

# CELEBRATE SUMMER



## A NEWSLETTER OF THE CHILD HEALTH AND DISABILITY PREVENTION PROGRAM

2660 Breslauer Way, Redding CA 96001 (530) 225-5122 or (800) 300-5122



### WELL FED = LESS LEAD

Eating healthy foods can protect your family from lead, which is a toxic heavy metal. Because young children put their hands (and other things!) in their mouths, they are at higher risk for getting lead in their tummies. Having a snack or meal every 2 – 3 hours that is low in fat, and high in iron, calcium, and vitamin C can make it harder for lead to move from the stomach to the blood.

For babies, breastmilk provides the best nutrition and has many health benefits!



### FREE FIREWORKS LIGHT UP THE 4TH OF JULY

The City of Redding will host its annual fireworks show on Tuesday, July 4 at 10 p.m. at the Redding Civic Auditorium grounds. Food vendors will be onsite to provide drinks and snacks at 6 p.m.

Be sure to arrive between 6 – 9 p.m., as the Sundial Bridge will be closed at 9 p.m. The firework show is free and is scheduled to start at 10 p.m.

Live music is also making a return this year! If you are not at the event, the soundtrack for the show will be played on radio stations. Stay tuned for more information about which radio stations will be playing.

### Is it time for your child's second dental check-up?

Summer is a great time to schedule dental appointments so your children don't miss school.

Summer is not only a great time to enjoy outdoor activities, it's also a great time to schedule dental appointments so your children don't miss school! By doing this, children can have a healthy smile when they start school. The other benefit of a summertime check-up is that winter break comes 6 months later — the ideal time for a check-up. Prevent cavities in your children by maintaining a good dental schedule.



### Mosquito Serenade Begins June 7

FREE

Gather on Wednesday nights for free live concerts this summer in Anderson River Park.

Wednesdays, June 7 – August 16, except June 21.  
Food vender & opener, 6 p.m. Headliner band, 7 p.m.  
Anderson River Park, 2800 Rupert Rd., Anderson  
For more information: (530) 378-6657.



### The Beach Bus is Back –and it's free!

Ride a free, air-conditioned bus from downtown Redding to Brandy Creek at Whiskeytown National Recreational Area. May 25 – September 2, 2023, Thursdays, Fridays and Saturdays only (excluding holidays). Contact [cityofredding.org/departments/redding-area-bus-authority/services/beach-bus](http://cityofredding.org/departments/redding-area-bus-authority/services/beach-bus) for a schedule.

# SUN and FUN

# SUMMER

June 1-  
July 31

## Library Story Time

**Anderson Storytime:** Thursdays, 3:30 – 4:30 p.m.  
Anderson Library, 3200 W. Center St., Anderson  
(530) 365-7685

**Burney Preschool Storytime:** Wednesdays, 11 a.m.  
Burney Library, 37116 Main St., Burney (530) 335-4317

**Redding Preschool Storytime:** Fridays, 11 a.m.

**Redding Toddler Storytime:** Wednesdays, 11 a.m.

**Redding Family Storytime:** 2nd Sunday, 1:30 p.m.,  
4th Saturday, 3 p.m.

Redding Library, 1100 Parkview Ave., Redding  
(530) 245-7253

## Monthly Scavenger Hunt

### Redding Library Children's Desk

Children and teens can complete activities to win fun prizes and books while learning about the different materials and services at the Redding Library. Pick up your scavenger hunt at the Children's Desk during open hours throughout the month.

For more information on free fun summer activities, contact your local library or visit [shastalibraries.org](http://shastalibraries.org)

## KIDS BOWL FREE THIS SUMMER

From June 1 – September 1, sign up for 2 free games of bowling per day over the summer!

Country Bowl, 2615 Bechelli Lane  
Redding. Sign up at  
[kidsbowlfree.com/cb](http://kidsbowlfree.com/cb)

Instructions:

1. Go to the website above
  2. Register your child/children
  3. Download the app
  4. Receive the free bowling passes through the app or email
- Bowling shoes required; they are available to rent.



## 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.



## VISIT STATE PARKS FOR FREE

Check out a California State Library Parks Pass with your library card and get free entry to over 200 participating state parks! The California State Library Parks Pass provides free vehicle day-use entry to participating state parks.

The Parks Pass is valid for entry of one passenger vehicle with capacity of nine people or less.



## SHASTA DISTRICT FAIR



Wednesday, June 21, noon – 11 p.m.  
1890 Briggs St., Anderson

Ages 13 and over, including adults, are \$1.

Ages 12 and under are free.

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