthy and happy.
Blood lead testing is an important part of that plan.**



Did you know that your little ones go to "work" every day when they play?



CHILD'S PLAY IS IMPORTANT!!



When your baby holds a rattle and moves his hand, he hears the sound made by the rattle. At first, it is accidental, but quickly, the baby learns that he will hear the sound if he shakes the rattle.

Toddlers love to stack blocks (or boxes) and then knock them down to stack again. As they do this, they improve their hand and eye coordination and have fun at the same time!!



It is even more fun when you play with your little one. You can praise them when they successfully build a tower and help them carefully add another block to the pile. Your smile and approval lets your little one know that you are proud of their accomplishment.

Reading a story is another great way to play with your children. Sometimes, it is fun to just look at the pictures and help your child make up their own story about what is happening in the book.



Your child's brain grows stronger each time as they learn new things with you. Parents and grandparents are their first teachers.

When you play with your young children, you are giving them the best start for success as they grow up!!



Tasty Team-ups

Cereal and yogurt can make a winning team!

By Karen Buchinger MLS, BSN, RN



Many breakfast cereals that kids already like to eat are fortified with **iron**, and yogurt is a good source of **calcium**. So why not make fun and easy snacks that will score well with your kids as a breakfast treat or an anytime snack?

Cereal Sundaes:



Put a layer of yogurt (any flavor) in a small cup or dish. If you put it in a clear plastic cup, bowl or glass you can see the layers build up. Then sprinkle a layer of "o"-shaped cereal, (or some other iron fortified cereal that is your child's favorite.) Follow with a layer of banana slices or other fruit pieces. Repeat the yogurt layer, then the cereal layer next, then another fruit layer. Repeat the layers as many times as you want to make a teamed-up treat that is FUN TO EAT.

Banana buttons:



Peel a banana and slice it across into thick circles. Dip each circle in a favorite flavor of yogurt to cover the slice and then dip into a small bowl of crushed up cereal (fruity O's or oat O's or any kind of your child's favorite cereal) to cover the yogurt covered banana. Put each circle on a cookie sheet or wax paper and freeze.

Remember to take a look at the side of the cereal box to find out if your child's favorite cereals have added iron, then team up the cereal with yogurt for a winning treat.



Brain teasers: Riddles to exercise a growing brain

Try these riddles with your family.

1. What is something that both a tree and a dog have ?
2. What belongs to you, but other people use it more than you do?
3. What do you have in your home that lets you look right through a wall?
4. What gets wetter and wetter the more it dries?
5. Name 4 days in a week that start with the letter "t"?
6. How can you throw a ball as hard as you can and have the ball come back to you without the ball bouncing or touching anything before you catch it?
7. What is full of holes but holds water?
8. What can run but can't walk?
9. Whoooo asks a question but never gets an answer?
10. What gets sharper the more you use it?
11. What is as light as a feather but even the strongest man can't hold it for very long?
12. The more of these things you make, the more you leave behind? What are they?



ANSWERS:

1. A bark
2. Your name
3. A window
4. A towel
5. Tuesday, Thursday, today and tomorrow
6. Throw it straight up in the air
7. A sponge
8. A drop of water
9. An owl
10. Your brain
11. Your breath
12. Your footprints

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Central / Eastern New York

Lead Poisoning Prevention Resource Center

SUNY Upstate

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Syracuse, NY 13210



Are you pregnant?

Protect yourself and your new baby from lead poisoning!



Expecting a new baby is an exciting time! Staying healthy is important for pregnant women and their unborn babies. Did you know that lead can pass from a mother to her unborn baby? Lead poisoning can increase the risk of miscarriage. Your baby may be born early and small and have learning and behavior problems as he/she gets older.

How might a pregnant woman become lead poisoned? Lead is found in old paint. The dust and paint chips from that old paint can be breathed in and passed to the baby before birth. Expectant moms should not be around or do repair or renovation work in any house built before 1978 as there may be old layers of paint under a new coat of paint.

Lead is also found in some imported foods and pottery.

Pregnant women should not work in jobs that can cause lead exposure including computer repair or other electronic work.

If you have questions, you can contact your local health department to learn more.

