

St. Lawrence County Public Health Children's Programs Newsletter



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Maternal and Child Health Program



The Maternal and Child Health (MCH) Program is part of the St. Lawrence County Public Health Department. the program offers a one time home visit for mom and baby anytime following hospital discharge. Services that are offered include:

- ✿ Assistance with breastfeeding
- ✿ Head-to-toe assessment of baby
- ✿ Education on postpartum self-care
- ✿ Education on postpartum and newborn care
- ✿ Referral to services in the community if needed



Call 315-386-2325 to contact the MCH program.



NYS Parks, Recreation and Historic Preservation Individual Access Pass



The Individual Access Pass permits a resident of New York State with a disability, as defined in the required application, free or discounted use of state parks, historic sites, and recreational facilities operated by the NYS Office of Parks, Recreation and Historic Preservation.

The pass holder may have free or discounted use of facilities operated by these offices, for which there is normally a charge - for example, parking, camping, greens fees, swimming, and more.

How do you apply for an Access Pass? You must submit three documents to accesspass@parks.ny.gov or by mail. Documents include:

- 1.) A photo or copy of your NY State DMV issued ID
- 2.) A supporting document of the qualifying disability, dated within one year
- 3.) A completed application that can be found at:
<https://parks.ny.gov/admission/access-pass/default.aspx>





Swim Safety



Swim safety is a high priority at all times but, especially as the weather gets warmer. Drowning can happen in seconds and is the leading cause of death in children ages 1-4. There are several steps adults can take to prevent such an accident.



If possible, get your child formal swimming lessons.



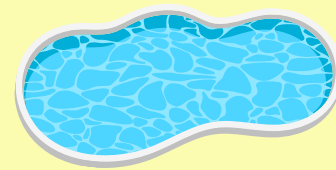
If you have a pool, surround the pool with a four sided fence that is at least four feet tall.



Always make sure there is a responsible adult to supervise closely and constantly when children are in or near the water.



Life jackets should be worn while boating for people of all ages. Life jackets can also be used by weak swimmers in natural waters or swimming pools.



Immunizations for kids



It's time to start thinking about kids going back to school. The start of the school year comes with a long checklist of things to do, make sure routine vaccines make it on your to do list!

Here's what we know about vaccines:

YES they are safe for kids and effective. Some of the diseases we vaccinate for are no longer common in this country **because of the effectiveness of the vaccines.**

NO there is not a link between vaccines and autism. There continues to be scientific studies and reviews that show no relationship between the two.

YES vaccines may cause side effects but, most of these side effects are very minor and only last a couple of days.

We know everyone wants to do what they feel is safe and best for their child. If you have concerns or questions about vaccines and why your child should have them, don't hesitate to ask their pediatrician or visit <https://www.cdc.gov/vaccines-children/about/index.html> to do some of your own research.





NYS Talking Book & Braille Library



What is this?

A FREE service for New Yorkers (outside of New York City and Long Island) who are unable to use standard print materials. You may be eligible if you are someone with a visual, physical or reading disability.

What's available?

Print braille books, fiction and nonfiction audio and braille books, digital talking books and digital talking book players, more than 70 magazine subscriptions.

Contact Info?

Website: <https://www.nysl.nysed.gov/tbbl/contacttb.htm>

Phone call: 800-342-3688

Email: tbbl@nysed.gov



Physical Activity for Kids



60 minutes

moderate to vigorous intensity for 6-17 year olds



Active kids have a better chance at a healthy adulthood. Kids who are active have better bone health, physical fitness, brain function, attention and academic performance.



3 hours

variety of activities (light, moderate, vigorous) for 3-5 year olds



Bureau of Early Intervention: Stay Connected!



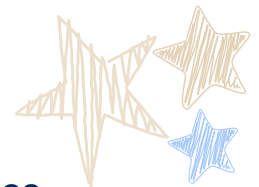
The Bureau of Early Intervention (BEI) wants to make sure families stay connected to what's happening in the Early Intervention Program.

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!

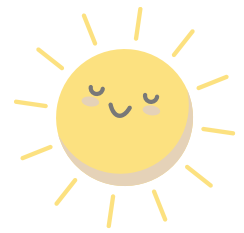
Find BEI on Facebook at:

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 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

SNAP-Ed Recipe Highlight!

No-Bake Granola Bars



No-bake granola bars are easy and a healthier option since you can reduce added sugar and eliminate preservatives.



Utensils Needed

- 8x8 baking dish
- Measuring spoons
- Measuring cups
- Medium bowl
- Mixing spoon

Ingredients

- ½ cup nut butter or seed butter
- 2 tsp honey
- 1 tsp cinnamon
- 1 cup oats
- 1 tbsp sunflower seeds

Directions

1. Measure out all of the ingredients
2. In a bowl mix together nut butter or seed butter, honey, cinnamon, and oats.
3. Press mixture into an 8x8 baking dish.
4. If desired, add toppings such as nuts, seeds, or dried fruit.
5. Refrigerate for easy slicing. Cut into 6 pieces for serving.

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

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