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# Quality Care For Kids

A newsletter for Clinton/Jackson  
Child Care Providers

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## Lead Poisoning Prevention



Lead poisoning continues to be a serious concern in Iowa's children. A blood lead level of greater than 5mcg/dl (micrograms per deciliter) is considered elevated and interventions should be taken to prevent the risk of health and developmental concerns from lead poisoning.

Lead poisoning has harmful effects on nearly all organ systems in the body. It is especially harmful to the developing brain and nervous system of children un-

der the age of 6 years. Lead poisoning in childhood can result in long term health effects.

Recently in Iowa, 2 toddlers that had routine blood lead level testing were found to have very high lead levels (47-65 mcg/dl) requiring hospitalization for one of the toddlers.

Children at high risk and between one year and 4 years of age should have a blood lead level tested at least every year. Children at

high risk are those who live or spend time in housing built before 1978, or have other exposure to lead. A child's risk can increase when they become more mobile and can access areas where lead based paint may be present, such as porches, windows, and outdoor areas near the foundation of houses.

Ask your medical professional about lead testing for your children. For more information about lead poisoning go to <https://www.idph.state.ia.us/LPP/>

Call your Child Care Nurse Consultant if you have any questions about child health and safety, or any special training needs.



The Child Care Nurse Consultant Program is funded by Clinton/Jackson Early Childhood Iowa

## Child Abuse Awareness Month

April is Child Abuse Awareness Month. Research has identified 5 protective factors that reduce the risk of child abuse:

### Nurturing and Attachment

Developing a close bond with a child helps parents and caregivers relate, respond and communicate with the child.

### Knowledge of Parenting and Child Development

Understanding child development can be calming for parents and caregivers, responding appropriately to a child's behavior.

### Parental and Caregiver Resilience

Recognizing the signs of stress and enhancing problem-

solving skills can improve the ability to cope.

### Social Connections

Identifying a network of family, friends, and neighbors provides support in times of need.

### Concrete Support

Access to financial, housing, medical, and other resources and services help meet basic needs.

For more information on preventing child abuse go to <http://www.pcaiowa.org/>

To report child abuse, please call the Department of Human Services at 1-800-362-2178.

### Playground Safety Checks

The National Program for Playground Safety (NPPS) has developed a "Report Card" to evaluate the safety of your playground. The report card is based on the Consumer Products Safety Commission (CPSC) guidelines and the NPPS S.A.F.E. model.

S = Supervision

A= Age Appropriate Design

F= Fall Surfacing

E= Equipment Maintenance

Go to [www.playgroundsafety.org](http://www.playgroundsafety.org) Click on "Safety Checklist" to view the "Report Card" and assess the safety of your playground. Or call your local CCNC for a safety visit!