Child Health and Disability Prevention Program

2650 Breslauer Way, Redding, CA 96001

(530) 225-5122 or (800) 300-5122

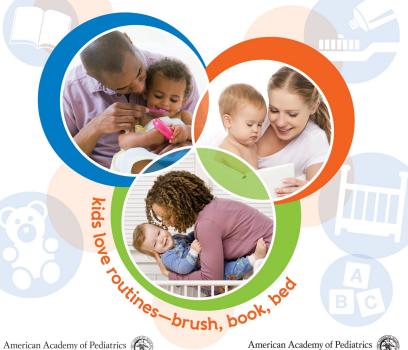
Celebrate Winter





Brysh, Book, Bed

Set a regular nighttime routine that includes brushing teeth, reading together, and then bed.



Winter Health Q \$ A:

Q: Is it important to have my child screened for lead exposure?

A: Children who have lead in their blood do not look or act sick, until the lead in their blood reaches extreme levels! Even a tiny amount of lead can cause long-term health effects! Researchers have found that no amount of lead in the body is safe, and the quicker we catch it, the better our chances of preventing it's permanent negative effects!

Q: Who should I call to get my child screened for lead exposure?

A: Contact your child's medical provider today! If your child does not have a provider, we can help. Please call us at (530) 225-5122.







National Children's Dental Health Month is in February!

Schedule an appointment today!



Regular dental check ups are important to children's health. Learn more about oral health resources at SmileBigShasta.com.

Kids Kingdom

Home of Kids Kingdom and Fantasy Fountain, has a large, shaded children's play area and picnic pavilion. Bring the whole family for a day of fun, or just bring the dog for a quiet stroll. **Enterprise Park** 400 Victor Ave.

Recreation & Trails

Play in the Park

Take advantage of sunny days

and visit a park or trail.

Clover Creek Preserve

Paved and dirt walking and biking; dogs allowed. 3705 Shasta View Drive, Redding



Virtual Story Time

Story times at *Redding* library:

Every Wednesday and Thursday at 10 a.m. Join us for family friendly fun!

Call for more information:

Redding: (530) 245-7250 **Anderson:** (530) 365-7685 **Burney:** (530) 335-4317







Groups: All Free

Positively Girls' Circle

Ages: 13-18 Days: Mondays Time: 5-7 p.m. Location: MLK Center

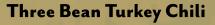
Call for start dates: 225-4375



King's Brotherhood

Ages: 13-18 Days: Mondays Time: 5-7 p.m. Location: MLK Center Call for start dates:

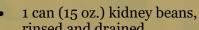
225-4375



Ingredients:

- 1 pound lean ground turkey or hamburger
- 1 small onion, chopped
- 1 can (28 oz.) diced tomatoes, undrained
- 1 can (15 oz.) chickpeas, or any beans, rinsed and drained
- Salt to taste

- rinsed and drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (4 oz.) diced mild green chilies



1 can (8 oz.) tomato sauce

1 to 2 tablespoons chili powder

Directions:

Cook and stir meat and onion in medium nonstick skillet over medium-high heat until meat is no longer pink. Drain and discard fat. Transfer to a 4 1/2 quart slow cooker. Add remaining ingredients; mix well. Cover; cook on high 3 1/2 to 4 1/2 hours. Can also be cooked on stovetop in a large pot on low to medium heat for about an hour. Makes 6 servings, approximately 1 1/2 cups.

Nutritional information: Calories 377; sodium 877 mg; Fiber 16g; Protein 29g



Winter Health Corner

- Bundle children up with jackets, hats, and mittens when playing outside
- It is flu season, so wash hands often, avoid touching your eyes and face, and get a flu shot.
- Even though it is cold outside, wear sunscreen if vou will be out in the sun for a long period, especially when playing in the snow (it reflects the sun's rays)
- Check carbon monoxide and smoke detector batteries monthly and replace annually. For more info, visit: news.sanfordhealth.org

FREE Child Health Exam

Uninsured or lack of preventive insurance Call CHDP at (530) 225-5122 or (800) 300-5122.

