BE LEAD FREE
LEAD CAN MAKE YOU SICK, SO STAY AWAY FROM LEAD.

BE LEAD FREE
LEAD HIDES IN DUST, PAINT AND DIRT.
SO TAKE YOUR SHOES OFF WHEN YOU GO HOME.
AND WASH THE FLOORS AND WINDOWSILLS WITH A WET CLOTH TO WIPE AWAY THE DUST.
AND WASH YOUR HANDS OFTEN, ESPECIALLY BEFORE YOU EAT.
MAKE SURE YOU EAT HEALTHY FOODS.
IRON, CALCIUM AND VITAMIN C HELP KEEP US LEAD FREE!
GET TESTED TO MAKE SURE YOU'RE LEAD FREE.
Hooray! My body is safe from lead.
Circle the 10 foods that help keep you lead free.

Answer Key:
- Broccoli
- Low-fat milk, cheese
- Chop, baked chicken
- Fish, orange juice, pork
- Peanuts, spinach, grapefruit.
FIND THE WORDS

B C A L C I U M E R U F
O L T E L H F A F X I L
H O R A N G E M A N T O
A T C D J N O E S V E O
N H S A W I N D O W S R
D B H E A T C F G E T S
S K O G T R D I R T E P
F R E E E L G R A F D G
I T S G R S P A I N T V
N O R I B H E A L T H Y

CLOTH CALCIUM SHOES FREE HEALTHY
LEAD ORANGE WET EAT SAFE FLOORS DIRT
IRON WASH WATER WINDOWS TESTED
HANDS PAINT
Parent Page

What is lead poisoning?
- Lead is a metal that can harm the human body. Any lead ingested in the body is a form of lead poisoning. Serious problems can arise when the lead level reaches over 10 micrograms/deciliter.

What are the health effects from lead poisoning?
- Your child may have a hard time
  - Paying attention
  - Learning a new skill
  - Controlling his or her behavior

Where does lead come from?
- Your house - in dust and paint chips
- Your drinking water - from the pipes
- Old toys painted with lead paint
- Pottery or dishes from other countries
- Food stored in metal cans in the refrigerator
- The ground and dirt

Tips to help reduce lead poisoning:
- Wash your child’s hands often: after playing outside, before eating, and before bed.
- Wash toys and pacifiers often.
- Wipe off floors and windows with a wet cloth once a week to get rid of lead dust.
- Run water until it reaches the coldest temperature.
- Use the coldest water for cooking and drinking.
- Make sure your children get enough calcium, vitamin C and iron.
- Clean or remove shoes before anyone enters the house to keep lead outside.
- Get your child tested for lead poisoning once a year, starting when he or she is 9 months old (See the back of this book for numbers to call for lead testing).
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The Path Forward, Inc. would like to thank:
Dr. Marlene Snyder, Ph.D., OBPP
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for her help with this book.

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