

# Get the LEAD Out

A Bay Area Coalition of Lead Poisoning Prevention Leaders

## Tips for a Lead-Safe Holiday

- 1. TO AVOID LEAD HAZARDS, CONSIDER CREATIVE GIFT ALTERNATIVES THIS HOLIDAY SEASON**  
See list of alternative gift suggestions.
- 2. IN ADDITION TO PAINT, LEAD MAY BE FOUND IN PRODUCTS CONTAINING VINYL, PLASTIC, OR METAL**  
Some examples include: some soft plastic items, vinyl lunch boxes, metal charms, hard plastic toys, children's jewelry, products purchased from vending machines, and some Christmas tree ornaments.
- 3. EXAMINE TOYS FOR SIGN OF WEAR, ESPECIALLY IF YOUR CHILD IS MOUTHING, BITING OR CHEWING TOYS.** Signs of wear include sun damage, fading, bite marks, chips or breaks in the painted surface.
- 4. A BLOOD TEST IS THE ONLY WAY TO KNOW IF YOUR CHILD HAS BEEN EXPOSED TO LEAD**  
Ask your doctor for a simple blood lead test or call your local health department for assistance.
- 5. CHECK THE RECALL LIST FOR ANY TOYS YOU ARE CONSIDERING BUYING ([WWW.CPSC.GOV](http://WWW.CPSC.GOV))**  
Recalled toys should be returned to the manufacturer or store where purchased.
- 6. BECOME INFORMED ABOUT THE USES AND LIMITATIONS OF HOME LEAD TESTING KITS**  
While available at most hardware stores, keep in mind that positive test results are most likely positive but negative results for toys may be unreliable. Most kits only test what is on the surface and may not indicate lead even if it is present. Remove any toys that test positive.
- 7. LEARN ABOUT OTHER SOURCES OF LEAD**  
Lead comes in many other forms - in the paint of older homes, glazes for pottery and some home remedies, for example. The most common source of lead for young children is the lead found in household dust when old paint is in poor condition or disturbed during home renovation projects. This dust gets on hands and toys that find their way into a young child's mouth.
- 8. WASH TOYS REGULARLY TO CLEAN OFF HOUSEHOLD DUST**  
Toys may pick up lead dust in older homes from deteriorating paint and soil.
- 9. USE AGE-APPROPRIATE TOYS**  
Check the recommended age on the packaging.
- 10. FOR MORE INFORMATION ABOUT LEAD POISONING PREVENTION**  
Contact your local lead poisoning prevention program.

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Coalition members include representatives from:

Alameda County ▪ City of Berkeley ▪ City and County of San Francisco ▪ Contra Costa County ▪ Marin County ▪ Monterey County  
Santa Clara County ▪ Santa Cruz County ▪ San Joaquin County ▪ San Mateo County ▪ Solano County

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## Alternative Holiday Gift Ideas

One of the most important factors to consider when evaluating the safety of children’s gifts is the age and developmental stage of the child. Please find the following gift ideas grouped by age. Be creative and as lead-safe as possible.

Newborns (0 – 3 months) do not need toys. It is recommended that their cribs be kept clear of heavy blankets, stuffed animals and other items to minimize the risk of suffocation.

Infants	Toddlers 1 - 3 years	Pre-School 4 - 5 years	School Age 6 – 9 years
<p><b>0 - 6 months</b>                      Infant mirror                      Cloth books                      Soothing music                      Cloth stretch toy                      Cloth mobiles                      Cloth rattles</p>	<p>Age appropriate soft toys                      (Raggedy Anne, bean bag chairs)                      Fabric rocking horses                      Books                      Finger puppets                      Balls                      Nesting blocks                      Finger paints</p>	<p>Games and Puzzles                      Books                      Jump ropes, balls, hula hoops                      Fancy, funny pillows for their room                      Puzzles                      Tricycles &amp; helmets                      Beginner skates &amp; safety gear                      Field trips to fire stations, police stations, jelly bean factory                      Sports equipment (exercise balls, jump ropes, baseball)                      Costumes for dress up                      Library card/regular trips to the library                      Coloring books with large boxes of coloring crayons                      Making salt dough ornaments, cookies and gingerbread houses</p>	<p>Books                      Craft supplies and teaching time (knitting, embroidery, water colors)                      Sleeping bags for sleepovers                      Community classes targeting children, dance arts, field trips                      Musical instruments, (inexpensive wood flutes, drums)                      Bicycles/helmets                      Skateboards, skates, safety equipment                      Sports equipment (exercise balls, jump ropes, baseball)                      Stickers and sticker books                      Collections: stickers, sports cards, marbles                      Playing cards, hearts, creating houses of cards                      Games (Dominoes, Chess, Checkers, Monopoly, Scrabble)                      Albums to save pictures, memorabilia                      School supplies                      Hair ornaments                      CD's of age appropriate music                      Cooking classes and activities                      Lessons (horseback riding, ballet, dance, sewing)                      Inexpensive camera to learn to record family events                      Microscope or science kits, age appropriate                      Rock collection and guide                      Parties for friends (including a piñata, pizza parlor, time at an event)                      Computer games, age appropriate                      Binoculars for bird watching</p>
<p><b>6 - 12 months</b>                      Cloth blocks                      Tummy time mat</p>			

### Gifts for the Entire Family

Time together (the most important gift), sports activities and hikes, outings to the zoo, aquariums, museums, picnics at local parks, concert and other event tickets, memberships in family fitness classes, YMCA, YWCA, Bus Pass with movie tickets, gift certificates for movie rentals, family movie nights, a drive to the snow, garden gifts, e.g. trees, bulbs, herbs or flowers to plant together, pet obedience training classes with family dog, donate time together at a “soup kitchen”, beach clean-up, tree planting, gift certificates for family activities.

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