

# New Children's Board Book

Clinical Support Provided by the  
NH Chapter of the American Academy of Pediatrics

## Happy, Healthy, Lead-Free Me!

An innovative approach using children's literature to educate families on lead poisoning prevention and the importance of pediatric lead level testing, developed with clinical support from the NH Chapter of AAP.

- Engaging illustrations and rhyming text capture a toddler's attention.
- *Simple Steps* approach to parent education supports successful delivery of prevention messaging.
- Robust external technical review included the clinical team at the Pediatric Environmental Health Specialty Unit (PEHSU) Region 1/Boston Children's, EPA Region 1 Boston, and many others.
- Parent and child feedback was collected during book's development from more than 90 families.



Photo: Christine Arsnow, MD, Vice President of NH AAP, Concord Pediatrics, P.A., Concord, NH.



**“Beautiful, effective and fun! *Happy, Healthy, Lead-Free Me!* is an innovative and creative way of teaching families about the dangers of lead and the importance of lead level testing, while allowing children to benefit from the amazing developmental gains associated with reading. Both pediatricians handing out the book and the families who are receiving it -- all love it!”** — Erik M. Shessler, MD, President, NH Chapter of AAP, Chair of General Pediatrics and Associate Medical Director, Dartmouth-Hitchcock, Manchester, NH.

**“A small masterpiece! Engaging and user-friendly, from the attractive illustrations and simple rhymes to the informative but easy-to-understand prevention guidance included for the adult reader.”** — Katie Lajoie, RN, Former Public Health Nurse



**“The rhyming board book format is familiar to parents and children, making it a comfortable fit with the routine of reading stories. The age-appropriate presentation, bright colors, diversity of the characters, and availability in additional languages makes this book a winner!”** — Eleanor L. Maguire, MSN, APRN, Pediatric Nurse Practitioner

**To learn more, contact Gail Gettens at: [gail.c.gettens@dhhs.nh.gov](mailto:gail.c.gettens@dhhs.nh.gov)**



Ebooks available on the website in English, Chuukese, Dari, Nepali, Portuguese, Spanish, and Swahili.



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