

CELEBRATE SPRING

SPRING 2022

A NEWSLETTER OF THE CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

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

Play date for littles!

The Week of the Young Child (WOYC) is an annual celebration of young children taking place April 2-9.

Kids enjoy decorating paper dolls, a grasshopper bug run, homemade cardboard vehicle races, creativity through crafts and dance, and more.

Visit First5Shasta.org to see this year's calendar of events for children, families and community members.



Test for lead to help brains grow healthy



Eating or breathing in lead can harm your child. Lead poisoning can make it hard for your child to learn, pay attention and behave. Most children who have lead poisoning do not look or act sick.

Ask your child's doctor about testing for lead poisoning at 12 and 24 months. Testing after these ages is a good idea, too!

A blood test is free when your child gets a check-up if you have Medi-Cal or the Child Health and Disability Program (CHDP). Health insurance plans will also pay for this test.

Camps & ballgame signups begin

Junior Giants, a free, noncompetitive, co-ed baseball and softball program, offers equipment, uniforms, program incentives and coach training. Anyone can play!



For more on this and other summer camps, **check out Redding Recreation:** cityofredding.org/departments/parks-and-recreation

Farmers Markets offer fresh produce

Redding Market

Saturday, April 2 – Dec. 10

7:30 a.m. – Noon

Redding City Hall

777 Cypress Ave., Redding

Opening in early June: Market by Sundial Bridge, Marilyn Miller Market, Burney Market and Anderson Market.

For details, visit healthyshasta.org/eat-healthy/farmers-markets/

Spring cleaning!



Seen a dentist yet this year?
Visit SmileCalifornia.org or call (530) 225-5122 to find a dentist near you. Schedule today!
smilecalifornia.org



Shasta County
**Health & Human
Services Agency**

R.E.A.D. to Prescription Pets

Come read to a therapy dog (or cat!) and work on reading and communication skills.

Every 1st and 3rd Thursday at 10:15am

Every 3rd Saturday at 10am

Redding Library Children's Dept.



Pregnant and uninsured?

If you are uninsured and pregnant, you can still get prenatal care, even if you have not yet applied for Medi-Cal or are still awaiting approval.

Call (800) 300-5122 for more information.

Free health exams & immunizations

Uninsured or no preventive care insurance?

The Child Health and Disability Program (CHDP) provides FREE children's health exams and immunizations.

Call to find out if you qualify:

(530) 225-5122 or
(800) 300-5122



CATCH UP ON CHECKUPS AND ROUTINE VACCINES

As opportunities for in-person learning and play grow, it's important for your child to catch up on checkups and recommended vaccines to protect their health now and in the future.

The Centers for Disease Control and Prevention (CDC) recommends children continue to see their doctor for regular checkups and routinely recommended vaccinations, even during COVID-19.



The MLK Center, at 1815 Sheridan St., Redding, hosts these free programs with a meal provided, Mondays through May 23.

Visit the city of Redding Parks and Recreation page at cityofredding.org.

Positively Girls Club

Girls ages 8 to 12 find their voice and leadership style, learn how young women around the world impact their communities, formulate ideas and create a final project.

King's Brotherhood

Youth ages 8 to 12 learn positive mentorship and break down social-cultural barriers, put-downs, personal rights, assumptions about male power, and more.

Healthy You in 2022 Community Health Fair

Saturday, April 9, 2022

7:30 to 11:30 a.m.

Ingram Hall,
Inter-Mountain
Fairgrounds, McArthur

