

## **Instructions for Toenail Collection – Middle Childhood**

*New Hampshire Birth Cohort Study*

---

**Included:** (1) a child's toenail clipper, (2) 1 tube and 1 envelope for nail clippings, (3) pre-stamped return mailer

### **PLEASE:**

- Remove any toenail polish (colored and clear) from your child's toes.
- Clip your child's toenails after a shower or bath.
- Clip the amount that is comfortable (such as what you normally do). We would like to have toenail clippings from all toes, if possible.
- Place toenail clippings in the **tube**.
- Place tube in the envelope labeled "**Child's Middle Childhood Toenails**" and record dates and times of collection on the outside of the envelope.
- Please place the collection envelope with your child's toenails in the provided business-reply envelope and mail it back (no additional postage is required).

---

**Thank you very much for your help!**

If you have any questions or concerns, please contact Jenn Egner at 603-653-9112 or through email at [Jennifer.Egner@dartmouth.edu](mailto:Jennifer.Egner@dartmouth.edu).

06.25.19

[To be printed on the outside of a white envelope]