

St. Lawrence County Public Health Children's Programs Newsletter



April 2022

In this issue: EI Transition Info Series • Learn the Signs. Act Early. • Introduction to CYSHCN • Parent to Parent of NYS • SNAP-Ed Recipe Highlight • How to Stay Connected

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/>

Early Intervention Transition Info Series

Transition Conference: Your service coordinator will provide you the chance to meet with the service coordinator and the chairperson of the Committee for Preschool Special Education (CPSE) together. If your child is already receiving, or may need additional services from another state agency, it may be appropriate to have a representative from that agency attend as well. You will be asked to give your consent to your service coordinator for this conference to take place. You can decline this conference.



Whether or not you choose to have a transition conference, you can decide to refer your child to the school district CPSE. Your service coordinator will help you to make this referral.

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.

Help your child grow and thrive

Download CDC's free *Milestone Tracker* app

Learn more at [cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)

Children and Youth with Special Health Care Needs

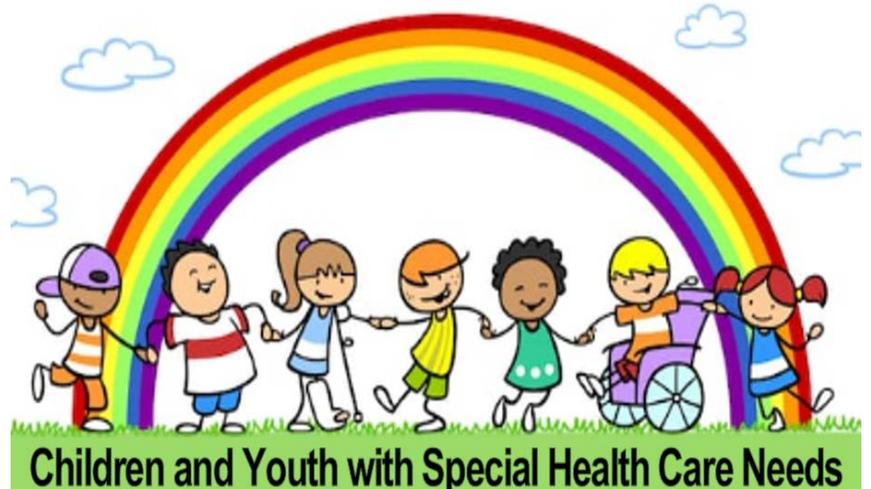
Children and Youth with Special Health Care needs is a program that provides resources and referrals to families with a child from birth to 21 years old who has or may have a physical, behavioral, or emotional condition or delay in development that requires special health related services.

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 \(stlawco.org\)](http://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 \(ny.gov\)](http://ny.gov)



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](http://NYSDOH-Early Intervention Community of Families) or email listserv@listserv.health.state.ny.us

with the subject "Subscribe"

Parent to Parent of New York State

(from the Parent to Parent of NYS Website)

Parent to Parent of New York State is expanding their service region to include Northern New York. **What is Parent To Parent?** Parent to parent support offers a parent of a person with a developmental

disability or special health care need the opportunity to be connected one-to-one with another parent who knows first-hand about the feelings and realities that come with having a family member with a disability or chronic illness. Through the one-to-one match the experienced support parent provides emotional support to the referral parent and assists them in finding information and resources.

Research on parent to parent programs indicates:

Parent to Parent support increases parents' sense of being able to cope. Parent to Parent support increases parents' acceptance of their situation.

Parent to Parent helps parents make progress on the need they present when they first contact a Parent to Parent program.

Over 80% of parents find Parent to Parent support to be helpful.

Find them online: <http://parenttoparentnys.org/site/>



SNAP-Ed Recipe Highlight

English Muffin Fruit Pizza



This sweet treat is quick and easy to make with simple ingredients you may already have around! For variety, try using any combination of colorful fruits.



Utensils Needed:

- Toaster/Oven
- Knife
- Serving Place

Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	120
Total Fat:	8 g
Saturated Fat:	1.5 g
Cholesterol:	10 mg
Sodium:	170 mg
Total Carbohydrates:	19 g
Dietary Fiber:	2 g
Total Sugars:	7 g
Added Sugars:	0 g
Protein	4 g

Ingredients

English muffin (try whole grain)
2 Tablespoons reduced fat or fat-free cream cheese (see notes)
2 Tablespoons sliced strawberries
2 Tablespoons blueberries
2 Tablespoons crushed pineapple

Directions:

Split open the English muffin and toast the halves until lightly browned. Spread cream cheese on both halves. Divide the fruit between the two muffin halves and arrange on top of cream cheese.

These are best when served immediately. Refrigerate leftovers within 2 hours.

Notes:

Use any combination of fruit for topping the pizza, such as apples, raisins, pears or peaches.

No cream cheese? Try peanut butter or sunflower seed butter.

Sprinkle with nuts or seeds for added crunch.

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

About SNAP-Ed:

SNAP-Ed NY teaches people how to shop for and cook healthy meals on a limited budget. Our goal is to give you the tools, tips, and tricks to help you make nutritious food choices and choose a physically active lifestyle. If you are looking for a class in your area, [click here](#) to connect with a local program.

SNAP-Ed works to help make the healthy choice the easy choice for our communities. Are you interested in bringing SNAP-Ed programming to your agency, community, or school? [Click here to learn more!](#)

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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