

CELEBRATE SPRING



A NEWSLETTER OF THE CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

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

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 well-child visit if you have Medi-Cal or use the Child Health and Disability Prevention Program (CHDP). Health insurance plans will also pay for this test.



It's Time for Spring Cleaning!

Have you seen the dentist yet this year? Visit SmileCalifornia.org to find a dentist near you. Schedule an appointment today!



FREE

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.

Register at reddingrecreation.org in Special Events to receive your start time.

Children ages 3-5. Fee: Free

9-10 a.m., Saturday, April 1

Grasshopper Sports Zone, South City Park (Next to City Hall)



April 1-8 Week of the Young Child

For event dates and themes, visit first5shasta.org/resources/parents-and-caregivers/week-of-the-young-child.

Check out the daily themes:

Music Monday: Kitchens are full of musical, rhythmical sounds! How many different sounds can you find, or create, in your kitchen?

Tasty Tuesday: Have your child help with the meal prep! Let them wash vegetables, tear lettuce or make an easy recipe with you.

Work Together Wednesday: Model cooperative play with your child. Practice taking turns or working together to build something.

Arty Thursday: Open-ended art projects help develop fine motor skills. Let your child make choices and use their imaginations.

Family Friday: Play together! Noncompetitive games create a sense of unity, cooperation and support.



Peter Rabbit's Eggcellent Glow-in-the-Dark Egg Hunt



Ages: 14 & under. Fee: \$5. Must register online at reddingrecreation.org in Special Events. Spots are limited.

Friday, April 7. Gates open at 7 a.m.

California Soccer Park, 9800 Old Oregon Trail Redding



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.



Saturday, April 8 LAKEHEAD BUNNY FESTIVAL

Rain or Shine — the Children's Egg Hunt begins at 9 a.m. at Cascade Elementary School, 20814 Lakeshore Dr., Lakehead. The Bunny Parade begins at 10:30 a.m. on Lakeshore Dr. Also, a barbecue lunch, auction and raffles, decorated cake judging and free carnival of outdoor games for kids will be held at The Lions Hall on Mammoth Drive at Lakeshore Drive. Call (530) 339-1818 for more information or email lakeheadbunnyfestival@gmail.com.



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 3 at gojrgiants.org.

Spring is here

Redding Farmers' Market

EBT is gladly accepted at all Shasta Growers Associations' Markets. Please note that dogs or other animals are not allowed at the market unless they are a service dog.

Saturday, April 2-Dec. 10
7:30 a.m.-Noon
777 Cypress Ave., Redding



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.



May is National Bike Month!

Check with your local schools for more information, or visit healthyshasta.org.

Enrichment classes are open to the public for a \$5 fee.



YMCA

1155 Court St., Redding

DISCOVERY PLAYGROUP: 9 a.m. Wednesdays. Introducing and familiarizing children with the idea of a classroom in an engaging way through music, movement, crafts and reading. Gentle and fun, it's perfect for ages 2-5.

MUSIC and ME: 10:30 a.m. Thursdays. Music Programs at the Y stimulate personal growth, creative expression and skill development through hands-on learning. This parent/child class incorporates movement while introducing music to children and creating a fun connecting experience for you and your child.

LITTLE TUMBLERS: 10:30 a.m. Tuesdays. Let your children explore obstacle courses and more with this introduction to movement class. Appropriate for ages 1-5 years. Hang out as your kids play and socialize with other parents.

Boomtown Festival Shasta Lake May 6

10-11 a.m.: Boomtown Parade, Shasta Dam Blvd.

9 a.m.-1 p.m.: Craft Fair, Clair Engle Park, Shasta Lake

10 a.m.-1 p.m.: Health Fair and Family Carnival, Clair Engle Park, Shasta Lake

5-8 p.m.: Live Music Festival, Clair Engle Park, Shasta Lake

