

St. Lawrence County Public Health Children's Programs Newsletter



Fall 2024

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Local Resource Spotlight



United Helpers Behavioral Health Services have a professionally licensed staff that apply best practices and evidenced-based interventions to treat behavioral health conditions, including anxiety, depression, trauma, co-occurring substance use, and post-traumatic stress disorder and much more.

United Helpers Behavioral Health Services

Canton Office

Phone: 315-386-0264

Ogdensburg Office

Phone: 315-541-3042



The Facts about Diabetes in Youth



Type 1 Diabetes:

- Insulin dependent
- Risk factors include age and genetics
- An exact cause is not known at this time and is therefore not preventable but, manageable!

Type 2 Diabetes

- Insulin resistant
- Risk factors include overweight and obesity, sedentary lifestyle, unhealthy eating, age
- It is **preventable** by eating healthy and staying active!

Tips to Manage Diabetes



Prevent
Complications



Get Active



Condition
Education



Eat Healthy



Maintain
Blood Sugar

Humans Don't Hibernate

Humans Don't Hibernate is a wellness campaign developed by the St. Lawrence County Public Health Department. The campaign's goal is to get community members to prioritize all aspects of their health in fun and interactive ways. We hope to engage everyone, regardless of age and ability. Let's work together to show that health doesn't have to be hard!

PHYSICAL HEALTH CHALLENGE

Trick-Or-Trail: Take time this month to hike a local trail or even climb a mountain. Share a photo when you reach the end of the trail to complete this challenge.



NUTRITIONAL CHALLENGE

Ghoulish Greens: Incorporate green foods into your diet at least 4 times this month. Share a photo of your favorite green-food recipe to complete this challenge.



MENTAL HEALTH CHALLENGE

Boo-tiful Books: Take time out of your day to read a new book. Finish the book and then share a photo of the cover and what you liked about it to complete this challenge.



DID YOU COMPLETE A CHALLENGE?

Scan the QR code or go to bit.ly/HDHsubmission to submit your photo!



Check out our St. Lawrence Public Health Department Facebook page to find our November and December challenges!



#nnyhumansdonthibernate

Sensory Issues and the Holidays

Holidays are exciting for kiddos but, for a child with a sensory processing disorder, they may be stressful. This doesn't mean you have to miss out on the holiday fun, here are some tips to keep holidays low-stress and fun for everyone!

Use lights sparingly and when using them, avoid flashing or colored lights.

Avoid noise-making decorations. Children with sensory processing disorder are often highly sensitive to noise, especially repetitive noises.

Create a quiet place in your home. If you have guests over for the holidays or decorations in your house, it's important to give your child a safe, calming, quiet place to go if they become overstimulated.

Visiting a therapist who has the expertise to help your child feel safe and confident during the holiday season is also a great idea!

Boo!





5 Tips to Help with Picky Eaters



1. Shop and cook with the kids. Kids are more likely to taste the dish if they helped plan or make it.
2. Cook one meal for the whole family. Serve one meal for everyone in the family with no exceptions. But plan meals that include at least one thing that everyone likes.
3. Keep offering new foods. Research has shown it sometimes takes 11 tries for a child to decide they like a new food. So, keep serving it.
4. Avoid the clean plate club. Help kids focus on eating until they are full rather than finishing every last bite on their plate. A good rule of thumb is to serve one tablespoon of food for each dish of the meal. For example, you would serve a 3-year-old child 3 tablespoons each of peas, noodles and chicken.
5. Serve smart snacks. One of the best ways to get kids (and adults) to eat fruit and veggies is to serve them when they are hungry.



Staying Healthy During Flu Season



Wash your hands



Spend time outdoors



Avoid sharing food/drinks



Get vaccinated



Stay home when sick



Disinfect surfaces



Bureau of Early Intervention: Stay Connected!



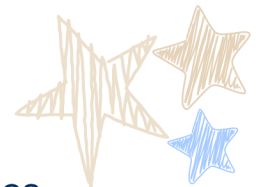
The Bureau of Early Intervention (BEI) wants to make sure families stay connected to what's happening in the Early Intervention Program.

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!

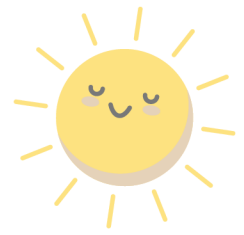
Find BEI on Facebook at:

NYSDOH – Early Intervention Community of Families

or email listserv@listserv.health.state.ny.us 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.

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/



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 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!



Apple Salad

This sweet salad is crunch and refreshing! Perfect for a fall snack!



Utensils Needed

- Measuring cups
- Measuring spoons
- Sharp knife
- Cutting board
- Medium bowl
- Spatula or spoon

Ingredients

- 1 cup apple, chopped
- 1 teaspoon lemon juice
- 1/2 cup celery chopped
- 1/2 cup carrot grated
- 1/2 cup raisins
- 1/2 cup vanilla yogurt
- (Optional ingredients) 1/2 cup chopped walnuts, almonds or pecans

Directions

1. Add apples to medium bowl and mix with lemon juice
2. Add celery, carrot, raisins and yogurt (or any other mix-ins). Stir to combine.
3. Cover and chill for at least 1 hour before serving. Refrigerate leftovers.

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

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