

CELEBRATE SPRING

A NEWSLETTER OF THE CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

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



Why Is It Important To Go To The Dentist?

- Take X-rays
- Prevent gum disease
- Apply molar sealants
- Receive fluoride treatment
- Remove plaque
- Look at jaw muscle
- Check bite and tongue

smile CALIFORNIA

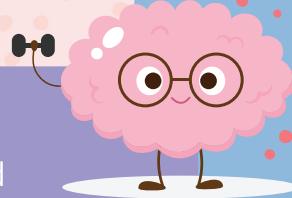
The Medi-Cal Dental Program provides free or low-cost services to you and your family. Visit SmileCalifornia.org to learn more.

Why is it important to visit the dentist?

At-home dental care is important but is not a substitute for regular dental visits. Dentists and dental hygienists have the “power” to see things that parents might not. Schedule your child’s dental appointments during spring or summer break so they don’t have to miss any school days!



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 use the Child Health and Disability Prevention Program (CHDP).

Health insurance plans will also pay for this test.



FREE

Junior Giants is a free, noncompetitive co-ed baseball program for kids ages 5-13. No gear? No problem! Each child will receive pants, a jersey and baseball gloves as needed. Registration will open April 1 at gojrgiants.org.

FREE HEALTH EXAMS & IMMUNIZATIONS

Uninsured or no preventive care insurance? The Child Health and Disability Prevention 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 CHECK-UPS & ROUTINE VACCINES

Is your child up to date on vaccines? For recommended age/vaccinations, visit cdc.gov/vaccines/parents/index.html.



Timeline of vaccination ages:

- Pregnancy
- 1-2 months
- 4 MONTHS
- 6 months
- 7 to 11 Months
- 12 to 23 MONTHS
- 2-3 years
- 4 to 6 years
- 7-10 years
- 11-12 years
- 13-18 years



Shasta County Health & Human Services Agency

Week of the Young Child April 6-13

For a full calendar of events, visit:
first5shasta.org/resources/parents-and-caregivers/week-of-the-young-child
or use the QR code.



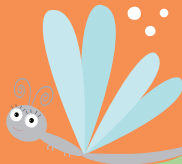
GRASSHOPPER BUG RUN



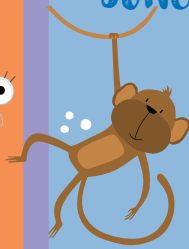
Dress as your favorite bug and come run for fun. Children will be challenged with crazy obstacles. Crawl, hop, climb and flutter.

9-10 a.m., Saturday, April 13

Grasshopper Sports Zone, west of City Hall, 777 Cypress Ave., Redding



JUNGLE ADVENTURES



A sensory experience exploring the world of the jungle. Rain forest obstacle course, story-time, safari guide, rainstick making and much more.

10 a.m.-2 p.m.
Wednesday, April 10

S.P.O.T., Inc.
1801 Buenaventura Blvd.
Redding



GROW YOUR OWN STRAWBERRY PLANT

8 a.m.-12 p.m., Saturday, April 6
777 Cypress Ave., Redding

Each child will receive a pot, growing material and a strawberry plant.



Redding Farmers Market

7:30 a.m.-12 p.m., Saturdays
April 6-Dec. 14

777 Cypress Ave., Redding
(Behind Redding City Hall)

reddingfarmersmarkets.com



The Original Certified Shasta County Farmer's Market Since 1977



Read 5 books or 300 minutes
and earn a free hamburger or
cheeseburger at In-N-Out.

Ask the librarian for details.



Cover-to-Cover Club

Until April 13, Shasta Public Libraries is offering a reward program in partnership with In-N-Out Burger.

Children ages 4 to 12 years old may earn a good-for-one hamburger or cheeseburger achievement award card by reading five books or reading for 300 minutes.



For many other wonderful programs, check out the calendar of events at: shastalibraries.org/events/ or head to your nearest library.

Anderson
3200 W. Center St.
(530) 365-7685

Burney
37116 Main St.
(530) 335-4317

Redding
1100 Parkview Ave.
(530) 245-7250



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newsletter online.

