



Child Health and Disability Prevention Program

2650 Breslauer Way, Redding, CA 96001

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

Celebrate Winter

Winter 2021

Brush, Book, Bed

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



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

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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 its 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.

Recreation & Trails

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.



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



Shasta County
Health & Human Services Agency

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



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 you 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

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

Three Bean Turkey Chili

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
- 1 can (15 oz.) kidney beans, rinsed and drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (8 oz.) tomato sauce
- 1 can (4 oz.) diced mild green chilies
- 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



FREE
Child Health Exam
Uninsured or lack
of preventive insurance
Call CHDP at
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