

St. Lawrence County Public Health Children's Programs Newsletter

July 2022



In this issue: ABCs of Safe Sleep • Early Intervention Transition Info Series • Child Passenger Safety Program • SNAP-Ed Recipe Highlight • Children and Youth With Special Healthcare Needs • Keep In Touch

Follow the **ABCs** of Safe Sleep



- A Alone.**
Baby should sleep **Alone.**
- B Back.**
Put baby on their **Back.**
- C Crib.**
Put baby in a safe **Crib.**

See health.ny.gov/safesleep for resources, recommendations & recall information

Early Intervention: Transition Info Series for EI Families

How is my child's eligibility for preschool special education services determined by the Committee on Preschool Special Education? Just like an evaluation was completed to determine whether or not you were eligible for early intervention, your child will be evaluated to see if they are eligible for preschool special education services by the CPSE. You have the right to decide whether your child is evaluated. If you agree to the evaluation, the CPSE team will meet to review and explain your child's evaluation results and to determine whether your child is eligible for preschool special education. The CPSE team includes you, school representatives, special education teachers, a general education teacher, certified professionals appointed by the county and a school psychologist. You are a very important part of the team - you can help the representatives and teachers understand your child's learning strengths and needs in more detail than what can be interpreted from evaluations. If you choose, you can invite your service coordinator to attend the meeting with you. At the CPSE meeting you will receive an explanation of the results of the evaluation and eligibility determination, so you can fully participate in the meeting.

What happens after eligibility is determined? If the CPSE determines your child to be eligible for preschool special education services, the team will develop an Individualized Education Program, also known as an IEP, which will list goals for your child to reach, and what steps the school will take to help teach those goals. If your child is not eligible, the CPSE must give you a report of reasons why your child is not eligible. Even if you are not eligible for preschool special education, your transition plan and EI team should help you identify programs and other resources to meet your goals for your child. If you disagree with the CPSE's decision, you have the right to make a written request for an Independent Educational Evaluation (IEE).

If you have any questions about your child's transition to CPSE please reach out to your child's service coordinator or reach the EI program at (315) 386-2325 Ext. 3420.

St. Lawrence County Community Services Child Passenger Safety Program

<https://www.stlawco.org/Departments/CommunityServices/TrafficSafetyProgram>

Community Services Traffic Safety/Child Passenger Safety Program is here for the general public to help teach and inform them of any traffic related topic.

The Child Passenger Safety Program provides information on Restraint Use, Car Seat Installation and Use (Rear and Forward Facing), Booster Seat Safety, Seat Belt Safety, Use of used car seats, and more. They are also a fantastic resource for discussing safe restraint options for children with disabilities and special needs. **For more information contact the St. Lawrence County Traffic Safety Program at 315-386-2207.**



Helpful Safety Reminders:

- Always check for children before backing up or moving a vehicle
- Check to make sure no child is left behind in a hot or cold vehicle
- Take an infant seat inside when it is hot or cold out.
- Check metal pieces on car seat clips before securing a child in to make sure it is not too hot or cold.
- When installing a seat, be sure to remove the keys from the ignition

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"



Children and Youth With Special Healthcare Needs (CYSHCN)

CYSHCN is a program that 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.

[Children With Special Health Care Needs Program | St. Lawrence County \(stlawco.org\)](#)

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 \(ny.gov\)](#)



SNAP-Ed Recipe Highlight

Yogurt Popsicles!



Want to make this a fun child experience? The children can: open the juice, stir things together, use a spoon to fill small cups, and put the sticks in.



Nutrition Information

Serving Size: 2 Popsicles	
Nutrients	Amount
Calories:	70
Total Fat:	1 g
Saturated Fat:	0.5 g
Cholesterol:	0 mg
Sodium:	55 mg
Total Carbohydrates:	12 g
Dietary Fiber:	2 g
Total Sugars:	14 g
Added Sugars:	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	6 mg
Iron	0 mg
Potassium	220 mg

Ingredients

1 quart low fat vanilla yogurt
1 can frozen orange juice concentrate (6 ounce can)

Utensils Needed

Wooden Craft Sticks
Popsicle Molds or Small Waxed Paper Cups
Mixing Bowl
Mixing Spoon

Directions:

1. Stir the ingredients together.
2. Spoon into 24 popsicle molds or small waxed paper cups. Insert wooden craft sticks in the center of each popsicle.
3. Freeze about 2 to 3 hours depending on the size of the popsicles.
4. Refrigerate or freeze leftovers within 2 hours.

For additional recipes or SNAP information
Subscribe to SNAP-Ed updates [here!](#)

Did You Know?

Gardening is a great way to grow healthy food, and **SNAP benefits can be used to buy food producing seeds and plants. This allows for families to increase the fruit and vegetables that are available to you!**

Certain non-food items are eligible to be purchased with SNAP benefits.

Purchase at any location that accepts SNAP benefits, and sells food-producing plants or seeds. Many Farmer's Markets also accept SNAP benefits.

Eligible Items:

- Seeds for producing edible plants and edible plants (tomatoes, peppers, corn, and fruit trees)
- Edible food producing roots, bushes, and bulbs (e.g., asparagus crowns and onion bulbs); and
- Seeds and plants used to produce spices for use in cooking (basil, sage, parsley, etc.)

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

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