



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 your child's ability to learn, damage your child's brain and affect your child's later success in school. However, there are steps you can take to make your child safe and healthy. This includes being aware of sources of lead around your home, giving your child healthy food, and watching how your child learns.

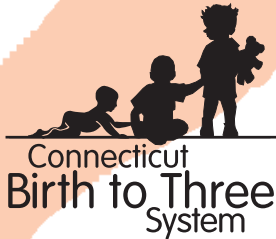
- Sources of lead around your home can include:
  - Lead paint in your home
  - Lead in toys
  - Lead in the dirt outside your home or your child's daycare,
  - Lead in some health supplements (even those labeled "organic") other than those that a medical provider prescribes
  - Lead in pipes supplying water used for drinking or cooking
  - Lead in your workplace that you might accidentally bring homeKeep your child away from these potential sources of lead.
  
- 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](http://www.ct.gov/dph)

For more information on the Birth to Three System, go to [www.birth23.org](http://www.birth23.org)

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



## Your Baby Deserves a Good Start in Life!!

### Babies have a lot to learn, but not all babies are learning as well as they can.

If your baby or toddler is not developing as expected,  
there is **help available** through our state's **Birth to Three System**.

*The following checklist offers some examples of typical child development:*

• • • • **1-2 months** • • • •

able to suck and swallow  
startled by loud noise  
pays attention to faces nearby

• • • • **4-6 months** • • • •

reaches for and grasps objects  
moves toys from hand to hand  
smiles at others  
rolls from tummy to back and  
back to tummy

• • • • **9-12 months** • • • •

pulls to a stand  
picks up small objects  
waves "bye-bye"

• • • • **15-18 months** • • • •

looks at picture books  
likes to push, pull, and dump things  
tries to talk and repeat words  
walks without help

• • • • **24-30 months** • • • •

runs well, with few falls  
holds a crayon, likes to scribble  
turns door knob, unscrews jars  
can eat without help

• • • • **3-4 months** • • • •

holds a rattle and smiles  
holds head up well  
shows gains in height and weight

• • • • **6-9 months** • • • •

babbles and laughs out loud  
sits up without help  
plays peek-a-boo and pat-a-cake  
creeps or crawls forward on tummy  
by moving arms and legs

• • • • **12-15 months** • • • •

comes when called by name  
drinks from a cup  
takes turns rolling a ball

• • • • **18-24 months** • • • •

carries objects while walking  
uses 2 or 3 word sentences  
gives hugs and kisses  
follows simple directions

• • • **30 months and older** • • •

helps with getting dressed  
walks up and down stairs  
sings simple songs  
understands right from wrong

*If your baby or toddler is not yet doing most of the things expected for his age,*

### Don't Wait!!

Talk with your family doctor about how your child may be helped  
by early intervention. Anyone can make a referral. Call:

**Child Development Infoline**

**1-800-505-7000**

**[www.birth23.org](http://www.birth23.org)**