

Trainings

- + Breast Feeding
- + Shaken Baby Prevention
- + Safe Sleep
- + Babysitting Class
- + Behavior Modification ideas for Classrooms and at Home
- + Events
 - o Parent Conference
 - o Parent Cafés – learn about the 5 Protective Factors of Positive Parenting



Screenings

- + Ages and Stages Questionnaire (ASQ-3) 2 months to 5 years old
- + Ages and Stages Questionnaire Social and Emotional (ASQ:SE)

Contact Us

530-251-2461

Or

1-800-838-1223

lassenlinks.org

www.facebook.com/lassenph/

Funded by California Department of Public Health
Maternal, Child and Adolescent Health



**Free Diapers and Wipes
at Public Health!!!**



Lassen County

H.E.A.R.T.S.

Health Education Advocate

Resource Training Screenings

Lassen County Public Health

1445 Paul Bunyan Rd. Suite B
Susanville, CA 96130

Lassen H.E.A.R.T.S.

The Lassen H.E.A.R.T.S. Program focuses on children ages 0-21, families, fathers, mothers and those expecting. The largest aspects of this program are developmental screenings for children 0-5 years, health education and connecting families to services they may need to help with their overall health and well-being.



“Helping you connect to all available resources”

Advocate

Advocate for, and connect families to:

- ✚ Case Management
- ✚ Individual Educational Plans (IEP)
- ✚ California Children’s Services (CCS)
- ✚ Far Northern Regional Center
- ✚ Lassen County Office of Education (LCOE)
- ✚ Lassen Family Services
- ✚ Child Trauma Therapy (CTT)
- ✚ Wraparound
- ✚ Child and Family Services (CFS)

Health Education

- ✚ Eat Healthy, Vitamins, Hydration, Importance of Regular Medical Visits
- ✚ Family Nutrition
- ✚ Health Effects of Choices (Drugs, Tobacco, Marijuana, Alcohol, Lack of Good Nutrition and Water)
- ✚ Pregnancy & Birthing Plans
- ✚ Breastfeeding – MILC (Mountain Interagency Lactation Coalition) www.plumascounty.wix.com/milc
- ✚ Birth Control Options
- ✚ Sexually Transmitted Infections
- ✚ SIDS Risk Reduction
- ✚ Loss of Loved Ones
- ✚ Appropriate Child Sexual Behavior
- ✚ Child Abuse Prevention
- ✚ Good Touch – Bad Touch Coloring Books
- ✚ Milestone Behaviors
- ✚ Parenting

Resources

- ✚ Lassenlinks.org – Collaborative of local Partners focused on helping families
- ✚ Printed Resource Guide and Online at lassencountyhealth.org
- ✚ Free Oral Health Screening Clinic 530-251-8183
- ✚ Free & Low-Cost Immunizations
- ✚ Kindergarten Readiness Activities
- ✚ Newborn Parent Packets
- ✚ First 5 Resource Boxes
- ✚ Free Condoms
- ✚ Cribs for Kids (Free Pack-n-Play)
- ✚ Free Diapers/Wipes
- ✚ Age appropriate activities to complement developmental screening
- ✚ Nicotine Quit Kits
- ✚ Smoking cessation at Kickitca.org



The **A B C**'s of Safe Sleep

- A** **Alone**
Not with other people, pillows, blankets, or stuffed animals.
- B** **on my Back**
Not on the stomach or side.
- C** **in my Crib**
Not on an adult bed, sofa, cushion, or other soft surface.

