

St. Lawrence County Public Health Children's Programs Newsletter



Summer 2024

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Help your child grow and thrive

Download CDC's free
Milestone Tracker app



Learn more at cdc.gov/MilestoneTracker

Milestones matter! Track your child's milestones from ages 2 months to 5 years with the CDC's easy-to-use illustrated checklists; get tips from the CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing.

Summer Sun Safety



Apply sunscreen 30 minutes before outside play to allow sunscreen to absorb into the skin



Reapply at least every 2 hours or more often if children are sweating or in the water



Dress children in lightweight, loose-fitting clothing to help them from overheating



Make sure children are drinking plenty of fluids such as water, and avoid drinks with lots of sugar



Keep children in the shade when possible and provide breaks during outdoor activities to reapply sunscreen and get water





How to prevent lead poisoning in children



Know the common sources

Common sources of lead include paint, soil, water, imported foods and medicines, toys, jewelry, and antiques.

Make your home lead-safe

- If you live in a home built before 1978, have your house checked by a licensed lead inspector.
- Contact your water provider to check about lead in your tap water.
- If you are planning renovations, use approved methods to remove lead hazards.

Take everyday steps to stay healthy

- Give your child healthy foods and a balanced diet that provides calcium, iron, and vitamin C to help keep lead out of the body.
- Wash your hands, face, and toys regularly after playing outside or with pets that may have lead particles from soil or household dust.

Get your child lead tested

Children should be given a blood test to check for lead exposure at ages 1 and 2. Testing may also be recommended if they live or spend time with someone who works with lead.



August is National Immunization Awareness Month

Don't delay a routine vaccine! Vaccines support the body's natural immune system to fight off disease. If you have questions about a recommended vaccination for you or your child, ask your healthcare provider to talk you through the benefits and address any concerns you have.

For the most up to date vaccine schedule, check the CDC website at <https://www.cdc.gov/vaccines/schedules/>.



Local Resource Spotlight



The North Country Prenatal/Perinatal Council (NCPPEC) is dedicated to strengthening maternal and family health by identifying service needs and improving access to care through community collaboration, education, and referral for the well-being of every woman, every child, and every family.

NCPPEC houses a wide variety of programs that include community education and training, healthy families, lactation consultation, health insurance assistance and so much more!

North Country Prenatal/Perinatal Council, Inc.

68 W Main Street

Gouverneur, NY 13642

Phone: 315-788-8533

Fax: 315-222-7348



NORTH COUNTRY PRENATAL/PERINATAL COUNCIL, INC.

**Every Woman,
Every Child,
Every Family**



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!

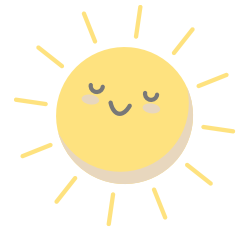
Find BEI on Facebook at:

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 in the process of planning story hours, workshops, and other events across the county in 2024.

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!



Tropical Smoothie

A healthy grab-and-go breakfast and delicious enough to be an anytime treat!



Utensils Needed

- knife
- blender
- cutting board
- measuring utensils
- 2 glasses

Ingredients

- 3/4 cup plain yogurt
- 1 large overripe banana, sliced (frozen if possible)
- 1 orange, peeled and sectioned
- 1/2 cup fresh, frozen or canned pineapple chunks
- 2 ice cubes (if using non-frozen fruit)
- 1 tbsp almond or peanut butter
- 1 tbsp shredded unsweetened coconut

Directions

1. Put all ingredients in the blender.
2. Put the top on tightly. Turn on blender at medium speed and blend until smooth, 30-60 seconds.
3. Divide the smoothie between the 2 glasses and serve right away.

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

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