

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



## Fall 2025

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## GardenShare



GardenShare promotes a local food system that ensures food security for all of St. Lawrence County residents.

GardenShare's mission includes removing barriers to access, connecting consumers and producers, providing food justice education and advocacy and engaging community partners.

GardenShare coordinates local Farmer's Markets and help to guide community members through how to use the variety of programs that help make local food accessible and affordable. They also offer food assistance and information.

**For more information on GardenShare or to find their annual local food guide visit: <https://gardenshare.org/>**



**Is an app for individuals with developmental disabilities and those who support them.**

- ★ **Transition Steps** → Step-by-step detail on what comes next, letting you know when it's time to get buzzy.
- ★ **Communication Log** → Contacts all in one place and a place to note important conversation details.
- ★ **Resource Library** → Curated library of resources and contacts to provide the support you need.
- ★ **Planning Tools** → Getting you ready for next steps, easy reflection tools and support to be the best advocate possible.

**For more information check out: <https://abilibee.org/>**

# Cyberbullying

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

## Warning signs:

- \* Noticeable increase or decrease in device use
- \* Avoiding social situations, even those they used to enjoy
- \* Becoming withdrawn or depressed, or loses interest in people and activities
- \* Social media accounts shut down or new ones appear
- \* Hiding their screen or device when others are near, and avoids discussing what they're doing on their device



## What to do when it happens:

- Recognize if there has been a mood or behavior change. Try to determine if these changes happen around the use of the child's device.
- Ask questions of your child to learn what is happening, how it started, and who is involved.
- Keep a record of what is happening and where. Take screenshots of harmful posts or content if possible.
- If a classmate is cyberbullying, report it to the school. You can also contact app or social media platforms to report offensive content and have it removed. If a child has received physical threats, or if a potential crime is occurring, report it to the police.
- Find the support needed. Peers, mentors, and trusted adults can sometimes intervene to positively influence a situation. Try to determine if more professional support is needed.

# Poison Prevention

## What you should know...

**Poison Control Center number is 1-800-222-1222**



The majority of poisonings throughout the nation involve children 5 and under.

In a poison emergency, every second counts. Contact the Upstate New York Poison Center for fast, accurate guidance when it matters most.

Common household poisons include pesticides, alcohol, plants, vitamins, household cleaners and disinfectants, prescriptions and over the counter medicine, personal care products and arts and crafts supplies.



## Poison proof your home..

Read all labels and follow directions before using a product.

Store all poisonous substances out of the reach of children and in their original containers.

Don't flush unwanted household medications or pour them down the drain.

Teach children not to touch or eat anything they don't recognize. Never call medicine candy.

# What's a serving?

Kids need a certain serving size of fruits and vegetables each day, depending on their age. But how do you know what a 1 cup serving size is?

## Fruits



One apple, pear, orange  
(about the size of your fist)



About 22 grapes



About 8 large strawberries



1/2 cup of dried fruit



## Vegetables



2 cups fresh, canned or frozen  
leafy greens



12 baby or 2 medium carrots



1 large ear of corn



1 large bell pepper

For more information on serving sizes visit: [myplate.gov/eat-healthy/vegetables](https://myplate.gov/eat-healthy/vegetables)

## Staying Healthy During Flu Season



Stay home when sick



Get vaccinated



Avoid sharing food/drinks



Spend time outdoors



Wash your hands



Disinfect surfaces



## 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!

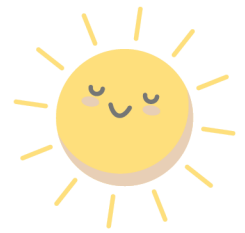
Find BEI on Facebook at:

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 always planning story hours, Nurturing Potential workshops, and other events across the county in 2025.

**For our upcoming events check out:**

- St. Lawrence County Public Health Department Facebook
- Our Children's Programs website:  
<https://stlawco.gov/Departments/PublicHealth/ChildrensPrograms>
- [Northcountrynow.com](http://Northcountrynow.com)



# SNAP-Ed Recipe Highlight!



## Apple Wraps

This tasty wrap features a fall favorite-apples! Shake up the kid's lunches by sneaking this fruity favorite in.



### Utensils Needed

- Cutting board
- Measuring spoons
- Medium bowl
- Sharp knife
- Fork and spreading knife

### Ingredients

- 1 large apple
- 2 medium, ripe bananas
- 2tbsp peanut butter
- 2 (8-inch) whole wheat tortillas

### Directions

1. Rinse and cut apple in half, lengthwise. Remove any stems and cut out core center that contains seeds. Do not peel.
2. Cut into ¼ inch thick slices then into small cubes.
3. Peel bananas, use fingers or fork to mash until creamy and smooth.
4. Add peanut butter to mashed banana. Stir well to blend.
5. Spread peanut butter mixture over one side of each tortilla.
6. Sprinkle diced apple over peanut butter. Tightly roll each tortilla.
7. Serve immediately or chill in refrigerator for up to 24 hours.

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

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