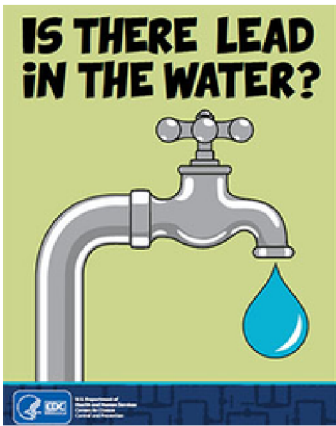


# St. Lawrence County Public Health Children's Programs Newsletter



April 2024

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*Is there Lead in the Water* is a fun activity book for children to learn about the dangers of lead and what everyday items might have lead in them.

Ready Wrigley books are available for download at <https://www.cdc.gov/cpr/readywrigley/books.htm>

## Autism Acceptance Month



### The Facts:

- ▶ 1 in 36 children in the US are diagnosed with Autism
- ▶ The diagnosis rate for Autism is rising by 10-17% each year
- ▶ Boys are 4 times more likely than girls to be diagnosed with Autism
- ▶ Children who receive an Autism diagnosis by age 4 are 50 times more likely to receive services

**The Mission:** *To promote acceptance and inclusion amongst the Autism community and their allies.*







# ♥ Mental Health Matters ♥

*“If we seize this moment, step up for our children and their families in their moment of need, and lead with inclusion, kindness, and respect, we can lay the foundation for a healthier, more resilient, and more fulfilled nation.”*

**-Dr. Vivek H. Murthy  
Surgeon General of the United States**



## **According to the Surgeon General, focusing on youth mental health now is critical. So what can family and caregivers do?**

-  Be the best role model you can be for young people by taking care of your own mental and physical health, and seeking help when you need it.
-  Help children and youth develop strong, safe, and stable relationships with you and other supportive adults.
-  Do your best to provide children and youth with a supportive, stable, and predictable home and neighborhood environment.
-  Look out for warning signs of distress, and seek help when needed.
-  Minimize children’s access to means of self-harm, including firearms and prescription medications.
-  Be attentive to how children and youth spend time online.

# Local Resource Spotlight



WIC is NOT just only for women who are pregnant or breastfeeding, infants, and children under 5, but also ANY primary caregiver of children under the age of 5. If you are a single dad or grandparent you may qualify as well.

WIC provides eWIC cards for healthy foods, nutrition counseling, breastfeeding support and health referrals to families. Not sure if you qualify? Contact WIC the St. Lawrence County WIC program and they will help you through it.

## Community Health Center of the North Country

4 Commerce Lane  
Canton, NY 13617

Phone: 315-386-8128

Fax: 315-386-4336



## Bureau of Early Intervention: Stay Connected!



The Bureau of Early Intervention (BEI) wants to make sure families stay connected to what's happening in the Early Intervention Program.

If you are interested in upcoming trainings for families, resources on developmental delays and disabilities, learning more about new guidance and policies, or would like to share your ideas with the Bureau, join their list serve and Facebook group today!

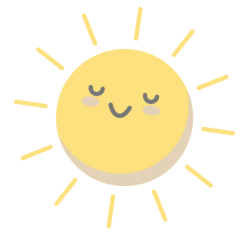
Find BEI on Facebook at:

NYSDOH – Early Intervention Community of Families

or email [listserv@listserv.health.state.ny.us](mailto:listserv@listserv.health.state.ny.us) with the subject "Subscribe"



# Children and Youth with Special Health Care Needs



CYSHCN is a no-cost resource and referral program for families with a child from birth to 21 years old who have, or are suspected of having, a serious chronic physical, developmental, behavioral, and/or emotional condition.

If you would like more information or need resources you can reach the Children and Youth and Special Health Care Needs program at 315-386-2325 ex. 3420. Or, send an email to [CYSHCN@stlawco.gov](mailto:CYSHCN@stlawco.gov).

NY State CYSHCN website has multiple resources available to families that can be located at this link:

[https://www.health.ny.gov/community/special\\_needs/](https://www.health.ny.gov/community/special_needs/)



## *CYSHCN Events:*

This year, our program is planning to bring a variety of events to our community. We are in the process of planning story hours, workshops and other events across the county in 2024.

**For our upcoming events check out:**

- St. Lawrence County Public Health Department Facebook
- Our Children's Programs website:  
<https://stlawco.gov/Departments/PublicHealth/ChildrensPorgrams>

# SNAP-Ed Recipe Highlight!



## Zucchini Pizza Boats

An easy, healthy after school snack that kids will love!



### Utensils Needed

- knife
- spoon
- cutting board
- measuring utensils
- baking sheet

### Ingredients

- 2 medium or 3 small zucchini
- 1/2 cup tomato based pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 tbsp parmesan cheese

### Directions

1. Preheat oven to 350 degrees F
2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
3. Place zucchini halves in small baking dish. Spoon pasta sauce into halves. Top with both cheeses.
4. Bake for 25-30 minutes or until zucchini can be pierced with fork and cheese is bubbly and slightly brown..

*The SNAP-Ed NY Recipe Finder* helps make meals healthy, convenient, and affordable: [snapedny.org/recipes/](https://snapedny.org/recipes/)

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