### SPRING 2021 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.



Madison. Age 1

led bu the CDPH under Contract #

# First tooth or first birthday?

Time to visit the dentist.



### 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%.



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



Shasta County Health & Human Services Agency

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

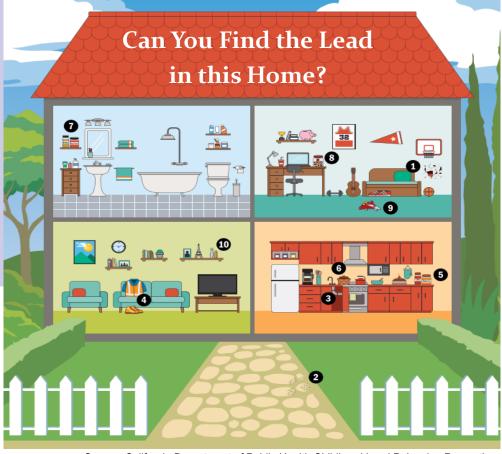
Lead can be found in many places inside or outside a home. Lead poisoning can make it hard for children to learn, pay attention and behave. Most children who have lead poisoning do not look or act sick.

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 leadB. Some traditional remedies, cosmetics, or ceremonial powders (e.g. Greta or Azarcon)

- C. Some ceramic dishware, leaded crystal
- D. Some toys, jewelry, and other objects (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: <u>A Fresh Twist on Traditional Recipes</u> CalFresh Healthy Living—eatfresh.org