

READY FOR SCHOOL, READY TO LEARN!

Children are born learners

Babies are born with a natural curiosity to figure out how the world works. Curiosity is the desire to learn. Nurturing your child's curiosity is one of the most important ways you can help your child become a lifelong learner.



Lead poisoning affects children's learning

Lead exposure is harmful to children because their bodies are still developing and absorb more lead. Your child may not seem sick, but their brain development can be affected, causing learning and behavior problems in school. Taking the following steps can help optimize your child's development, learning, and future success.



3 THINGS YOU CAN DO TO GET YOUR CHILD READY FOR SCHOOL

1. Find the lead source and get rid of it! Sources of lead may include:

- Lead-based paint in your home, a family member's home, or your child's daycare
- Lead in the dirt outside of your home, a family member's home, or your child's daycare
- Lead brought home from family with jobs and hobbies involving lead
- Lead fishing sinkers and lead glazed pottery/dishes
- Lead in toys and play jewelry
- Lead in foreign-made spices, candies, and home remedies

2. Provide your child with an optimal learning environment.

- Read and spend time with your child every day
- Limit your child's use of TV and internet to less than 2 hours a day
- Provide opportunities for play and exploration that support your child's curiosity and natural interest in learning

Other things YOU can do:

- Enroll your child in **Hi'ilei Hawaii** to get your child a developmental screening. The program is **FREE**, and you can enroll through the mail or online.
- Enroll your child in an early childhood program to help build their cognitive, social, literacy, and verbal development

What is a developmental screening?

A developmental screen is a simple set of questions about what a child can do. It can help families to know whether a child is developing like other children of the same age.

3. Make sure your family's basic needs are being met.

- Proper shelter, nutrition, and physical health are important for a child's early development and learning

**Ask yourself the following questions if you
are unsure if your family's basic needs
are being met:**



Do you worry about how your child is growing and learning?	
Do you worry about the cost of enrolling your child into child care or an early childhood program?	
Does your child have medical insurance?	
Does your child have a doctor to go to when they get sick, need shots, or need a check-up?	
Does your family have stable housing?	
Do you need help buying groceries, clothing, or other essentials for your family?	

If you need help in any of these areas, refer to the State and Community Resource Lists, or contact the Hawaii Childhood Lead Poisoning Prevention Program.

RESOURCES

For more information about lead, talk to your child's doctor or, go to:

<http://health.hawaii.gov/cshcn/leadpp/>

For more information about Hi'ilei, go to:

<http://health.hawaii.gov/cshcn/hiiieihawaii/>

For more information about developmental milestones and activities, go to:

https://www.cdc.gov/ncbddd/act_early/milestones/index.html

For more information about when your child should be vaccinated, go to:

<https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html>

State Resource List:
<http://health.hawaii.gov/cshcn/ului/>

Community Resource List:
<http://earlylearning.hawaii.gov/resources/low-to-no-cost-early-childhood-development-and-learning-programs-resource-list/>
<http://www.theparentline.org/>

HAWAII STATE DEPARTMENT OF HEALTH



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