

CELEBRATE SPRING

A NEWSLETTER OF THE CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

2650 Breslauer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122

Baby Teeth are a Big Deal!

Once your child has a tooth (usually around 6 months old), start brushing twice a day with a smear of fluoride toothpaste the size of a grain of rice, especially after the last drink or food of the day.

Remember, don't put your baby to bed with a bottle—it can lead to tooth decay.

Tooth decay can be costly to treat, cause pain and lead to life-threatening infections.

Children should visit a dentist when their first tooth comes in or when they turn one year old. When they get older, schools require kids to see a dentist during their kindergarten year.

For more information, visit smilebigshasta.com.



Farmers Markets offer fresh produce

Redding Market

Saturday, April 3 – December 11
7:30 a.m. – Noon
Redding City Hall
777 Cypress Ave., Redding

Market by Sundial Bridge

Sunday, June 6 – October 10
8 a.m. – Noon
844 Sundial Bridge Drive, Redding

Marilyn Miller Market

Tuesday, June 8 – October 12
7:30 a.m. – Noon
Shasta Center
1700 Churn Creek Road, Redding

Burney Market

Wednesday, June 9 – Sept. 29
3 p.m. – 6 p.m.
Burney Sporting Goods Parking Lot
37427 Hwy. 299 E., Burney

Anderson Market

Thursday, June 3 – September 23
7:30 a.m. – Noon
Shasta Gateway Shopping Center
1699 Hwy. 273, Anderson

First tooth or first birthday?

Time to visit the dentist.
LEARN MORE AT SMILEBIGSHASTA.COM

SMILE BIG SHASTA

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Can kids get sealants?

Yes! Sealants are protective coatings that guard molars against cavities by 80%.

Sealants can be applied to the first and second set of molars. The first molars come in around age 6. The second set comes in around age 12.

SEALANTS WORK

Sealants on permanent molars reduce the risk of cavities by 80%.



Source: "Sealants for preventing and arresting pit-and-fissure occlusal caries in primary and permanent molars." Journal of the American Dental Association. Accessed July 19, 2016.



Lead is a metal, and it can harm your child's brain.

Lead can be found in many places inside or outside a home. Lead poisoning can make it hard for children to learn, pay attention and behave. Most children who have lead poisoning do not look or act sick.

All doctors can test children for lead. And, free Well-Child Check-Ups are available to children on Medi-Cal and uninsured children who are income eligible. For details, call (530) 225-5122 or (800) 300-5122.

Can you find the lead in this home?

- A. Lead pipes or plumbing containing lead
- B. Some traditional remedies, cosmetics, or ceremonial powders (e.g. Greta or Azarcon)
- C. Some ceramic dishware, leaded crystal (especially from outside the U.S.)
- E. Leaded bullets and fish sinkers
- F. Peeling paint and dust in older homes
- G. Work clothes and shoes (if household members work with lead)
- H. Bare dirt in the yard



Source: California Department of Public Health Childhood Lead Poisoning Prevention

- I. Some foods and spices from outside the U.S.
- J. Some candy from outside the U.S.

Answers: 1. F, 2. H, 3. A, 4. G, 5. I, 6. C, 7. B, 8. J, 9. D, 10. E.

French Toast Sticks with Berry Syrup

A healthy, quick breakfast your kids will love!

Ingredients

- 6 slices whole wheat bread
- 2 eggs, whole2 egg whites
- 1/3 cup milk or non-dairy milk alternative
- 1 Tbsp. 100% orange juice
- 1 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- Nonstick cooking spray
- 2 cups berries, fresh or thawed frozen
- 1 Tbsp. maple syrup
- 1 tsp. ground cinnamon for syrup

Directions

1. Cut bread slices into quarters to form 4 long sticks, for a total of 24 pieces.
2. In a shallow bowl, beat together eggs, egg whites, milk, orange juice, vanilla and cinnamon, using a fork or whisk.
3. Carefully soak the bread sticks in the egg and milk mixture. Turn to coat all sides. Then carefully remove egg-soaked bread pieces, gently shaking off extra liquid.
4. Lightly spray a skillet with nonstick cooking spray and heat over medium heat. Lay soaked bread pieces in a single layer on the skillet. Cook until brown, about 2 minutes. Flip sticks over with a spatula.
5. Repeat Step 4 until all French Toast Sticks have been cooked.



6. While French Toast Sticks are cooking, place berries, syrup and cinnamon in a saucepan. Simmer over medium heat. Stir occasionally until berries are mostly broken down, about 3 to 5 minutes. Remove from heat and cover until ready to use.
7. Serve Berry Syrup over French Toast Sticks.

Publication: A Fresh Twist on Traditional Recipes
CalFresh Healthy Living—eatfresh.org