

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



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## Northern Regional Center for Independent Living (NRCIL)



Northern Regional Center for Independent Living (NRCIL) is a community-based, disability rights and resource center. NRCIL provides information and advocacy resources to people with disabilities of all ages in the North Country including individuals, family members, caregivers and community advocates.

### **NRCIL**





**210 Court St. #107  
Watertown, NY 13601**

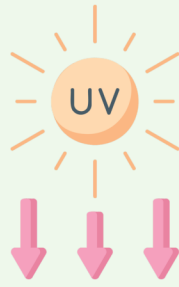
**Phone: 315-785-8703**

# **NRCIL**

## 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.



## UV Safety Month

Outdoor time boosts your health, and a little sun safety helps keep you protected. Most skin cancers come from too much ultraviolet (UV) light from the sun or tanning beds. UV rays can harm your skin any time of year, even when it's cloudy, and they're strongest in the middle of the day. Here are some safety tips to help you stay cool under the sun.



It's always important to wear sunscreen and stay in the shade to reduce sun damage.

Wear protective clothing like long sleeves or tightly woven fabrics to help block UV rays, with darker and dry clothes offering the best protection.



Wear a wide-brim hat made of tightly woven fabric to protect your face, ears, and neck, and use extra protection if wearing a baseball cap.

Wear sunglasses that block UVA and UVB rays, preferably wraparound styles to protect your eyes and the skin around them.



Use broad-spectrum sunscreen (SPF 15 or higher), apply it generously to all exposed skin, and reapply every 2 hours or after swimming or sweating.

# National Wellness Month

August is National Wellness Month, a reminder to care for both your body and mind. It encourages simple habits that ease stress, support daily routines, and make self-care feel doable. Small actions can help you feel more balanced every day.



Take breaks from screens



Try something new



Stay organized



Drink more water



Check in on mental health



Set goals



Focus on the positives



Celebrate small wins

## Healthy Habits for Kids

Small everyday choices can make a big difference in your child's health and happiness.



Serve fruits and vegetables. Choose whole grains and lean proteins.



Get 60 minutes of activity daily. Walk, bike, or play sports.



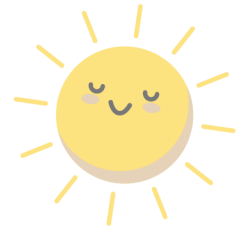
Brush teeth twice a day with fluoride toothpaste for two minutes.



Set a regular bedtime. Get enough sleep each night.



# 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](mailto: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/](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](mailto:listserv@listserv.health.state.ny.us) with the subject “Subscribe”



# SNAP-Ed Recipe Highlight



## Bean and Rice Burritos

These baked burritos are a great way to use leftover cooked rice. Try them with brown rice for a whole grain boost.



### Utensils Needed

- Cutting Board
- Knife
- Can opener
- Strainer
- Mixing bowl
- Measuring cups
- Baking pan or casserole dish
- Oven mitts
- Spoon
- Box grater

### Ingredients

- 2 cups rice (cooked)
- 1 onion (small, chopped)
- 2 cups kidney beans (cooked, or one 15 ounce can, drained)
- 8 flour toertillas (10 inch)
- ½ cup salsa
- ½ cup cheese (shredded)

### Directions

- Preheat oven to 300 degrees.
- Peel the onion, and chop into small peices.
- Drain liquid from kidney beans.
- Mix the rice, chopped onion and beans in a bowl.
- Lay each tortilla on a flat surface.
- Put ½ cup of rice and bean mix in the middle of each tortilla.
- Fold each sides of the tortilla
- Put each filled toertilla in a baking pan. Bake for 15 minutes.
- Then grate ½ cup of cheese on top. Pour salsa over burritos.

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

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