Donuts with Di
Assessment Practices
Let's Get Curious
June 20, 2025

Diane J. Fox, Deputy Director, Training, Technical Assistance and Practice
Dr. Laura Sorg, DODD Medical Director and DCY Medical Consultant
Katie Parker, Early Intervention Program Manager Cuyahoga County

AGENDA

Housekeeping (Di)

Early Childhood Lead Exposure-Dr. Laura Sorg

Intervening-Cuyahoga County's Approach-Katie Parker

Q and A

Wrap Up

Communicating: Use Q&A box to type comments and questions.

Continuing Professional Development Units (CPDUs): 1.5 hours of CPDUs have been approved for EISCs, EISC Supervisors, and Developmental Specialists.

Certificates: Certificates will be provided via email within 3 weeks following the conclusion of the webinar. **Stay logged on for the entirety of the webinar to receive a certificate.**

Tech Tips

- Close other open apps (Word, email, etc.)
- Use headset if having audio problems.
- Log out and back in.

MEET DR. SORG

- Board Certified Family Physician
- DODD-Medical Director
- Family Connects and EI Medical Advisor

With over thirteen years of experience as a family physician, Dr. Laura Sorg is the Medical Director for the Ohio Department of Developmental Disabilities. Throughout her career, Dr. Laura has focused on care throughout the life span, rural medicine, and caring for those with intellectual disabilities. Her goal is to expand awareness of preventative care to the over 90,000 Ohioans with developmental disabilities, as well as education to the health care professionals serving them.

- Born and raised on a farm in Southwest Ohio, her passion for caring for others started as a classroom assistant in fourth grade to children with disabilities. Dr. Laura's devotion to the field was cemented when her youngest son was diagnosed with autism at the age of two. Laura is inspired daily by her husband Jonathan and their two sons. In her free time, she enjoys running, gardening and watching her sons compete at various events.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®

- Childhood lead exposure is a serious concern.

- As we will discuss today, it can cause developmental delays, learning disabilities, and other health problems.

- Both the **American Academy of Pediatrics (AAP)** and the **Centers for Disease Control and Prevention (CDC)** emphasize lead prevention.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®

- **Screening Recommendations**
  - **AAP Guidelines**: The AAP recommends that pediatricians assess a child's risk for lead exposure during regular health checkups, particularly in high-risk areas.
  - **CDC Recommendations**: The CDC advises testing children for lead at ages 1 and 2, especially in areas where lead exposure is more common. The CDC also recommends testing children up to age 6 if they have not been previously tested.

- Lead exposure can have significant health effects on children, especially at higher blood lead levels.

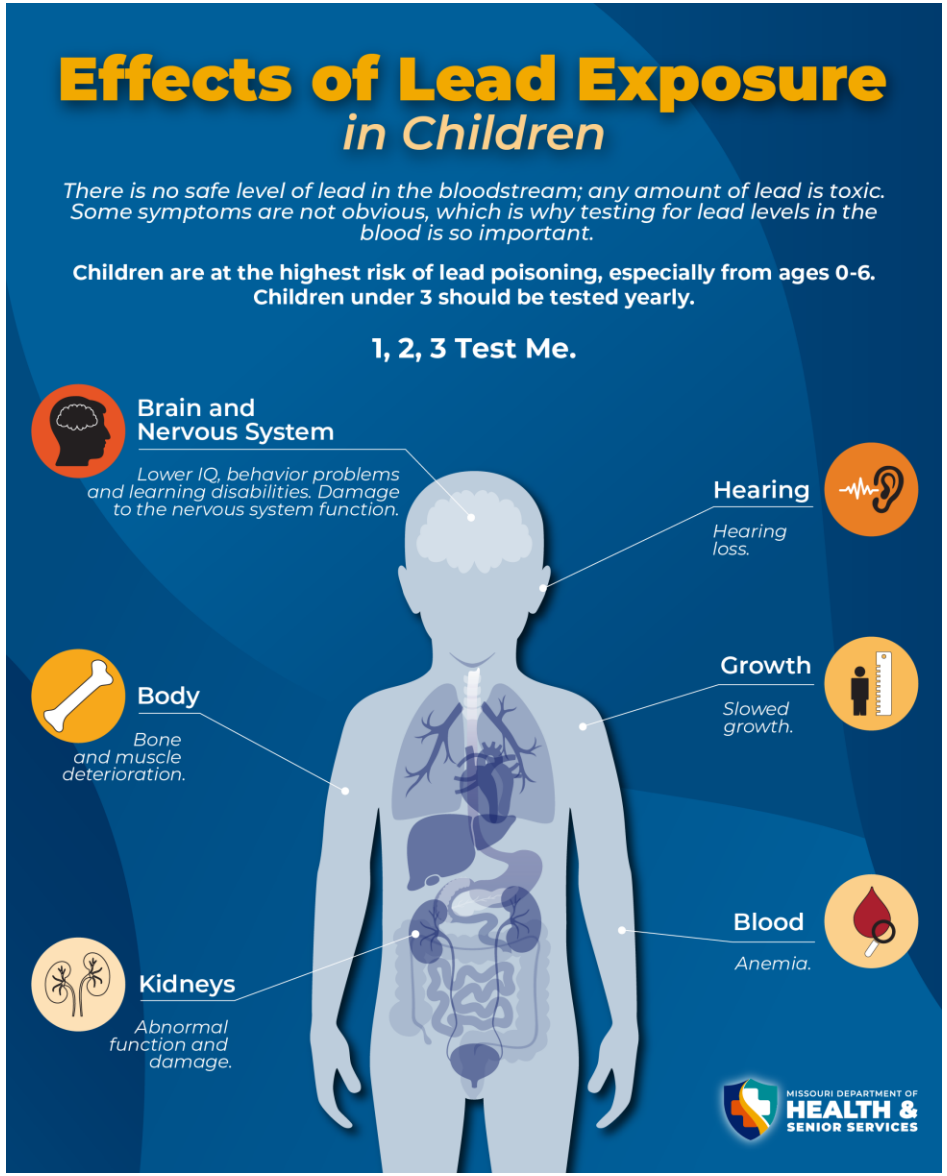
- Lead poisoning can cause developmental, neurological, and physical health problems.

- The effects can vary depending on the level of lead in the child's body.

General Effects of Lead Poisoning

- **Neurological and Cognitive Effects**: Even low levels of lead exposure can have lasting effects on a child's brain, potentially leading to:
  - Reduced IQ
  - Learning disabilities
  - Attention problems (ADHD-like symptoms)
  - Memory and language issues
- **Behavioral and Emotional Problems**: Higher lead levels have been linked to:
  - Increased aggression
  - Hyperactivity
  - Reduced ability to control impulses

- **Physical Health Effects of Lead Poisoning**:
- Lead poisoning can also affect various organs and systems, including:
  - The kidneys
  - The nervous system
  - The cardiovascular system (high blood pressure)
  - The digestive system (e.g., abdominal pain, constipation)



Department of Children & Youth
Help Me Grow Early Intervention

- **Blood Lead Level (BLL) Below 5 µg/dL (Micrograms per Deciliter)**
  - **Current Guideline**: The **CDC** states that there is no safe level of lead exposure, and even low levels can be harmful, especially for children under 6 years old.
  - **What Happens**: At this level, there may not be obvious symptoms, but research indicates that lead exposure at levels below 5 µg/dL can still affect a child's development, including:
    - Reduced IQ and learning difficulties
    - Behavioral problems (e.g., impulsivity, aggression)
    - Decreased attention span
  - **Action**: While this level is considered low, it is still important to assess potential sources of lead exposure and take steps to reduce risks. Children with levels at or above 5 µg/dL should be monitored closely for any developmental delays.

- **Blood Lead Level Between 5 and 9 µg/dL**
  - **What Happens**: Children at this level may start to show signs of mild cognitive and developmental effects. Effects include:
    - Learning difficulties
    - Attention problems
    - Mild delays in speech and language development
  - **Action**: Healthcare providers may recommend more frequent monitoring and begin to assess environmental sources of lead exposure (such as lead paint in homes or contaminated water).
  - At this level, preventive actions like improving nutrition (calcium, iron, and vitamin C) and addressing environmental sources of lead should be prioritized.
  - **<u>Referral to Early Intervention should be made.</u>**

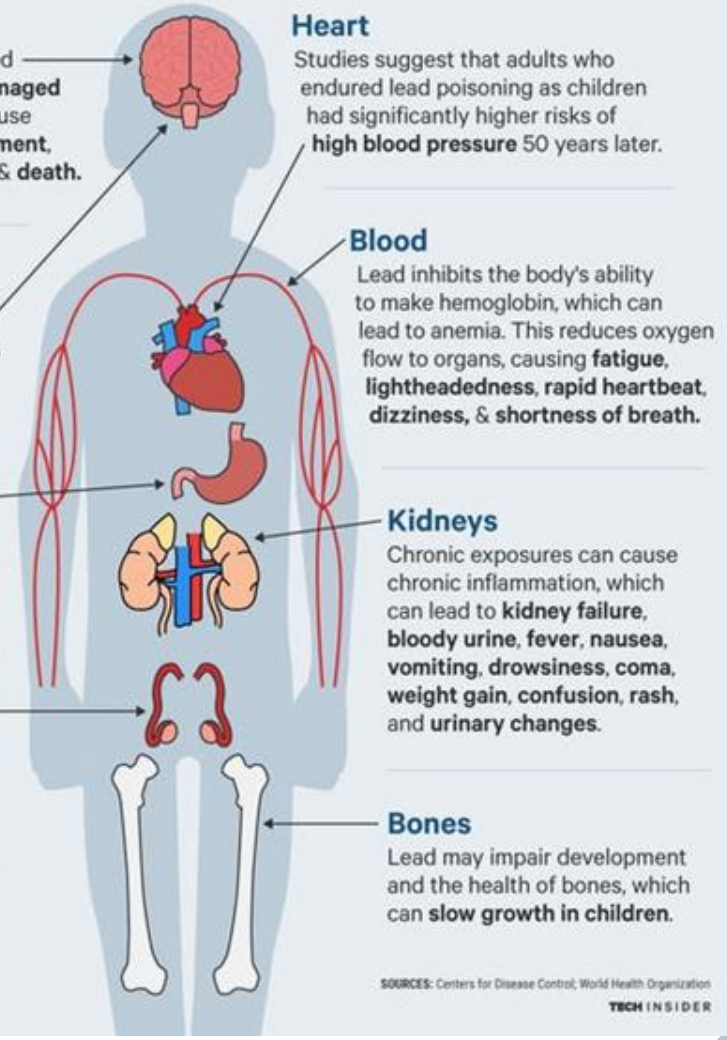
Blood Lead Level Between 10 and 19 µg/dL

- **What Happens**: Children with blood lead levels in this range may experience more noticeable symptoms, including:
  - Reduced cognitive and motor function
  - Learning and behavior issues (such as difficulty focusing, hyperactivity)
  - Slower growth
  - Fatigue or irritability
- **Action**: Medical professionals will likely recommend immediate action to identify and eliminate lead sources from the environment (such as lead-based paint or soil contamination).
- Lead poisoning at this level may also require more frequent follow-up visits to monitor the child's progress and development.

Blood Lead Level Between 20 and 44 µg/dL

- **What Happens**: Exposure at this level can result in more serious symptoms and developmental delays. Children may experience:
  - Significant developmental and behavioral problems (including decreased IQ, learning disabilities, and trouble with attention and memory)
  - Abdominal pain, constipation, and other gastrointestinal issues
  - Hearing loss
  - Irritability and fatigue
- **Action**: Children with these blood lead levels often require medical intervention, including chelation therapy (a treatment that helps remove lead from the body) if necessary.
- Environmental sources of lead will need to be removed or mitigated. Intensive follow-up care will be required, including support to address developmental delays.

How **lead** affects childrens' health



Brain

Any exposure is linked to lowered **IQ**, **ADHD**, **hearing loss**, and **damaged nerves**. Acute exposures can cause convulsions, **loss of body movement**, **coma**, **stupor**, **hyperirritability**, & **death**.

Heart

Studies suggest that adults who endured lead poisoning as children had significantly higher risks of **high blood pressure** 50 years later.

Blood

Lead inhibits the body's ability to make hemoglobin, which can lead to anemia. This reduces oxygen flow to organs, causing **fatigue**, **lightheadedness**, **rapid heartbeat**, **dizziness**, & **shortness of breath**.

Hormones

Lead disrupts levels of vitamin D, which can **impair cell growth**, maturation, and tooth and bone development.

Stomach

Severe lead exposure can create intense **abdominal pain** and **cramping**.

Kidneys

Chronic exposures can cause chronic inflammation, which can lead to **kidney failure**, **bloody urine**, **fever**, **nausea**, **vomiting**, **drowsiness**, **coma**, **weight gain**, **confusion**, **rash**, and **urinary changes**.

Reproductive System

A moderate exposure can not only **lower sperm count**, but also **damage them**. Chronic exposures can diminish the concentration, total count, and motility of sperm, though it's unclear how long these effects last after the exposure ends.

Bones

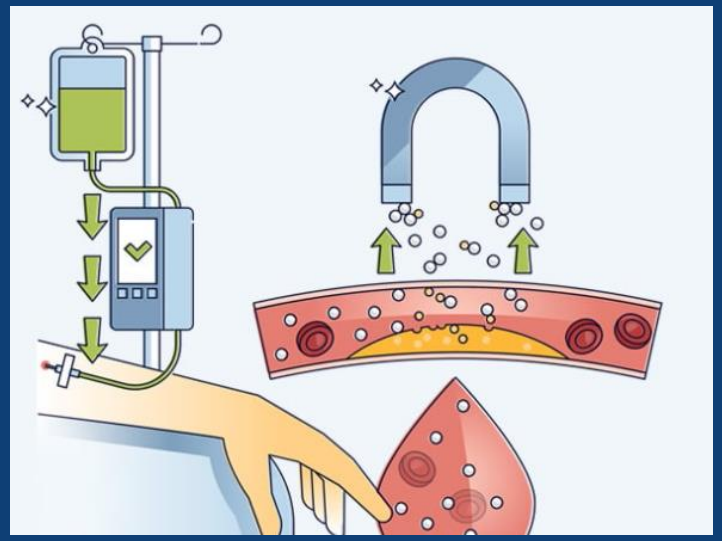
Lead may impair development and the health of bones, which can **slow growth in children**.

SOURCES: Centers for Disease Control, World Health Organization

TECH INSIDER

Blood Lead Level Between 45 and 69 µg/dL

- **What Happens**: At this level, lead poisoning becomes more severe and may result in:
  - Significant cognitive and behavioral impairments (intellectual disabilities)
  - Severe abdominal pain, constipation, and nausea
  - Decreased appetite and weight loss
  - Mood swings, irritability, or other emotional changes
- **Action**: Immediate chelation therapy is typically required at this level to remove lead from the body.
- The child may also need other medical treatments and evaluations to manage the symptoms.
- Environmental lead sources must be completely removed, and the child's development will need careful monitoring and support.

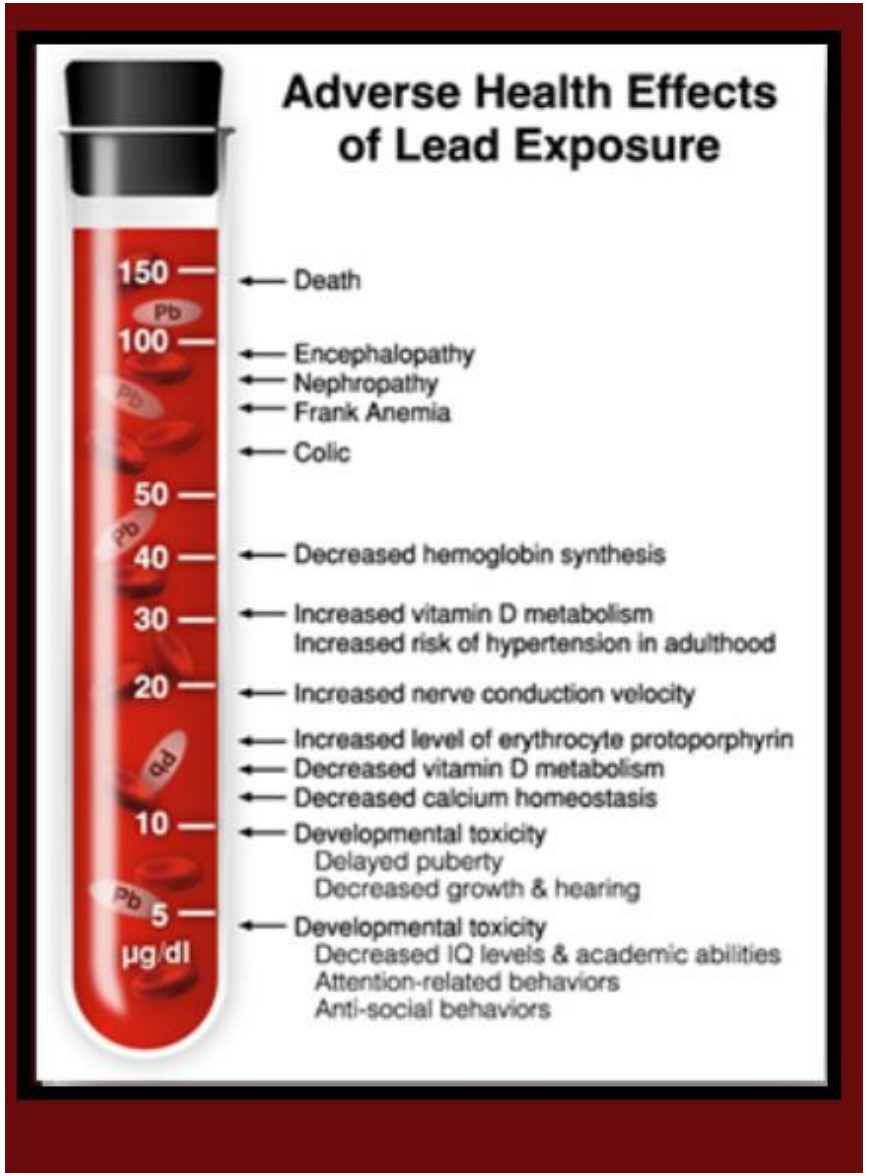


Chelation Therapy

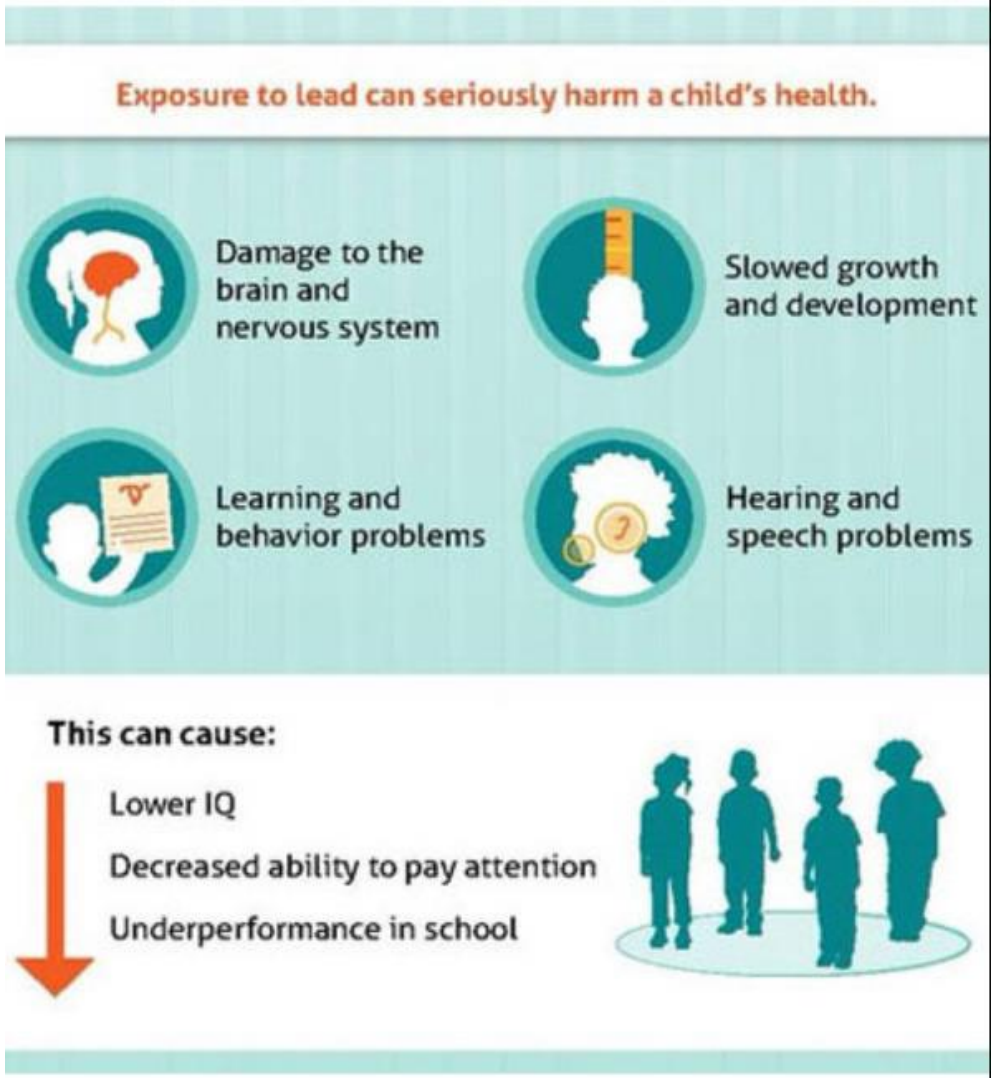
Chelation therapy is the process of removing heavy metals from the body by administering chelating agents

Blood Lead Level of 70 µg/dL or Higher

- **What Happens**: This is considered a **medical emergency**, and the child may experience:
  - Severe neurological effects, such as encephalopathy (brain damage), which can lead to seizures, coma, or even death
  - Severe gastrointestinal distress, including pain, vomiting, and constipation
  - Long-term neurological impairment, including permanent cognitive deficits, developmental delays, and physical or motor skill impairments
- **Action**: Immediate medical intervention is required, often including hospitalization and intensive chelation therapy to remove lead from the body.
- In some cases, additional medical procedures may be needed to address complications such as seizures.
- Urgent environmental remediation is required to prevent further exposure.


Adverse Health Effects of Lead Exposure
150
Pb
100
50
40
30
20
10
5
µg/dl
Death
Encephalopathy
Nephropathy
Frank Anemia
Colic
Decreased hemoglobin synthesis
Increased vitamin D metabolism
Increased risk of hypertension in adulthood
Increased nerve conduction velocity
Increased level of erythrocyte protoporphyrin
Decreased vitamin D metabolism
Decreased calcium homeostasis
Developmental toxicity
Delayed puberty
Decreased growth & hearing
Developmental toxicity
Decreased IQ levels & academic abilities
Attention-related behaviors
Anti-social behaviors

- **Long-Term Effects of Lead Poisoning**
  - Children who experience lead poisoning, especially at higher levels, may face lifelong challenges.
  - These may include academic difficulties, developmental delays, social and behavioral issues, and potentially permanent brain damage.
  - Early intervention and removing the source of exposure are critical to minimizing these long-term effects.


Exposure to lead can seriously harm a child's health.
Damage to the brain and nervous system
Slowed growth and development
Learning and behavior problems
Hearing and speech problems
This can cause:
Lower IQ
Decreased ability to pay attention
Underperformance in school

HOW LEAD AFFECTS CHILDREN

SOME EFFECTS MAY NOT SHOW UP

- **Sources of Lead Exposure**
  - **Old Paint**: Lead-based paints were commonly used before 1978. Children living in homes built before this time may be at risk if the paint is deteriorating (peeling, chipping, or cracking).
  - **Soil**: Lead can be found in soil, especially around older homes or areas with high traffic (such as near highways).
  - **Imported Products**: Certain toys, jewelry, and cosmetics from other countries may contain lead.
  - **Plumbing**: Lead pipes or plumbing fixtures can contaminate drinking water, especially in older homes.
  - **Renovation and Remodeling**: During home renovations, lead dust can be released, especially if precautions aren't taken.

- **Prevention Tips**
  - **Ensure Clean Living Spaces**: Frequently wash children's hands, toys, and pacifiers to remove lead dust. Clean floors and window sills regularly.
  - **Test for Lead**: Have your home tested for lead if it was built before 1978, especially in areas with peeling paint or deteriorating surfaces. Also, consider getting a water test if you're concerned about lead in drinking water.
  - **Healthy Diet**: Provide a diet high in calcium, iron, and vitamin C, as these nutrients can help prevent lead absorption.

Use a home testing kit

Hire a risk assessor to check your home

Wash your hands frequently

Take a daily supplement of iron and calcium

Mop and vacuum frequently

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- **<u>To Recap: Lead Poisoning Effects</u>**

  - **Neurological Damage**: Lead poisoning can impair cognitive function, learning, and behavior. Even low levels of lead can affect IQ and academic performance.

  - **Physical Health Problems**: Chronic lead exposure can result in hearing problems, kidney damage, and anemia.

  - **No Safe Blood Lead Level**: The CDC states that no level of lead in blood is considered safe, particularly for children under 6 years old.

- **Ohio Early Intervention Program (EI)**: The **Ohio Department of Children & Youth** operates the **Early Intervention Program** for children under age 3 who have developmental delays or disabilities.
- If a child has been exposed to lead and is showing signs of developmental delays, they can be referred to this program. Infants and Toddlers with 5 mcg/dl or higher are automatically eligible for EI.
- Early intervention services focus on identifying delays early and providing interventions to support the child's development.
- **Collaborations with Local Health Departments**: Early Intervention (EI) may also coordinate with local health departments.
- Local health departments play a key role in the early identification and follow-up of children with lead exposure. They provide education, support, and resources for families, including home remediation services and access to health professionals who specialize in lead poisoning.

- **Early Intervention Services**
  - **Follow-Up Care**: If a child's blood lead level is elevated, Ohio's health system provides a coordinated follow-up process to ensure the child receives proper care. This includes:
    - **Notification of Elevated Blood Lead Levels**: When a child tests positive for lead exposure, public health authorities notify the family and the healthcare provider.
    - A referral may also be placed to Early Intervention.
    - The child will be closely monitored to track their blood lead levels and ensure they receive medical care.
    - **Environmental Assessments**: Families with children who have elevated blood lead levels may receive an environmental assessment by their local health department to identify the source of exposure.
    - This may involve home visits by health inspectors or specialists to test for lead in the environment, including paint, soil, and water sources.

- **Referral for Treatment**: In cases of moderate or severe lead poisoning, healthcare providers may refer the child to specialized medical care. This could include:
  - **Chelation Therapy**: For children with very high lead levels, chelation therapy may be used to remove lead from the body.
  - **Developmental Services**: Lead poisoning can have long-term effects on a child's development, so early intervention services may be provided to address developmental delays, learning disabilities, and other issues caused by lead exposure.
  - This can include therapy and educational support.
  - Early Intervention services are an important part of this coordinated effort.

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Helping children and families wherever they choose to live, play, and spend their day.

Login | Create an Account
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Home | About | Families in EI | Providers | Data and Monitoring | Advisory Council

Home > About > Local, State, and National Resources

Childhood Lead Exposure

- **Local, State, and National Resources**
- Comprehensive System of Personnel Development
- Professional Organizations
- Child Outcomes Summary (COS) Resources

Childhood lead exposure can have a significant negative effect on children's development. Beginning July 1, 2019, children with a confirmed blood lead level of five micrograms or greater are automatically eligible for Early Intervention in Ohio. There are many successful interventions available to mitigate the effect on lead on young children.

Issue Brief: Childhood Lead Exposure and Educational Outcomes

Intervention IDEAs for Infants, Toddlers, Children, and Youth Impacted by Lead Exposure

Educational Interventions for Children Affected by Lead

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MEET KATIE PARKER
EI MANAGER

Katie Parker has been the Early Intervention Manager for Bright Beginnings in Cuyahoga County since 2015. Prior to her current role, Katie worked as an Early Intervention Service Coordination Supervisor and Service Coordinator with Help Me Grow, and a Special Education teacher.

Katie received her B.S. in Education, Moderate/Intensive Educational needs from Cleveland State University and her M.A. in Human Development and Family Studies from Kent State University, with a focus on parent involvement in the lives and education of their children with delays and disabilities.

Katie currently lives in Mayfield Village with her husband, two sons, and two German Short-Haired Pointers.

Ohio Department of Children & Youth

DOUGHNUTS WITH DI: UNDERSTANDING AND ADDRESSING LEAD EXPOSURE IN EARLY CHILDHOOD

Strategies and Resources for Service Coordinators

June 20, 2025

CUYAHOGA COUNTY EARLY INTERVENTION FOR CHILDREN WITH EBLL

- The Cuyahoga County EI team supports families from intake through ongoing services, with a strong emphasis on family engagement and education
- The Cuyahoga County team leverages Social Work services to meet broader family needs, including:
    - support with housing, nutrition, and access to medical care
    - Coaching team members – EISC's and PSP's
- EI services and supports play a critical role in reducing environmental risks and ensuring families have the tools and resources needed to create safer, healthier home environments.
- Through a coordinated approach, the team works to empower families, promote healthy child development, and mitigate the long-term effects of lead exposure

HOW EISC'S HELP FAMILIES UNDERSTAND EI

- **Reiterate that there is no blame on the parents**
  - Lead is a public health issue
  - Many lead particles are undetectable (i.e., lead dust)
  - Delays related to lead may not show up until a child is older
- **Highlight the benefits of EI**
  - Individualized approach
  - Services are provided in child's natural environment – where they live, learn, and play
  - Studies have shown better educational and social outcomes in children who participate in EI
  - EBLL is not a self-fulfilling prophecy for poor outcomes
- **Use Empathy and Patience**
  - This may be a parent or guardian's first touch point with lead
  - Help them access and navigate resources

WHY EI IS IMPORTANT

- Services in the Home and Other Natural Environments
- Support the Child's Development including safe places to play and nutrition support
- Activities to Promote Child Development
- Help Families Navigate the Complicated World of Lead Resources

EI SERVICES

- Determined based on outcomes/priorities
- Emphasis on family engagement and education
- Services play a critical role in reducing environmental risks and ensuring families have the tools and resources needed to create safer, healthier home environments
- Through a coordinated approach, the team works to empower families, promote healthy child development, and mitigate the long-term effects of lead exposure.

SAMPLE OUTCOME TOPICS FOR CHILDREN WITH EBLL

1. A safe/clean environment to play
2. Eating healthier foods to reduce the risk of further lead absorption
3. Activities to promote child development to mitigate the effects of lead

WHAT CAN EISC'S DO

- **Educate** about lead and child development.
- Refer and **remind caregivers of medical appointments.**
- **Visit the home** and share **cleaning procedures to reduce lead dust.**
- **Interpret documentation** the department of public health has provided to the family.
- **Connect families to Legal Aid** to exercise their housing rights.
- **Connect families to home repair programs** or housing search resources.

WHAT EISC'S DON'T DO

- Test children for lead.
- Test home for lead.
- Remediate or repair the home.
- Offer housing or relocation services.

HOW THE TEAM APPROACH WORKS FOR FAMILIES

- 13-month-old boy referred through ODH list for EBLL >10mcg/dl. No developmental concerns.
- **Parent priorities**: self-soothing and nutrition
- **Early Childhood Mental Health**: Provided coaching on strategies for self-soothing
- **Nutrition**: Nutrition coaching
- **SW-EISC**: Helped with moving to new home, provided books and tools for language development and behavior strategies
- **Successes**: Child (now 20 months old) has improved speech and self-soothing and is eating well. Blood lead level is down to 5mcg/dl.
- Family is working on increasing calcium intake, reading with him, and building on routines and learning activities.

ONE HOUSEHOLD, TWO SUCCESS STORIES

- **“R”**: Child whose sibling was involved with EI for EBLL was referred. Children had EBLL’s of 14 and 7, respectively.
- **Parent priorities**: appropriate mouthing of items, playing with toys as intended, and using words or signs to make requests.
- **Social work**: addressing housing concerns, effective cleaning for the removal of lead dust, nutrition, and keeping the soil surrounding the home intact through grass, stone, or other covering
- **Occupational therapy**: around behavior, fine motor skills, oral motor development, including communication
- **Successes**: Family found lead-free housing. Both children’s lead levels are below 5mcg/dl.

What families find helpful from Early Intervention Services

- **Being able to talk with someone on a regular basis** about my son and things like housing, lead levels, childcare, doctor's visits and more.
- Cleaning **supplies and knowledge** of groups and companies to help with lead abatement.
- Finding ways to **lower his lead levels** and making his play environment lead safe.
- I am so thankful for the staff that have worked with my son and I. They have helped me with so many aspects of parenting. When I learned my son had elevated lead levels I was devastated**, however the services have helped me to advocate for my son on so many levels**.

RESOURCES: CLEANING

Videos on cleaning process:

- Lead Poisoning Prevention: Cleaning Your Home - ODH
- Reducing Lead Exposure Through Safe Cleaning: Two Bucket Method

To help get rid of lead you should clean your home using special cleaning methods.
Sweeping or using a regular vacuum can spread lead dust.

SUPPLIES

1 sponge mop (for floors)
Rags/paper towels (for woodwork)
2 buckets

Rubber gloves
General all-purpose soap

FOR FLOORS

Directions

1. Always use rubber gloves to protect your hands
2. Pick up large pieces of dirt, dust, or other materials from the floor and throw away
3. Put hot water in two (2) separate buckets
4. Add general all-purpose soap to one (1) of the buckets
5. Mop a small section of the floor with soapy water
6. **DO NOT return the dirty mop to the soapy water**
7. Rinse the mop well in the bucket with clean water
8. Change the rinse water often
9. Repeat this cleaning process until the entire floor is clean

FOR WINDOWS AND WOODWORK

Directions

1. Always use rubber gloves to protect your hands
2. Remove large pieces of paint, dirt, dust or other materials from the surface to be cleaned and throw away
3. Put hot water in two (2) separate buckets
4. Add general all-purpose soap to one (1) of the buckets
5. Wet a paper towel or rag in the bucket with the soapy water
6. Wipe surfaces from top to bottom
7. **DO NOT return the used paper towel/rag to the soapy water**
8. Wet a new paper towel or rag in the bucket with the clean water and rinse surfaces
9. Repeat process until all surfaces are clean

RESOURCES: CLEANING HANDOUTS LEAD SAFE CLEANING TIPS

HEALTH CONSIDERATIONS + *NUTRITION RECOMMENDATIONS*

A good diet, especially with a variety of foods rich in calcium and iron can help a child absorb less lead in the blood.

IRON DEFICIENCY

- Children with EBLL should be tested for anemia:
  - Between 9-12 months
  - After 6 months (following a positive test)
  - Annually between ages 2-5 years
- Encourage iron-rich foods: lean red meats, beans, peanut butter, and cereals.

VITAMIN C INTAKE

Encourage foods that are rich in Vitamin C: oranges, green and red peppers, cauliflower, strawberries, tomatoes, and juice.

CALCIUM INTAKE

Encourage a diet that includes calcium: milk, yogurt, cheese, dairy alternatives (soy or almond milk), sweet potato, and green leafy vegetables like spinach and kale.

NUTRITION RESOURCES

A healthy diet and regular meals will help protect children from absorbing lead.
Some important nutrients to prevent lead poisoning include:

CALCIUM

milk, cheese, yogurt, dark green leafy vegetables, cottage cheese and tofu

VITAMIN C

citrus fruits and juices, broccoli, beets, cabbage, potatoes and tomatoes

IRON

Lean meats, eggs, potatoes, beets, tomatoes, greens, dried beans, spinach, raisins, peanut butter

Serve three balanced meals with a healthy snack in between meals each day.
To prepare foods so they are LOW in fat, try baking or broiling instead of frying.

RESOURCES: NUTRITION HANDOUTS

Healthy Foods Can Help Fight Lead Poisoning

Eating a well-balanced diet helps a child grow healthy and strong. And, for a child who has been exposed to lead, it is even more important. Eating foods high in **calcium** and **iron** help the body absorb less lead -- and foods with **vitamin C** can help increase the amount of iron in the blood.

To help protect your child's health from lead, make sure to include foods high in:

Calcium

- Milk
- Yogurt
- Low-fat cottage cheese
- Low-fat cheese
- Tofu
- Spinach
- Broccoli
- Foods made with milk; *including soups, custards, and puddings*

Iron

- Tofu
- Nuts
- Seafood
- Quinoa
- Beans
- Iron fortified cereal
- Chickpeas
- Lean red meat
- Lentils
- Spinach

Vitamin C

- Oranges
- Strawberries
- Grapefruit
- Tomatoes
- Kale
- Kiwi
- Bell peppers
- Melons
- Broccoli
- Spinach

THE CITY OF COLUMBUS

Prevent Lead Poisoning with Healthy Foods

Lead is sometimes found in toys or paint, and can harm your child and make them sick. But a healthy diet with foods rich in iron, calcium and vitamin C can help the body absorb less lead. Adding these foods to your family's daily diet and using the recipes below can help create delicious, nutritious, lead-fighting meals.

Vitamin C-rich Foods: Spinach • Broccoli • Oranges • Strawberries • Grapefruit • Tomatoes • Dark, leafy greens • Kiwi • Bell peppers • Melons

Iron-rich Foods: Spinach • Tofu • Nuts • Seafood • Quinoa • Beans • Iron-fortified cereal • Chickpeas • Lean red meat • Lentils

Calcium-rich Foods: Spinach • Broccoli • Milk & foods made with milk • Yogurt • Low-fat cheese & cottage cheese • Tofu

Braised Collard Greens

Yields 6 servings

Ingredients
- 1 tablespoon butter
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 2 pounds collard greens, thick stems trimmed and leaves coarsely chopped
- 2 cups low-salt chicken broth
- 1 tablespoon red wine vinegar

Directions
1. Melt butter with vegetable oil in heavy large pot over medium-high heat.
2. Add onion and garlic and sauté until tender, about 6 minutes.
3. Add greens and sauté until beginning to wilt.
4. Stir in broth; bring to boil.
5. Reduce heat, cover, and simmer until greens are very tender, stirring occasionally, about 35-45 minutes.
6. Stir in vinegar.
7. Season with salt and pepper.

Curried Broccoli

Yields 4 servings

Ingredients
- 2 tablespoons olive oil
- ¼ bunch broccoli, finely chopped (1 1⁄2 cups)
- 1 teaspoon curry powder
- 1 cup canned chickpeas, rinsed
- 1/3 cup golden raisins
- kosher salt

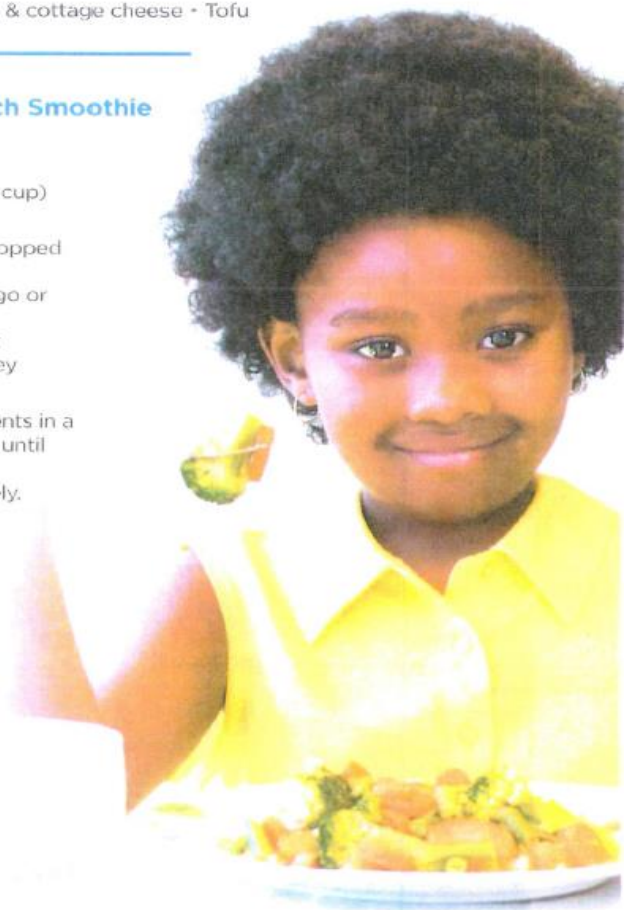
Directions
1. In a large saucepan, heat the oil over medium-high heat.
2. Add the broccoli and cook, tossing occasionally, until tender, 2 to 3 minutes.
3. Add the curry powder and stir to combine.
4. Stir in the chickpeas, raisins & ½ teaspoon salt.
5. Cook until ingredients are warmed through, 4-5 minutes more.

Tropical Spinach Smoothie

Yields 2 servings (1 cup)

Ingredients
- 1/2 cup frozen chopped spinach
- 1 cup frozen mango or pineapple
- 1 cup plain yogurt
- 1 tablespoon honey

Directions
1. Place all ingredients in a blender, process until smooth.
2. Serve immediately.



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RESOURCES: DEVELOPMENT

- Imagination Library
- Playgroups
- Storytime
- Ready4K

RESOURCES TO CHECK OUT:

- Happy, Health, Lead-Free Me!
- Happy, Healthy, Lead-Free Me! – Cribs for Kids

- Lead Safe Cleveland Coalition
- https://leadsafecle.org/

- Lead Safe Program- Cuyahoga County Department of Development
- https://cuyahogacounty.gov/development/residents/lead-safe-program

- Ohio Lead Free Kids Coalition
- https://www.ohleadfreekids.org/

- Legal Aid Society
- https://www.ohiojusticefoundation.org/ohios-legal-aids-2/

- Community Health Departments

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WRAP UP

- Any unanswered questions we will reach out directly to you provided you have logged in with your email address OR if there are a lot of unanswered questions we will send out an FAQ.
- CEU's will be emailed in 3 weeks-we cannot provide partial CEU's
- **Make sure to send in pictures of your team participating in "Donuts with Di" we will share the pictures we receive**.
- In SFY26, we will offer 5 more webinars focusing on the assessment process.
  - Mark, you calendars for the next Donut's with Di
  - When? July 20,2025 from 10:00am-11:30am
- Topic: Let's Get Curious about Enhancing Your Observation Skills

Mark your calendars!
Let's Get Curious about….Assessment!

All Webinars are 90-minutes and begin at 10:00am.

Check Tuesday Times for additional information

July 20, 2025

Let's Get Curious!

Enhancing Your Observation Skills

October 19,2025

Let's Get Curious!
Record Reviews-Informing the assessment process

January 18, 2026

Interviewing Techniques for Comprehensive Assessments

March 22, 2026

Using Assessment Tools and Standardized Measures to ASSIST with Program Planning

June 14, 2026

Integrating Assessment Findings into the IFSP

MIKE DEWINE

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