

## PROTECT YOUR PREGNANCY

[YOUR PREGNANCY](#) >> [WHAT TO KNOW](#) >> [HOW LEAD AFFECTS YOUR PREGNANCY](#)

[BACK](#) <

PRINT

# How lead affects pregnancy

### Too much lead in your body can:

- Put you at risk for miscarriage
- Cause your baby to be born too early or too small
- Hurt your baby's brain, kidneys and nervous system
- Cause your child to have learning or behavior problems

The best thing that you can do to put your mind at ease is to speak with your doctor.

### Children are at risk

- Children ages six and younger are especially at risk, partly because their brains and nervous systems are still developing. At this age, toys and fingers often end up in their mouths.

### Start good habits early:

- Wash your children's hands before they eat, before they nap, when they come in from playing outside and at bedtime.
- Wash your children's bottles, pacifiers and toys - often.
- Wipe the soil off of your family's shoes before they enter the house. Keep shoes at the door.
- Feed your children healthy, calcium-rich, low-fat foods.
- Check areas where your child will live, learn and play for lead hazards. .

**GET: GUIDES TO PROTECTING YOUR FAMILY FROM LEAD**



SHARE OR PRINT THIS PAGE



HOTLINE

**1-800-424-LEAD**  
(5323)

FOR MORE INFORMATION

TELL YOUR STORY ON FACEBOOK



FIND THE DANGER ZONES  
IN YOUR HOME

