

CELEBRATE WINTER

A NEWSLETTER OF THE CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

2615 Breslauer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122



Kids Sick with Lead Don't Look Sick

Lead poisoning can harm a child's brain and cause learning and behavior problems that may last a lifetime.

Most children who are poisoned by lead do not look or act sick. Symptoms, if present, may be confused with common childhood complaints, like stomachache, crankiness, loss of appetite or headaches.

You might see these symptoms:

- Nausea
- Weight loss
- Dizziness
- Anemia
- Inability to sleep
- Headache
- Constipation
- Irritability

A blood test is the **ONLY** way to know the Blood Lead Level (BLL) of your child. Talk to your child's health care provider to see if your child is at risk for lead poisoning.



TURTLE BAY OFFERS 'FIVE & DIME' DISCOUNT DAYS

On the 5th and 10th of every month, admission is \$5 for kids, \$10 for adults and free for kids 3 and under.

Also, First Fridays with First 5 provides children ages 0-5 and their caregivers FREE access to Turtle Bay Exploration Park on the First Friday of every month! Reserve tickets at turtlebay.org and gain access to exhibitions, playgrounds, animal exhibits and more.

Questions?
Call (530) 243-8850.



Shasta County Health & Human Services Agency

REMINDER:

School readiness begins with good oral health

Medi-Cal members under the age of 21 are covered for two dental check-ups and cleanings a year.

Find your Medi-Cal dental home at SmileCalifornia.org/School-Readiness

smile CALIFORNIA

Did you know that healthy teeth and gums help children stay focused and ready for a good school year? Good oral health habits, like regular brushing, flossing and dental check-ups help children succeed in the classroom. Medi-Cal covers two dental check-ups and cleanings a year for members under the age of 21.

FREE PARENTING SUPPORT

Bridges to School Success-Shasta County Office of Education provides mental health support to children, families and schools when a child is experiencing challenges that disrupt their ability to fully participate in their learning. Bridges staff have created several free online groups to help ease tension and make parenting easier.

Discipline That Works: Wednesdays at 6pm (Zoom Meeting)

Triple P Group: Positive Parenting Program, to register for a 6-week parenting group, call (530) 225-0350 or visit shastacoe.org

If you have questions or need more information, please call (530) 225-0350.



Redding Library Storytimes



Wednesdays • 11am
Toddler Time

Get early literacy started with stories and social interaction. Ages 2-4.

3rd Wednesday • 11am
Help Me Grow Storytime

Learn about important milestones by age with stories, curriculum, and crafts! Ages 0-5.

Thursdays • 11:30am
Baby Bonding Time

Socialize in a welcoming environment with other babies and caregivers. Ages 0-2.

1st & 3rd Thursday • 10:15-11:15am

3rd Saturday • 10am-12pm

R.E.A.D. to Prescription Pets

Come read to a therapy dog (or cat!) and work on reading and communication skills. Ages 4-12.

(530) 245-7253

Burney Library Storytimes

Preschool Storytime
Wednesdays at 11am

Stories & crafts for toddlers, up to age 5. Every 4th Wednesday features Storytime with Bright Futures Preschool.

Anderson Library Storytimes

Children's Storytime
Thursdays at 3:30pm

Enjoy great children's stories, songs, stickers & crafts. All ages welcome.

Redding Library, 1100 Parkview Ave., Redding (530) 245-7253
Burney Library, 37116 Main St., Burney (530) 335-4317
Anderson Library, W. Center St., Anderson (530) 365-7685

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.

FREE MIND-BODY SKILLS

The Shasta Resilience Project was born in 2018 following the devastating Carr Fire. Working with the model developed by Center for Mind Body Medicine for children and teens, the project offers small groups and workshops to heal trauma, manage stress and build resilience.

To register for a free, 8-week rotating small group, call (530) 227-9692 or visit shastaselfcare.org.



FREE

KID'S NIGHT

This free event gives grades K-12 an opportunity to socialize and be physically active. A nutritious dinner is provided.

Occurs: Fridays, January 13-March 17, 2023

Time: 5:30-7:30pm

Location: Martin Luther King Jr. Center
1815 Sheridan St. Redding 96001

Online registration required:
cityofredding.org/departments/parks-recreation/mlk-jr-center

Let it Snow

