

St. Lawrence County Public Health Children's Programs Newsletter



Spring 2026



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Tri-Lakes Home Medical Equipment, INC.



Tri-Lakes Home Medical Equipment, INC. is an accredited home health care company based in Northeastern, NY. They provide all types of home medical equipment needed for respiratory, mobility, orthopedic and home safety issues.

Tri-Lakes Home Medical Equipment, INC. has three locations including Saranac Lake, Malone and Massena. All locations are open Monday - Friday from 9:00 am - 5:00 pm but, also a 24 hour emergency service.



For more information on Tri-Lakes Home Medical Equipment, INC. visit <https://www.trilakeshme.com/>

Sugar-Sweetened Beverages

Sugar-sweetened beverages or sugary drinks are leading sources of added sugars in the American diet. Frequently drinking sugar-sweetened beverages is associated with weight gain, obesity, type 2 diabetes, heart disease, tooth decay and cavities and more. Nearly half of all added sugars consumed by the U.S. population ages 2 and older come from sugary drinks.



12 oz sports drink = 5 tsp sugar



12 oz lemonade = 3 tsp sugar



12 oz energy drink = 9 tsp sugar



12 oz brewed sweet tea = 7 tsp sugar



12 oz regular soda = 10 tsp sugar



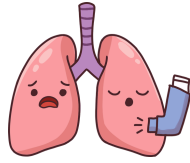
any amount of water = **NO SUGAR**



Asthma in Kids

Asthma is a long-term disease that causes your airways to become swollen and inflamed, making it hard to breathe. There is no cure for asthma, but it can be managed.

People can develop asthma at any age. But asthma often starts in childhood. Asthma signs and symptoms in infants and toddlers may also be different from older children and teens.



Childhood asthma tends to affect more male children than female children.

Around 4.9 million children in the U.S. have asthma.

Symptoms for baby/toddler

- ✿ Coughing (persistent, repeated and/or at night)
- ✿ Fast or rapid breathing
- ✿ Working harder to breathe
- ✿ Trouble sucking or eating
- ✿ Panting with normal playing activities
- ✿ Tiredness, not interested in activities

Symptoms for older children

- ✿ Cough
- ✿ Chest tightness or pain
- ✿ Shortness of breath
- ✿ Exercise intolerance
- ✿ Wheezing
- ✿ Waking at night due to symptoms



Better Sleep Month

Getting enough sleep doesn't just keep us from feeling tired, it helps us be the healthiest versions of ourselves!

Getting enough sleep can help you:

- ★ Get sick less often
- ★ Stay at a healthy weight
- ★ Reduce stress
- ★ Lower risk of chronic conditions like... type 2 diabetes, heart disease, high blood pressure and stroke
- ★ Improve your mood
- ★ Improve heart health and metabolism
- ★ Improve attention and memory

The amount of sleep you should get depends on how old you are.

Age

Daily Sleep Recommended

0-3 months	14 - 17 hours (including naps)
4 - 12 months	12 - 16 hours (including naps)
1 - 2 years	11 - 14 hours (including naps)
3 - 5 years	10 - 13 hours (including naps)
6 - 12 years	9 - 12 hours
13 - 17 years	8 - 10 hours



May is Lyme Disease Awareness Month

Preventing tick bites is key to avoiding Lyme Disease. So how can you prevent tick bites?

- ▶ Use tick repellent
- ▶ Wear protective clothing (that cover any open skin)
- ▶ Keep grass cut short in your yard
- ▶ Wash outdoor clothes right away
- ▶ Avoid where ticks like to live (long grass, heavily wooded areas)
- ▶ Shower after being outdoors
- ▶ Check pets for ticks often
- ▶ Do a tick check after coming in from outdoors



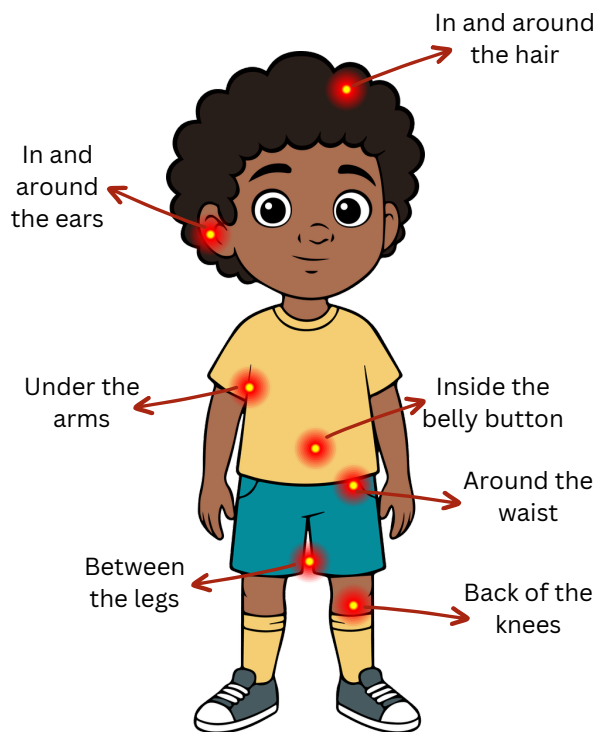
If you do get bit by a tick...

Use fine-tipped tweezers to grasp the tick as close to the skin as you can. Pull upward. **Do not twist or jerk the tick.**

Clean the bite area and your hands with soap and water.

Inform your doctor of the bite and monitor the bite sight.

Where to check for ticks:



Sun Safety Tips

Spending time outside is a great way to be physically active and reduce stress. You can spend time outside without putting your skin at risk!



Shade



Sunscreen



Sunglasses



Hat



Clothing

Youth and Tobacco Use



Tobacco products, in any form, are unsafe. This is especially true for children, teens, and young adults. Tobacco products contain nicotine, which is highly addictive and can harm the developing brain.

Here's what you should know:

- 1 Smoking harms nearly every organ in the body and can lead to premature death.
- 2 In the United States, 1 of every 3 cancer deaths can be linked to smoking.
- 3 Smoking is a cause of type 2 diabetes and cardiovascular (heart) disease.
- 4 Nearly 9 out of 10 adults who smoke cigarettes daily first try smoking by age 18.



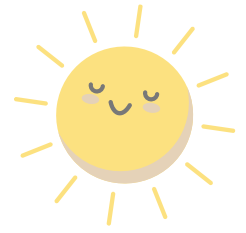
What does that mean?

- Prevention of tobacco use among youth is important to maintaining good health!
- Quitting tobacco use is possible but, may require several attempts. Don't give up!





Children and Youth with Special Health Care Needs (CYSHCN)



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 PHCYSHCNSharedMailbox@stlawco.gov.

Our CYSHCN program offers a variety of in-person events including story hours, Nurturing Potential Workshops, the Next Steps Expo and more. These events are always **FREE** and are offered across the county.

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



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/



Bureau of Early Intervention: Stay Connected!



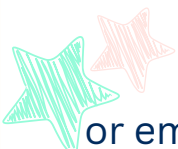
The Bureau of Early Intervention (BEI) wants to make sure families stay connected to what's happening in the Early Intervention Program.

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"



SNAP-Ed Recipe Highlight

Bow Tie Pasta with Zucchini



This banana bread recipe packs in 3 large bananas per loaf! It's a terrific way to use over-ripe bananas.



Utensils Needed

- Box grater
- Colander
- Cutting board
- Knife
- Large bowl
- Mixing spoon
- Large pot
- Large skillet
- Measuring cups and spoons

Ingredients

- 2 cups whole wheat bow tie pasta
- 1 small clove garlic
- 2 medium zucchini
- 1 tbsp canola oil
- ½ cup grated parmesan cheese
- ¼ tsp salt
- Pinch ground black pepper

Directions

- Cook pasta according to package instructions.
- Peel and mince garlic.
- Rinse and grate zucchini. Measure 2 cups grated zucchini.
- In a large skillet over medium heat, heat oil. Add zucchini and minced garlic. Cook until mixture softens, about 5 minutes.
- Drain pasta, reserving ½ cup cooking liquid.
- Add 1-2 tsp cooking liquid to zucchini mixture. Add drained pasta. Stir, coating pasta evenly with sauce. Add more cooking liquid as needed.
- Transfer pasta to large bowl for serving. Sprinkle with grated parmesan. Season with salt and pepper. Toss to combine.

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

St. Lawrence County Public Health Department
80 State Highway 310, Suite 2
Canton, NY 13617
315-386-2325



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