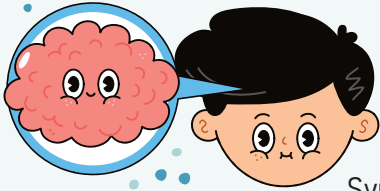


CELEBRATE WINTER

A NEWSLETTER OF THE CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

2660 Breslauer Way, Redding CA 96001 (530) 225-5122

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, anemia, constipation, weight loss, inability to sleep, irritability, dizziness, headache. 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.

Sugary drinks may be sweet, but water is the best drink for your teeth.

Scheduling regular dental check-ups in childhood helps create a lifetime of healthy smiles.

Find a Medi-Cal dentist by visiting SmileCalifornia.org/ncdhm

#NationalChildrensDentalHealthMonth

smile CALIFORNIA

Children can show their teeth some love by drinking water instead of sugary drinks to prevent tooth decay. Along with drinking water, regular dental visits will help children's teeth be healthy. For children and teens, Medi-Cal covers dental check-ups twice a year and sometimes more.

FIRST FRIDAYS

Children ages 0-5 and their caregivers gain **free** access to Turtle Bay Exploration Park on the first Friday of each month.

Tickets are limited with required registration, available on the first Monday of each month.

For more information, call (530) 243-8850.

Turtle Bay Exploration Park, 844 Sundial Bridge Dr., Redding.

FIRST FRIDAYS
with First 5 Shasta

Children ages 0-5 and their caregivers gain **FREE** access to Turtle Bay Exploration Park on the First Friday of every month!

Tickets are limited. Registration Required.

TURTLE BAY EXPLORATION PARK | FIRST 5 SHASTA



ICE SKATING IN ANDERSON

The City of Anderson's Holiday Ice Skating Rink is open from Dec. 2, 2023-Jan. 7, 2024 (Fridays, Saturdays and Sundays until Dec. 27, and seven days a week from Dec. 28-Jan. 7) at the corner of East Center Street and Ferry Street, Anderson.

Admission is \$5, which includes skate rental and 45 minutes of skating time.

For a schedule of dates and hours, visit cms3.revize.com/revize/andersoncanew/departments/synthetic_ice_rink.php or call (530) 378-6656.



Shasta County Health & Human Services Agency





SEE THE CHRISTMAS LIGHTS

Drive around Shasta County any evening from Dec. 1-25 to see homes lavishly decorated and entered in the annual Christmas Decorating Contest. The best displays are on weekends. See a list of top venues in Anderson, Palo Cedro, Shasta Lake, Redding and elsewhere at shastaml.com/annual-christmas-decorating-flyer.



COME SEE SANTA

Stop by the home at 16974 Catalina Way, Redding, and see Santa. Take your own photos for **free**. (Corner of Menlo Way and Catalina Court off Keswick Dam Road).

6:30-9 p.m. Monday-Thursday, and 6:30-10 p.m. Friday-Saturday from Dec. 9-23.

For information on other Christmas lights and must-see displays, visit [Facebook.com/Redding Lights](https://www.facebook.com/ReddingLights).



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.



DISCOUNT DAYS



Children under 3 are free



Redding Electric Utility and Turtle Bay Exploration Park provide affordable access to all park visitors. On the first Thursday of the month Discount Days is \$5 for children, \$10 for adults and free for children under age 3. For more information, call (530) 243-8850. Turtle Bay Exploration Park, 844 Sundial Bridge Dr., Redding.

FREE

HOME DEPOT KIDS WORKSHOPS

be joyful!

Join us on the first Saturday of each month between 9 a.m.-noon for **free** in-person Kids Workshops. While supplies last. Register online:

[homedepot.com/workshops/#change_store](https://www.homedepot.com/workshops/#change_store)

Home Depot, 1200 Churn Creek Road, Redding 96003 (530) 222-1313

Free online project guides are fun. Find them at [homedepot.com/c/kids](https://www.homedepot.com/c/kids)



FREE

REDDING LOWE'S KIDS WORKSHOPS



Holiday Delivery Truck: 10 a.m.-1 p.m. Saturday, Dec. 16, 2023. Your mini-DIYer will have fun building a truck, which has plenty of space to carry goodies.

My First DIY Toolbox: 10 a.m.-1 p.m. Saturday, Jan. 20, 2024. Your little helper will want to tag along on your next home improvement project with their own toolbox!

Register online to ensure a kit for your child:

[lowes.com/diy-projects-and-ideas/workshops?searchTerm=kids%20workshop](https://www.lowes.com/diy-projects-and-ideas/workshops?searchTerm=kids%20workshop)

Redding Lowe's, 1200 E. Cypress Ave., Redding, (530) 351-0181

Scan to view newsletter online.

