

St. Lawrence County Public Health Children's Programs Newsletter



January 2023

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READY WRIGLEY PREPARES FOR FLU SEASON



The Centers for Disease Control and Prevention has created Ready Wrigley to provide parents, guardians, teachers, and young children with tips, activities, and a story to help the whole family prepare for emergencies. Together with your child, join Wrigley as she helps her family stay healthy during flu season. The activity book is designed to provide an interactive tool to further your child's education and prevent the spread of the flu in your community.

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

Children's Programs at St. Lawrence County Public Health

Early Intervention (EI)

Children may receive EI services if they are age birth to 3 & meet eligibility criteria for developmental delay, or a diagnosed condition that has a high probability of resulting in a developmental delay (in the areas of: physical; cognitive; communication; social-emotional or adaptive).

Children and Youth with Special Health Care Needs (CYSHCN)

Children from birth to 21 years who have (or may have) a serious or chronic physical, developmental, behavioral or emotional condition.

Child Find

Provides developmental screenings of children age birth to three. Educate parents regarding child developmental stages. Referrals made to other providers as needed.

Maternal and Child Health Program

Offers a one time home visit for mom and baby anytime following hospital discharge. Help with breastfeeding, postpartum care and much more.

Preschool Program

Facilitates services for children ages 3-5 years. Offers evaluations and services to help maximize the child's developmental potential. If you suspect that your child has a developmental delay or disability, contact your school district's Committee on Preschool Special Education to make a referral.

For more information please visit:
www.stlawco.org/departments/publichealth/childrensprogram

Children and Youth with Special Healthcare Needs



Public Health
Prevent. Promote. Protect.
ESTABLISHED 1986

(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 \(ny.gov\)](#)

Protect Tiny Teeth Tips from healthychildren.org

Taking care of your mouth—and your baby's—is one of the easiest ways to help your baby right from the start. When you're pregnant, you may be more prone to gum disease and cavities, which can impact your baby's health. If you already have an infant, their tiny teeth matter! Caring for them now sets them up for a lifetime of good oral health.



Wipe the gums twice a day with a soft, clean cloth—in the morning after the first feeding and right before bed. That helps wipe away bacteria and sugars that can cause cavities.

Once their first tooth comes in, start brushing their teeth twice a day with a smear (rice-grain sized) amount of toothpaste.



Take your baby to the dentist by their first birthday. It's the best way to spot signs of problems early. If you don't have a dentist, ask your pediatrician to check out your baby's mouth and help you find one.



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

CDC: Learn the Signs. Act Early

"From birth to 5 years, your child should reach milestones in how they play, learn, speak, act and move. Track your child's development and act early if you have a concern."

The Centers for Disease Control (CDC) program offers free resources such as a Milestone Tracker app, children's books, tip sheets on topics such as how to get help for your child, how to talk with your doctor, growth charts and developmental milestones.

Find more information, materials and tools here: <https://www.cdc.gov/ncbddd/actearly/>

Help your child grow and thrive

Download CDC's free Milestone Tracker app



Learn more at cdc.gov/MilestoneTracker

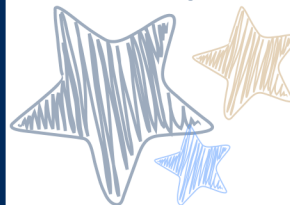
Bureau of Early Intervention: Stay Connected!

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"



COVID-19 and Flu

Get Yourself & Your Family Vaccinated



Is It Safe to Get the COVID-19 and Flu Vaccine at the same time?

Yes, you can get a COVID-19 vaccine/booster and a flu vaccine at the same time if you are eligible and the timing coincides.

If you have concerns about getting both vaccines at the same time, you should speak with a health care provider.

Can children get a COVID-19 vaccine and a flu vaccine during the same visit?

Yes, children who are eligible for COVID-19 vaccination can get a COVID-19 vaccine and a flu vaccine at the same visit.

If your child is eligible, get them up to date on their recommended COVID-19 vaccine and annual flu vaccine as soon as possible.

You can get both vaccines at the same time, but don't delay either vaccination in order to get them both at the same visit. Both vaccines are recommended, and your child should get the recommended doses for each vaccine.

Who Should Get the Flu and COVID-19 Vaccinations

FLU	COVID-19
Everyone 6 months and older	Children and teens ages 6 months-17 years
Vaccination is particularly important for people who are at higher risk of serious complications from influenza. For more information, visit CDC website. <u>People at Higher Risk of Developing Flu-Related Complications.</u> (www.cdc.gov/flu/highrisk/index.htm)	Adults ages 18 years and older
	People ages 5 years and older receive one updated (bivalent) booster
More information <u>Seasonal Flu Vaccines</u> (www.cdc.gov/flu/prevent/flushot.htm)	More information <u>Stay Up to Date with COVID-19 Vaccines Including Boosters</u> (www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html)

Speak with your healthcare provider about the Flu and COVID-19 vaccinations. Keep updated on St. Lawrence County Public Health vaccination clinics by visiting, <https://stlawco.org/Departments/PublicHealth/COVID-19Vaccine>



COLD, RSV, FLU, & COVID-19

These lists are not all inclusive.

Please consult your medical provider for any symptoms that are severe or concerning.

Symptoms	Cold	RSV	Flu	COVID-19
Muscle and body aches	✓		✓	✓
Cough	✓	✓	✓	✓
Fatigue/tiredness			✓	✓
Fever/Chills		✓	✓	✓
Shortness of breath or difficulty breathing				✓
Runny or stuffy nose	✓	✓	✓	✓
Sore throat	✓		✓	✓
Headache	✓		✓	✓
Loss of taste or smell				✓
Nausea/Vomiting			More common in children	✓
Diarrhea			More common in children	✓

Protect Yourself and Your Family From Fall and Winter Viruses

Vaccinate



Cover your coughs and sneezes

Avoid touching your face with unwashed hands



Wash your hands often

Clean and disinfect surfaces



Stay home when you're sick.

USDA My Plate Recipe Highlight!

Bugs on a Log

No cooking required for this tasty snack!
Kids can help prepare with supervision.



Nutrition Information

Serving Size: 3" celery log with spread and bugs

Total Calories: 60
Total Fat: 2 g
Saturated Fat: 1 g
Cholesterol: 8 mg
Sodium: 68 mg
Carbohydrates: 9 g
Dietary Fiber: 1 g
Total Sugars: 7 g
Added Sugars included: 0 g
Protein: 2 g
Vitamin D: 0 mcg
Calcium: 34 mg
Iron: 0 mg
Potassium: 149 mg

Ingredients

"Logs"

- 1 celery stalk (Cut into 3 pieces)
- Apple slices
- carrot, raw, sliced into 3" pieces

"Bugs"

- 1 tablespoon raisins (regular or golden)
- unsweetened whole grain cereal
- peanuts, chopped

Spread

- 1 tablespoon cream cheese, low fat

Utensils Needed

Mixing Bowls
Mixing Spoon

Directions:

1. Wash hands with soap and water.
2. Choose one "log" option.
3. Top with spread.
4. Sprinkle with "bugs".

What is MyPlate?



The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives.

When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.

Find additional recipes or USDA Plate information [here!](#)

We look forward to providing this newsletter. Please feel free to share suggestions for future topics or questions on our Facebook page @SLCPublicHealth or email to CYSHCN@stlawco.org

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