

St. Lawrence County Public Health Children's Programs Newsletter



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Maximizing Independent Living Choices (MILC)



MILC serves all of St. Lawrence and Franklin counties. It is a private not-for-profit organization that has assisted thousands of North Country residents with increasing their independence and access to community life.

MILC, Inc. serves people with physical and mental disabilities of all ages. They offer a variety of services including: individual and systems advocacy, independent living skills training, peer mentoring, assistive technology, and MORE!

For more information on Maximizing Independent Living Choices and the services they provide visit: <https://milcinc.org/>



January is... Birth Defect Prevention Month



While “birth defect” is a medical term, it does not mean that an individual is “defective.” It refers to health conditions that develop in a baby before birth.

It is important to understand that birth defects can happen for many reasons, and we cannot prevent them all. However, there are steps you can take during pregnancy to help you and your baby be as healthy as you can be.

- Get recommended vaccines
- Try to prevent infections
- See a healthcare professional regularly
- Avoid alcohol, smoking, and other recreational drugs
- Talk to a healthcare professional about any medications you take
- Take charge of existing health conditions, such as diabetes or high blood pressure



Cancer Prevention

February is recognized as Cancer Prevention Month. It is estimated that between 30-50% of all cancer cases are preventable. What are some of those factors that you can control in order to lower your child's risk of cancer?



Prevent sunburns:

It is important to avoid spending too much time in the sun. Wearing sunscreen, clothing that shields your skin from direct sunlight and taking breaks to be in the shade are great ways to avoid sunburns.



Avoid smoking:

Smoking is the leading cause of lung cancer, responsible for approximately 80% of all deaths. Avoid smoking in all forms, including vapes.

Vaccinate:



95% of cervical cancer cases are caused by persistent infection with the human papillomavirus (HPV). The HPV vaccine is 90% effective at preventing 6 types of cancer, not just cervical cancer. It is typically given between the ages of 9 and 12.



Healthy eating:

Follow a healthy eating pattern which includes an array of foods like fresh fruits, vegetables, whole grains and lean proteins. Avoid large amounts of highly processed foods and sugar-sweetened beverages.



Be physically active:

Children and teens should be getting at least 1 hour of moderate to vigorous activity each day.



Eating Disorders in Teens

Eating disorders are serious health conditions that affect both your physical and mental health. The most common eating disorders in teens are Anorexia nervosa, Bulimia nervosa, and avoidant restrictive food intake disorder (ARFID)

Some warning signs a teen may have an eating disorder are:

- ▶ Significant or rapid weight loss
- ▶ Secretive eating
- ▶ Weighing themselves multiple times a day
- ▶ Using laxatives that haven't been prescribed
- ▶ Skipping meals, snacks or cutting out foods they used to enjoy



Physical symptoms that could indicate an eating disorder:

- ▶ Lethargy or tiredness
- ▶ Decreased ability to concentrate
- ▶ Disruption in menstrual cycles
- ▶ Dizziness or fainting
- ▶ Becoming sick after eating
- ▶ Often feeling cold, even in warm surroundings

There are treatments for eating disorders. The key to treatment is early intervention! If you are suspicious that your child is suffering with an eating disorder, talk to their doctor.

Taking Care of Yourself: Care for Caregivers

Taking care of yourself is one of the most important things you can do as a caregiver. It's not always obvious when a person needs help.

Watch out for these signs of caregiver stress..

- * Feeling exhausted, overwhelmed, or anxious
- * Becoming easily angered or impatient
- * Feeling lonely or disconnected from others
- * Trouble sleeping or not getting enough sleep
- * Feeling sad or hopeless, or losing interest in activities you used to enjoy
- * Having frequent headaches, pain or other physical problems
- * Skipping showers or other personal care
- * Misusing alcohol or drugs, including prescription medications
- * Not having time to exercise or prepare healthy food for yourself



What to do if you're feeling overwhelmed..

- * Find something active you enjoy
- * Aim to get 7-9 hours of sleep each night
- * Experiment with relaxation techniques
- * Keep up with your own health
- * Eat a well-balanced diet with healthy foods and drink plenty of water
- * Carve out time each week to do something you enjoy that has nothing to do with caregiving
- * Take a break if you need it
- * Reach out for support whether it be a friend, family or mental health professional



Winter Outfit Checklist

Layering and covering bare skin is important for staying warm and safe in the snowy winter months.



Kids & Food Allergy

Symptoms may vary depending on the person and the food they are reacting to. Knowing what symptoms may look like is an important step to getting them treatment.

Symptoms of food allergies in babies and children **may include:**

- * Nausea or vomiting
- * Diarrhea
- * Stomach cramps or pain
- * Rash or hives
- * Face swelling
- * Eczema
- * Itching or swelling of lips, tongue or mouth
- * Difficulty breathing or wheezing
- * Lowered blood pressure combined with dizziness

1 in 13 children in the U.S. has a food allergy

That's roughly 6 million children



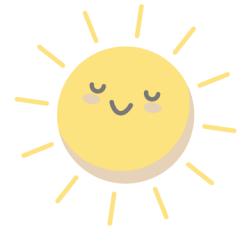
The 9 foods that are most likely to trigger an allergic reaction in children are:

- > Cow's milk
- > Peanuts
- > Soy
- > Egg
- > Wheat
- > Tree nuts
- > Shellfish
- > Fish
- > Sesame





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



Banana Bread

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



Utensils Needed

- Baking pan
- Measuring cups
- Mixing bowl
- Fork
- Measuring spoons
- Mixing spoon

Ingredients

- 3 bananas (large, well-ripened)
- 1 egg
- 2 tbsp vegetable oil
- $\frac{1}{3}$ cup milk, fat-free
- $\frac{1}{3}$ cup sugar
- 1 tsp salt
- 1 tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- 1 $\frac{1}{2}$ cups flour

Directions

- Preheat the oven to 350 degrees Fahrenheit.
- Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork.
- Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork.
- Slowly stir the flour into the banana mixture for 20 seconds until flour is moistened.
- Lightly grease the bread pan with a little oil, cooking oil or line with wax paper.
- Pour the batter into the bread pan. Bake for 45 minutes or until a toothpick inserted near the middle comes out clean.
- Let the bread cool for 5 minutes before removing from pan.

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

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This Newsletter is funded by the New York State Department of Health using federal Health Resources and Service Administration Title V funding. The opinions, results, findings and/or interpretations of content contained therein are the responsibility of the Contractor and do not necessarily represent the opinions, interpretations or policy of the State or Federal funding agency.