

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



Spring 2025

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## Local Resource Spotlight



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








## Migraine in Children



**1 in 10 children experience migraine in their life.**

*There's no test or scan that will show if your child's head pain is migraine. The only way for a doctor to diagnose your child with migraine is to talk about the specifics of their head pain, their response to current and past treatment, their family history and how their head pain affects their life.*

### What are common symptoms of migraine in children?

-  Moderate-to-severe head pain
-  Nausea, vomiting, light and sound sensitivity
-  Difficulty focusing, blurred vision or dizziness
-  Migraine attacks can last an hour to several days
-  Typically head pain is bilateral and often above the eyes



# Stress and Our Youth

In 2024, the St. Lawrence County Youth Bureau conducted a Needs Assessment among youth in the county. They had 1,738 responses to the survey and this is what they found..

51%

Youth reported experiencing anxiety or extreme worry within the past year.



42%

Youth attribute their feelings of sadness to pressure to excel in school, sports, and other school related activities.

71%

Youth answered either **yes** or **maybe** when asked if mental health stigma prevents them from getting help.

## What do we do with this information?

- 1 Check in with your children and see how they're feeling.
- 2 Have an open line of communication with your children OR make sure they have a trusted adult to talk to.
- 3 Normalize mental health issues and treatments, making them seem more accessible.
- 4 If you are struggling with your child's mental health, reach out for professional help!



## June is Great Outdoors Month

Outdoor play engages children in physical activity while helping them socialize, understand their bodies better, and take part in imaginative play.

There are so many great places to enjoy the great outdoors this spring!



 Play in the backyard

 Go to the town playground

 Go to the town beach

 Join the seasonal sports team

 Find a local trail to walk

 Check out the Nature Center

 Check town recreation programs





## Bike Safety

Riding a bicycle is a great way to get exercise while building muscle strength and endurance. Safety should always be a priority when riding a bike, here are some tips to share with your kiddos when riding their bike.

- Always wear a proper fitting helmet
- Keep both hands on the handlebars
- Wear bright or reflective clothing
- Wear closed-toe shoes
- Regularly inspect the bike and check for issues
- Make sure the bike is the correct size for the child
- If planning to ride on the road, be sure the kids know the rules of the road



## Wellness Reminder

As warm weather arrives, we will see more wildlife come out of hibernation and become more active. Please don't interact with wildlife as *cute* or *furry* you think they may be. It is safest for you and the wildlife if they are observed from afar!



## 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!

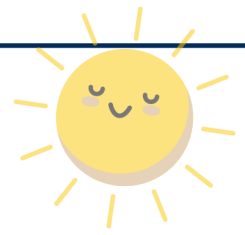
Find BEI on Facebook at:

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"



# 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](mailto: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/](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>



# SNAP-Ed Recipe Highlight!

## Banana Oatmeal Cookies



A healthy way to start your day, these cookies bring whole grains, protein and fiber to you for a quick breakfast or after school snack.



### Utensils Needed

- Baking sheet
- Measuring spoons
- Measuring cups
- Medium bowl
- Fork, spoon, and spatula

### Ingredients

- 2 very ripe bananas
- 1 cup quick oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1/2 cup raisins



### Directions

1. Preheat the oven to 350 degrees F.
2. In a medium bowl, mash bananas with a fork until mostly smooth.
3. Add oats, cinnamon, vanilla, and raisins. Mix well.
4. Drop rounded teaspoonfuls of dough onto a lightly sprayed baking sheet. Flatten with the back of a spoon.
5. Bake 10 to 15 minutes. Remove from oven and let cool before serving.
6. Store in an airtight container.

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

\*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.\*

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