



Dear Parent or Guardian:

From birth to age three, babies have a LOT to learn. Helping your child to be healthy and ready to learn is an important part of your job as a parent or guardian. Giving your child good foods, keeping your child active, sharing books and music, cuddling, and playing games are all ways that you can help your child learn and grow.

High levels of lead in the blood can hurt a child's ability to learn. Your child has a blood lead level that can damage your child's brain and affect your child's later success in school. You need to take steps to make your child safe and healthy:

- **Find the sources of lead** that entered your child's blood. These sources might be:
 - Lead paint in your home
 - Lead in toys
 - Lead in the dirt outside your home or your child's daycare,
 - Lead in some health supplements (even those labeled "organic") other than those that a medical provider prescribes
 - Lead in pipes supplying water used for drinking or cooking
 - Lead in your workplace that you might accidentally bring homeOnce you've found a source learn how to **get rid of It!**
- **Encourage your child to eat foods that may lower the amount of lead your child's body takes in.**
 - Give your child foods that contain **calcium**. These foods include milk, cheese, yogurt, broccoli, sardines, and canned salmon.
 - Give your child foods that contain **iron**. These foods include lean red meat, chicken, turkey, sardines, and tuna.
 - Foods with **vitamin C** (such as oranges, strawberries, green peppers, and potatoes) help your child absorb iron.
- **Watch to see how your child is learning.**
 - Does your child do many of the things expected for his or her age, or is your child missing some important skills (see enclosed "*Your Baby Deserves a Good start in Life!!*")? Talk with your child's doctor, read a good child development book, or go online to learn what things children are expected to do at each age.
 - If you think your child is *not* developing and learning new skills like other children the same age, call the Child Development Infoline at 1-800-505-7000 and talk with them about your concerns.
 - If your child is younger than three years old and is not developing well, you may request a free developmental evaluation from the Connecticut Birth to Three System.
 - Help Me Grow is another program that can help you find community supports and monitor your child's development through age five.
 - If your child is in school, talk with your local school district for an evaluation.

For more information on lead, talk with your child's doctor or go to www.ct.gov/dph

For more information on the Birth to Three System, go to www.birth23.org

For more information on child development, call the Child Development Infoline at 1-800-505-7000