

## Case Study Scenarios for Lead Poisoning Prevention

### **New Families in Your Center**

A parent who is visiting your program would like to enroll her two year old. She is very concerned about childhood lead poisoning because her nephew has been lead poisoned. 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 take to ensure that your child care environment is lead safe for children? Indoors? Outdoors?

*Possible responses:*

*I'd be happy to show you the results of my environmental lead tests.*

*Yes, our building is older, however, all of the remodeling and maintenance were done in a lead-safe manner.*

*We have a regular cleaning routine that includes daily damp mopping and vacuuming.*

*We inspect monthly for lead hazards such as deteriorating paint or dishes which may contain lead.*

*Everyone removes their shoes or wipes their feet before entering the building.*

*We use ground cover plants or wood chips to cover exposed dirt.*

*Children wash their hands when they come inside after playing and regularly throughout the day.*

## **Lead Poisoning and Anemia**

You pride yourself on serving health meals with a variety of foods. You gave the child's parents the required information on lead poisoning and lead testing upon enrollment. The parents are interested in having their child tested and mentioned their child has anemia.

1. What changes can you make to your menu to include more iron rich foods?
2. How can you promote good nutrition for children and families in your program?

*Possible responses:*

*Foods that are high in iron include red meat; legumes (lentils, kidney beans, garbanzo beans, peas); leafy greens (kale, spinach, chard); broccoli; quinoa; tofu; turkey.*

*Cook casseroles, soups and stews with these foods. Include them in pasta dishes, grain bowls, scrambled eggs, tacos, or salads.*

*Encourage your students to share their favorite recipes.*

*Consider starting a garden box (with fresh soil) to help children learn about cooking and eating healthy foods and where they come from.*

*Share recipes and tips for feeding healthy foods to children by email, social media, bulletin boards, newsletters etc.*

## Charming Old Facility

Carefree Kiddos Child Care is in a popular neighborhood for young families. Most of the houses were built in the 1930s. The Carefree Kiddos house has many cracks in the stucco. There are some small whitish chips visible around the exterior grounds. Some of the windows are painted shut. A toddler is playing with a key ring with several keys on it. The nap mats are on a dusty floor. The plumbing fixtures look original. Some of the toys look very old and strange. The outside play yard has a beautiful old oak tree with bare dirt under it where some children are collecting twigs and stones.

1. Name at least three potential sources for children's lead exposure in this location.
2. Name at least three characteristics of young children which make them particularly vulnerable to ingesting lead.

*Possible responses:*

*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.*

*DUSTY FLOORS Damp mop floors and damp dust window sills.*

*SOIL Bare dirt may be contaminated from gasoline emissions or from leaded paint that has fallen off a structure.*

*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.*

*KEYS Some keys may have lead in them.*

*Children's vulnerability:*

- *Children are more vulnerable to the toxic effects of lead.*
- *They have more hand to mouth activity and explore the world by touching and putting objects in their mouths.*
- *They spend more time playing on the ground where sources of lead can collect.*
- *They need to be reminded to wash their hands.*
- *They sometimes eat a diet that does not include a variety of healthy foods.*