

St. Lawrence County Public Health Children's Programs Newsletter



Winter 2025

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Local Resource Spotlight



The St. Lawrence-Lewis BOCES is committed to providing students, families, schools and communities with educational opportunities to prepare for successful future in the evolving global economy. BOCES has a number of different services and programs that are available to people of different ages and abilities.

St. Lawrence-Lewis BOCES

40 West Main St
Canton, NY 13617

Phone: 315-386-4504



March is... Brain Injury Awareness Month

A **concussion** is one of the most common injuries to the brain, affecting about two million children and teens every year. It is a type of traumatic brain injury, or TBI, caused by a bump, blow or jolt to the body that causes the head and brain to move quickly back and forth.



Some signs you might see in a child with a concussion are:

- Appears dazed or stunned
- Can't recall events prior to or after the hit or fall
- Moves clumsily
- Shows mood, behavior, or personality changes
- Answers questions slowly
- Loses consciousness (even briefly)
- Forgets an instruction, is confused about an assignment or other details

If you suspect your child has a concussion, they should be seen by a health care provider right away.



Keep Kids Heart-Healthy!

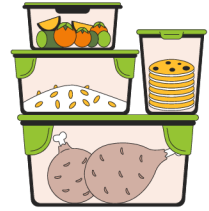


Schedule family time for physical activity

Go outside for a walk, hike or even outdoor games. Inside you could have a dance off or play an interactive sports video game.

Plan a weekly menu and prep your meals

Encourage kids to help with meal planning and grocery shopping. Taking time to prepare for the week ahead can help improve diets.



Simplify your family's schedule

A non-stop lifestyle isn't sustainable or healthy. Try prioritizing your activities and work on ways to manage stress.

Set a regular bed time and wake up time

Develop bedtime routines to wind down after a busy day. Encourage them to develop their own rituals for a good nights sleep.



Live by example

Be a role model for healthy behaviors. Teaching kids about heart health now will help them live longer, healthier lives.

For more information on heart health visit heart.org/en.



Dental Health for Kids

Oral health is an important part of overall wellness. Cavities are the most common chronic disease of childhood in the United States. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing and learning.

What are some things you can do to help your kids teeth, mouth and gums healthy and strong?

- 1.) Make sure kids are seeing a dentist regularly for cleanings and check ups
- 2.) Brush their teeth twice a day with fluoride toothpaste
- 3.) Provide a healthy, well-balanced diet
- 4.) Limit sugar consumption



Children & Sleep

Good sleep is essential for health and emotional well-being. The amount of sleep someone needs varies depending on their age.

Age

Sleep in Hours

0-3 months	14-17
4-12 months	12-16
1-2 years	11-14
3-5 years	10-13
6-12 years	9-12
13-17 years	8-10
18-60 years	7 or more



Health benefits of sleep

Get sick less often
Maintain a healthy weight
Reduce stress and improve mood
Improve attention and memory

Lower risk of conditions like:

Type 2 diabetes
Heart Disease
High blood pressure
Stroke



5 Steps of Handwashing



Wet your hands with clean water & apply soap.



Lather hands with soap on all sides and between fingers.



Scrub hands for 20 seconds.



Rinse hands well under clean water.



Dry your hands using a clean towel or air dryer.



Bureau of Early Intervention: Stay Connected!



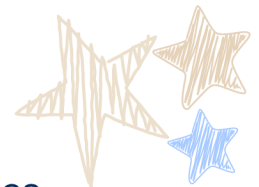
The Bureau of Early Intervention (BEI) wants to make sure families stay connected to what's happening in the Early Intervention Program.

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!

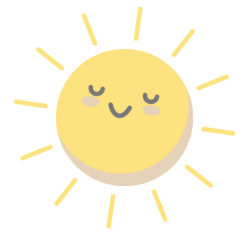
Find BEI on Facebook at:

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/ChildrensPorgrams>

SNAP-Ed Recipe Highlight!



Fajita Chicken Bake

This simple one dish meal is a family favorite that is perfect for busy nights.



Utensils Needed

- 9x13 pan
- Measuring spoons
- Measuring cups
- Cutting board
- Sharp Knife

Ingredients

- 1 1/2 lb of boneless, skinless chicken breast
- 1 medium red onion, sliced thinly
- 2 large bell peppers, sliced thinly
- 1/2 cup shredded low fat cheddar cheese, or Mexican blend
- 2 tbsp low sodium taco seasoning or Fajita seasoning
- 1 tbsp olive oil or vegetable oil

Directions

1. Preheat the oven to 375 degrees F.
2. Lay chicken breasts flat on the bottom of 9x13 pan. Sprinkle taco seasoning on top of the chicken.
3. Add onions and peppers and drizzle olive oil over the top. Sprinkle with cheese and place in oven for 35-40 minutes.
4. Serve over brown rice, quinoa, or fill a tortilla with this blend!

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

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**St. Lawrence County
Public Health Department
80 State Hwy 310, Suite 2
Canton, New York 13617-1476
Phone: 315-386-2325**