

St. Lawrence County Public Health Children's Programs Newsletter



April 2023

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The Centers for Disease Control and Prevention has created an activity book to offer parents and educators an interactive way to talk to kids about how mosquito bites can make you sick. It is important to note that mosquito bites can spread viruses.

Ready Wrigley books are available for download at <https://www.cdc.gov/cpr/readywrigley/books.htm>

Springtime Tick Safety

Do you know how to remove a tick?

1. Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure.
3. Dispose of tick by
 - o Putting it in alcohol
 - o Placing it in a sealed bag or container
 - o Wrapping it tightly in tape
 - o Flush it down the toilet

Never crush a tick with your fingers.



If you develop a rash or fever within several weeks after finding a tick, see your doctor and let them know:

1. When the bite occurred and
2. Where you think you picked up the tick

Ticks cannot jump or fly, but rest on grass and shrubs. They wait for an animal/human to walk by, then grab ahold of the animal/human and attach themselves. Ticks can sense body heat, moisture, and vibrations. Some species can even recognize a shadow!

Find more information about tick bite prevention and tickborne disease at [CDC.gov](https://www.cdc.gov)

April is Autism Awareness Month

Autism spectrum disorder (ASD) affects about 1 in 44 children. The American Academy of Pediatrics (AAP) recommends that all children be screened for ASD at their 18- and 24-month well-child checkups. Research shows that starting an intervention program as soon as possible can improve outcomes for many children with autism.

Autism spectrum disorder (ASD) is a developmental disability that can affect a child's social skills, communication, and behavior. Because most children with ASD will sit, crawl, and walk on time, you may not notice delays in social and communication skills right in the first year of life.

For more information visit [healthychildren.org](https://www.healthychildren.org)

Articles Include:

Helping Teens With Autism Transition to Adulthood: Tips for Parents & Caregivers

How is Autism Diagnosed?

Keep Kids with Autism Safe from Wandering: Tips from the AAP

What are the Early Signs of Autism?

Words of Support for Parents of a Child with Autism



healthychildren.org

Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

Transition Planning



Office for People with Developmental Disabilities (OPWDD)

- Review eligibility. Please visit the following link for requirements: <https://opwdd.ny.gov/eligibility>
- OPWDD is responsible for coordinating services for New Yorkers with developmental disabilities including intellectual disabilities, cerebral palsy, down syndrome, autism spectrum disorders, Prader-Willi syndrome and other neurological impairments.

Meeting your needs:

- Employment- If your goal is to work within the community, but need assistance in learning skills or help on the job, OPWDD has services to help!
- Day Services- If you want to become more independent and be an active member of your community, OPWDD has day habilitation services to provide personal, social and vocational supports.
- Housing- OPWDD can help provide supports for you to live in your family home or in another home in your community on your own or with others so you can be as independent as possible.

How to contact:

- call 607-240-4900 or email info@opwdd.ny.gov

For more information:

- [OPWDD](https://www.opwdd.ny.gov) or <https://opwdd.ny.gov/about-us>



Office for People With
Developmental Disabilities



HOW CAN I REDUCE MY CHILD'S EXPOSURE TO LEAD?

Recent news articles regarding lead contamination in baby foods may have you concerned for your child's nutritional wellbeing. Here are some simple steps you can take to reduce your child's exposure to lead.

Serve a Variety of Foods

Providing a diverse diet can help provide an array of vitamins and nutrients that may offset the damage caused by lead. Focus on foods high in Iron, Calcium, and Vitamin C.

Switch up Grains

Rice cereals often contain high levels of metals compared to other crops. Try other grains such as oats, barley, quinoa, farro, couscous, and multi-grain cereals.

Avoid Fruit Juice

Offer young children fruit slices rather than fruit juice. Many fruit juices, particularly apple and grape, may contain high levels of heavy metals.

Keep Your Home Lead Safe

Keep your older home lead-safe by fixing peeling paint, regularly cleaning surfaces with a wet cloth, and following safe practices for removing lead-based paint.

Read Food Labels

Be sure to check the list of ingredients to ensure that baby foods offer the variety they claim.

Have Your Water Tested for Lead

Heavy metals can get into tap water and pipes in older homes may contain lead. Contact St. Lawrence County Public Health for more information 315-386-2325.

Avoid Smoke from Regular & E-Cigarettes

Second and third-hand smoke can expose children to heavy metals, including lead.

Children and Youth with Special Healthcare Needs



(315) 386-2325

CYSHCN provides resources and referrals to families with a child from birth to 21 years old who has or may have a physical, behavioral, or emotional condition or delay in development that requires special health related services.

If you would like more information or need resources you can reach the CYSHCN program at 315-386-2325 ext. 3420.

NY State CYSHCN link has multiple resources available to families and can be located at this link:

[Children and Youth with Special Health Care Needs \(CYSHCN\) Program \(ny.gov\)](https://www.ny.gov/children-and-youth-with-special-health-care-needs)



Bureau of Early Intervention: Stay Connected!



The Bureau of Early Intervention 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 our Listserv 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!

Peanut Butter and Banana Pockets



Packed with fruit, protein, and whole grains, these pockets are perfect for an easy and delicious snack or dessert!



Utensils Needed

- Cutting board
- Knife
- Measuring spoons
- Small bowl
- Whisk or spoon
- Large skillet
- Spatula

Ingredients

- 3 ripe bananas
- 3 Tablespoons creamy peanut butter
- 1½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

Directions

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Lightly coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 12 minutes on each side, or until golden brown.

Nutrition Information

Serving Size: 1 folded quesadilla

Nutrients	Amount
Calories:	300
Total Fat:	11 g
Saturated Fat:	2.5 g
Cholesterol:	0 mg
Sodium:	370 mg
Total Carbohydrates:	47 g
Dietary Fiber:	3 g
Total Sugars:	14 g
Protein	8 g

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