



Pediatric Environmental Health Toolkit Anticipatory Guidance

Discuss tobacco use and the risks of secondhand smoke at all visits, when relevant.

ANTICIPATORY GUIDANCE

VISIT	CONCERNS	
Prenatal	Diet/Water	Avoid eating fish high in mercury or PCBs/dioxins. Know water source. If public supply, read Community Consumer Confidence Report. If well water, test for arsenic, nitrates, coliforms, and other contaminants depending on local surface and ground water concerns.
	Home	Know lead status of home. Renovations may increase exposure to lead dust and solvents.
	Occupations/Hobbies ¹	Know the chemicals you are exposed to at work or doing hobbies.
Birth	Infant feeding	Encourage breastfeeding. Review formula preparation – if concerned about lead in tap water, run cold water for 1-2 minutes before formula prep. Test well water. Avoid polycarbonate bottles, which may leach plasticizers. Choose colored or opaque plastic bottles made from safer plastics such as polyethylene or polypropylene, or tempered glass baby bottles that do not break as easily as regular glass ones.
	Mercury exposure	Exchange mercury thermometer for digital at town recycling center or call local health department for disposal information. If breastfeeding, avoid fish high in mercury (see mercury section of Reference Card).
2 weeks	Gas heat/stove	Carbon monoxide detectors/alarms and yearly professional furnace maintenance.
	Fire safety	Smoke alarms (check batteries).
	Pesticide use (indoor, outdoor, on pets)	Avoid use of pesticides whenever possible – if unavoidable, use baits/traps/gels instead of sprays/dust. Store and dispose of safely. Choose outdoor treatment vs. indoor – hire only licensed professionals. (See AAP's Pediatric Environmental Health handbook for guidance.)
1-2 mos.	Indoor air pollutants	Test for radon; if unknown or high (above 4 pCi/L), avoid basement sleep and play areas – if high, consider remediation. Call 1-800-SOS-RADON. To keep mold at bay, prevent water leaks, ventilate well, clean gutters, and drain water away from foundations. Avoid using pesticides, household cleaners that contain bleach or ammonia, products with solvents (paints, paint strippers). ²
4-6 mos.	Lead exposure	Review all possible sources of lead – paint chips/dust in home/day care settings built before 1978, contaminated soils, lead-lined water pipes, traditional remedies. Homes with possible lead-hazard should be inspected and repaired by a trained expert. Wash children's hands to remove lead dust and other contaminants.
	Review parents' occupations/hobbies	Remove shoes/workplace clothing before entering house – launder work clothing separately. Tailor to specific concerns. ¹
6-9 mos.	Poison control/home safety measures	Choose safer alternatives – avoid products with skull and crossbones, ammonia, chlorine (never combine). Do not use Ipecac, call poison control center (800) 222-1222. Cover electrical sockets.
	Sun exposure	Avoid sun – to minimize exposure, wear protective clothing, hats, sunscreen w/SPF 15 or higher.
	Pesticide residues on food	Wash, peel fruits/vegetables, buy organic if possible.

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VISIT	CONCERNS	ANTICIPATORY GUIDANCE
12 mos.	Healthy eating habits	5-6 portions fruits, vegetables daily. Limit junk food, processed/high fat food. Avoid fish high in mercury, PCBs/dioxins while maintaining the nutritional benefits of fish; heed local fishing advisories.
	Lead Exposure	Screen all children with a blood lead test at 1 year of age and again at 2 years. "At risk" children may need to be screened earlier, and more frequently.
	TV	AAP does not recommend TV for children 2 or younger.
15-18 mos.	Arsenic exposure	Seal CCA-preserved (pressure-treated) wood decking and play structures every 1-2 years. Wash hands after playing on CCA-preserved wood.
2 yrs.	Healthy schools/day care	Make sure schools/day care sites have policies to prevent exposures and promote alternatives to pesticides, toxic cleaning and art products.
	Healthy pets	Avoid, or use least toxic, pesticides on pets. Keep pets clean and wash pets' bedding frequently to keep away fleas.
3 yrs.	Arts and crafts	Use nontoxic markers and other low volatile organic compound (VOC) materials. Avoid imported art products as safety standards overseas may be less stringent.
	Physical activity	Choose family activities that encourage physical activity (walking, tag, short hikes, etc.). Take stairs over escalators. Walk or bike rather than drive.
	Local air quality	Follow activity guidelines associated with the Air Quality Index (AQI), reported in newspapers, on television, on radio, and at www.epa.gov/airnow . Children with asthma or respiratory illness are at higher risk.
4-5 yrs.	Healthy eating habits	5-6 portions fruits, vegetables daily. Limit junk food, processed/high fat food. Avoid fish high in mercury, PCBs/dioxins while maintaining the nutritional benefits of fish; heed local fishing advisories. Safer fish choices include pollock, wild salmon or canned "chunk light" tuna.
6-10 yrs.	Review healthy eating habits	See guidelines for 12 months/4-5 years. In addition, review food choices at school and in vending machines.
	Other lifestyle issues	Exercise more. Take stairs over escalators. Walk or bike rather than drive; minimize TV, computer, and other electronic games. Wear helmet for biking, skate boarding, down hill skiing.
Teen visits	Noise exposure	Review use of head phones/exposure to loud music.
	Occupational/hobby exposures	Review work related injuries/exposure risks. Review access to Material Safety Data Sheets (MSDS) information.
	Tobacco use and substance abuse	Review risks related to tobacco, alcohol, and other substances.
	Sun exposure	Avoid sun – to minimize exposure, wear protective clothing, hats, sunscreen w/SPF 15 or higher. Avoid tanning salons/booths.

Notes: ¹ Occupations and hobbies of potential concern include: painting/refinishing, auto body/repair, jobs that require use of solvents and other toxic chemicals such as janitors, dry cleaning, carpet and floor installation, pesticide application, nail salon staff, and some arts and crafts etc. ² Products containing chlorine are sometimes necessary for disinfection but should be used carefully and in the lowest concentration necessary.