



SENECA COUNTY HEALTH NEWS



What is School Readiness?

It is never too early to start providing the kinds of experiences that will help your child enter school ready to succeed. “School readiness” refers to the academic knowledge, independence, communication, and social skills children need to do well in school. Getting your child ready for school requires you to spend time reading, talking, and playing with your child.

Academic Readiness

Before entering kindergarten, children should have basic knowledge of themselves, their families, and the world around them. Through play and interactions with caring adults, children can come to school with many skills that teachers can build upon. To get your child academically ready for school, you should:

- ◇ Read to your child daily and talk about what you’ve read.
- ◇ Visit the library. Check out books and attend story times.
- ◇ Sing rhyming songs and do finger plays.
- ◇ Put your child’s name on their clothing and toys to help him or her recognize their name in print.
- ◇ Encourage your child to write his or her name.
- ◇ Help your child learn basic colors by pointing and naming objects like “green trees,” “red apples,” or “blue coats.”
- ◇ Give your child puzzles and games that require counting and problem solving. Let your child scribble, draw, write, and cut and paste.
- ◇ Sing the alphabet song with your child and provide letter magnets or other toys that will help him/her begin to recognize the letters of the alphabet.
- ◇ Take your child to the zoo, park, grocery store, post office, and pet shop. Talk about the sights and sounds of your day.
- ◇ Make time for your child to sing, dance, climb, jump, run, and ride tricycles or bikes.
- ◇ Choose child care that promotes learning with well planned, fun, and interesting activities.

Social Readiness

Social readiness is as important as academic readiness. Being able to get along with other children, follow directions, take turns, and say “good-bye” to parents are skills that kindergarten teachers hope to see from incoming children. To get your child socially ready for school, you should:

- ◇ Set rules and give consequences for breaking them.
- ◇ Have regular routines for mealtime and bedtime.
- ◇ Encourage your child to play with and talk to other children.

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What is School Readiness? Cont'd:

- ◇ Encourage your child to take turns and share with other children.
- ◇ Encourage your child to finish difficult or frustrating tasks once they have begun them.
- ◇ Encourage your child to consider the feelings of others.
- ◇ Model and discuss positive ways for your child to express his or her feelings.
- ◇ Discourage hitting, biting, screaming, and other negative behaviors.
- ◇ Kiss and hug your child several times a day.

Independence

When children complete basic self-help tasks such as zipping their coats or tying their shoes, they feel a great sense of pride. Independence builds confidence and self-esteem. In school, children will be expected to do many things on their own. To make sure your child is independent in school, you should:

- ◇ Buy shoes and clothing that are easy for children to buckle, zip, and fasten on their own.
- ◇ Let your child get dressed and put on shoes by him or herself.
- ◇ Encourage your child to take turns and share with other children.
- ◇ Let your child do simple chores like setting the table at mealtimes or cleaning up toys after playing.
- ◇ Encourage independent toileting and hand washing.
- ◇ Let your child work independently on activities such as completing puzzles.

Communication Skills

Listening and speaking are the first steps to reading and writing in the preschool years. Through conversations with parents, teachers, and friends, children learn about the people, places, and objects that they will later read and write about. It is through speaking that young children tell us what they know and understand about the world. To make sure that your child can communicate his or her thoughts and feelings in school, you should:

- ◇ Have regular conversations with your child.
- ◇ Encourage your child to listen and respond to others when they speak.
- ◇ Answer your child's questions, even if the answer is "no."
- ◇ Help your child learn and use new words.
- ◇ Explore language through singing, rhyming, songs, and chants.
- ◇ Model the language you want your child to use.
- ◇ Write notes to your child.
- ◇ Help your child dictate letters to family and friends.

Do You Need Assistive Technology?

We Can Help!

National Disability Institute (NDI) can provide affordable loans to help people with disabilities purchase the assistive technology that best meets their needs.

What is assistive technology?

Assistive Technology are products or devices that can improve your independence and quality of life.

Examples include:

- Accessible bathrooms
- Computer equipment
- Hearing aids
- Modified vehicles
- Scooters/wheelchairs
- Smart home technology
- And more!

If you are a resident of New York or New Jersey, you may qualify.



Contact:

Laurie Schaller



lschaller@ndi-inc.org

202-449-9521

To learn more, visit NDI's website:
assistivetechloans.com



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Don't Wait Until It's Too Late!

How would you know early on if your child had lead poisoning if you didn't get a blood test done?

You wouldn't, that's the problem. There are no immediate symptoms of lead poisoning which is why it is so important to get your child tested for it. *(In NYS, all children should be tested at age 1 and at age 2)*

Lead poisoning can lead to many issues in life. Lead poisoning can cause delayed educational development, irreversible reduction in IQ, processing disorders, behavior and attention problems (children with lead poisoning 7.2x's as likely to have ADHD), stunted growth, hearing damage, brain or nerve damage, kidney damage, seizures, and in high levels even death.

Later in life there is a connection with childhood lead poisoning and mental health issues, addictions, delinquency in schools, increased dropout rate, incarceration of violent acts, fertility issues, and dementia.

Where can a child get exposed to lead? The main exposure people have often happens within their own home. Paint found in many homes built before 1978 have lead-based paint (over 43% of the houses in Seneca County were built before 1950). Household dust can become contaminated from deteriorating lead-based paint. Soil can become contaminated from exterior lead-based paint. Drinking water can become contaminated if

plumbing contains lead or lead solder.

Spices and seasonings from other countries can contain lead in them.

Painted dishes can be painted with lead paint or have a lead glaze on them.

Trinket or costume jewelry has been found to contain lead. And also certain occupations such as construction, welding, auto repair, industrial, plumbing, painting, etc. and many hobbies (see CDC/lead for complete list). Sometimes family members unknowingly bring home lead contaminated clothes and footwear from jobs. Lead breaks down into fine, powdery dust that is all but invisible. It can be ingested (swallowed) or inhaled.

So what can you do? Get your child tested by their primary care provider. The earlier you know the sooner the issue of the source can be addressed and the sooner your child can get help. **Don't wait until it's too late.**

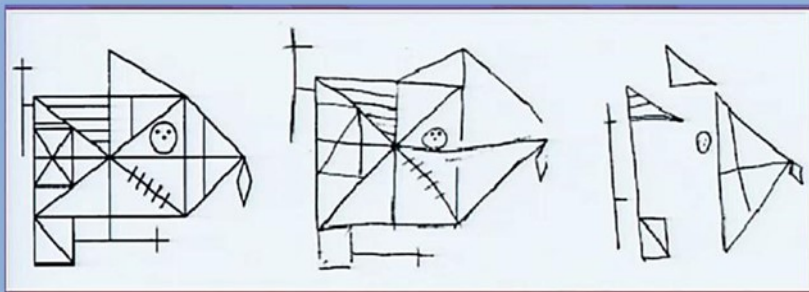
THE EFFECT OF LEAD ON A CHILD'S VISUAL MEMORY RECALL

THE FIRST DRAWING IS WHAT THEY STUDIED FOR FIVE MINUTES. THEN THEY ALLOWED JUST THREE MINUTES TO PASS AND INSTRUCTED THE KIDS TO DRAW THE PICTURE FROM MEMORY.

COMPLEX FIGURE

DRAWING BY 10 YEAR OLD W/ NO LEAD POISONING

DRAWING BY 10 YEAR OLD W/ LEAD POISONING

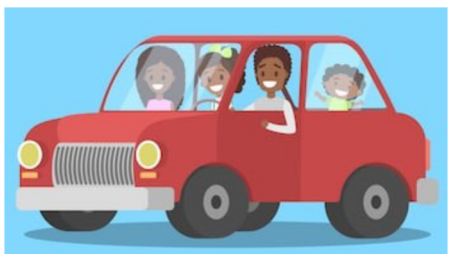


Lead poisoning harms the memories of children, making it hard for them to recall and reproduce what they see. This slide illustrates the difference in the efforts of a child with an undamaged brain and a child who has been lead poisoned. (Photo: Dr. Theodore Lidzky)

Older Homes are More Likely to Contain Lead-Based Paint



DID YOU KNOW...



Parents whose children
are enrolled in
Preschool Special Education
classrooms can be reimbursed for
driving their children to school !

Driving your child to Preschool gives you a chance to:

- Participate more actively in your child's preschool program.
- Spend some special time talking, singing and playing with your child while carefully driving in the car.
- Interact regularly with your child's school staff.
- See and get to know some of the other children and their parents.
- Ensure that your child arrives at school on time each day.
- Receive reimbursement for providing your child with transportation to Preschool.



Reimbursement is only available for **Preschool** Special Education Classroom Programs.

Reimbursement is at the IRS Standard Mileage rate.

2022 rate is **\$.625 a mile** (Adjusted as of July 1, 2022)

Parents will be asked to submit a W-9 form.

3 Easy Steps to starting the Reimbursement process:

1. Decide which days and directions you can drive your child to their Preschool Special Education Classroom Program.
2. Contact your School District's Committee on Pre-school Special Education (CPSE) Chairperson and ask them to add Parent Reimbursement to your child's IEP.
3. Contact Seneca County's Children with Special Needs Program Coordinator to have proper forms sent to you to fill out each month.

CLAIMING YOUR REIMBURSEMENT:

- You will receive a Parent Transportation Information Packet from the Seneca County Health Department with invoice forms to submit.
 - You must complete a monthly invoice listing the days and miles you drove with the child in the car and mail it to the Seneca County Health Department. Invoices must be submitted immediately at the end of each month to: **Seneca County Health Department, 2465 Bonadent Dr., Suite 3 Waterloo, NY 13165**
 - After your invoice is verified and processed you should receive a check in the mail. (Payments usually arrive within 4 –6 weeks)
- Questions?
Call **315-539-1938** and speak with the Children with Special Needs Program Coordinator

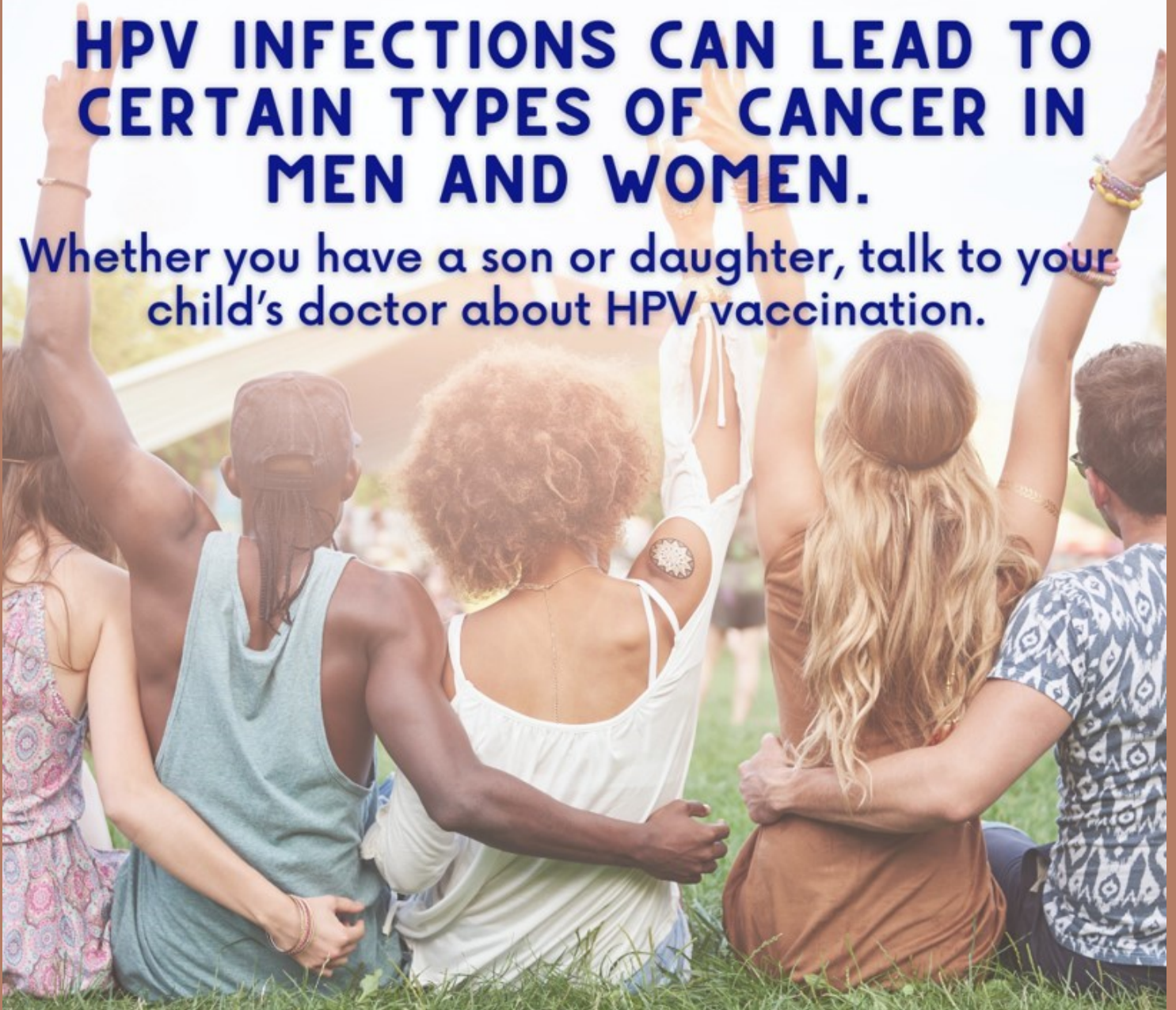
**DID YOU
KNOW?**

STDs are at an all-time high and prevention is critical. The good news: there are many ways to get STD care! Seneca County Health Dept. provides free and confidential STD testing through Urgent Care in Seneca Falls and Finger Lakes Community Health in Ovid.

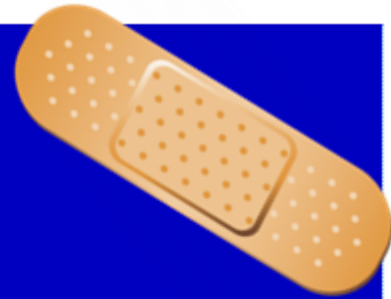
Have questions? Call the Health Department 315-539-1920

HPV INFECTIONS CAN LEAD TO CERTAIN TYPES OF CANCER IN MEN AND WOMEN.

Whether you have a son or daughter, talk to your child's doctor about HPV vaccination.



5 Myths About the Flu



- 1. Flu shots can give you the flu.**
Fact: The flu shot cannot cause the flu because the vaccine does not contain any of the live virus.
- 2. The flu is just a bad cold.**
Fact: Since 2010 there have been 12,000- 79,000 deaths yearly because of the flu.
- 3. Healthy people don't need the flu shot.**
Fact: The CDC recommends flu shots for every person over the age of six months old.
- 4. You don't need to get vaccinated every year.**
Fact: The flu virus changes each year requiring new vaccine for the new strain. Therefore, the flu shot must be given annually.
- 5. Antibiotics can fight the flu.**
Fact: Antibiotics fight bacterial infections, the flu is a viral infection.

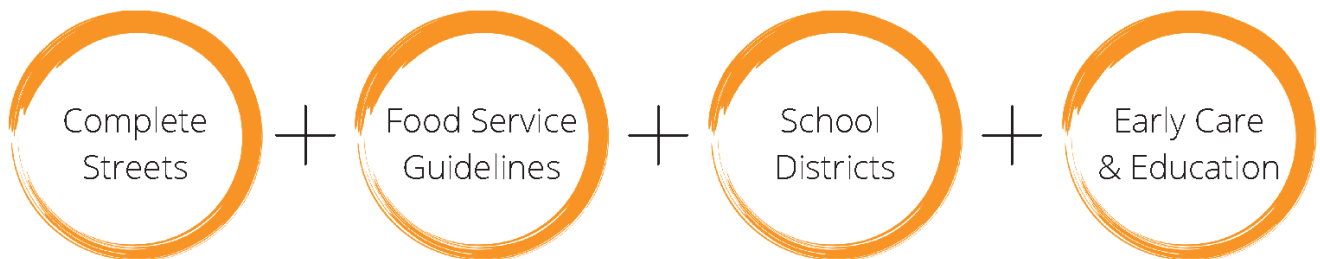
Finger Lakes Area Immunization Coalition
Livingston · Monroe · Ontario · Seneca · Wayne · Yates



Year 1 Progress

Creating Healthy Schools and Communities (CHSC) is a five-year (2021 - 2026) public health initiative funded by NYS Department of Health that implements a comprehensive, equitable, community-based approach to increasing opportunities for physical activity and access to healthy food for people across the age span. Funding is provided to schools, municipalities, community organizations, worksites and early care education settings to improve physical activity and nutrition policies, practices, and environments.

"WORKING TOWARD A HEALTHIER SENECA COUNTY"



Complete Streets

- ✓ Conduct Assessments with Municipalities
- ✓ Facilitate Implementation of Activity- Friendly Routes
- ✓ Develop Complete Streets and Safe Routes to School
- 2** Policy Resolutions Passed in Year 1
- 1** Project Completed in Year 1
2 radar trailers purchased for Village of Lodi

Food Service Guidelines



Project Spotlight
As part of the CHSC grant, work is done with local food pantries to increase healthy food options for local communities. Seneca County House of Concern received a new refrigerator to increase access to fresh fruits, vegetables and dairy products in Year 1.

School Districts

- 4** Public School Districts
- 11** School Buildings
- 15+** Life Long Skills Added
Nutrition: garden beds, grow towers, Smart Snacks, mixer, apple corer, salad spinners and Club activities
Physical Activity: badminton, floor hockey, racquetball, yoga, Gaga pit, scooters, disc golf, trampolines and sensory paths

Early Care & Education

- CHSC coordinators are completing NYS Nutrition & Physical Activity trainings to provide up-to-date information and best practice strategies to daycare centers and homes.
- 17** ECE Providers in Seneca County
 - 2** Training Programs:
Nourishing Healthy Eaters
Physical Activity Learning Sessions (PALS)

NYS CHILDREN AND YOUTH DOH WITH SPECIAL HEALTH CARE NEEDS

ADD or ADHD	Allergies	Anxiety	Arthritis/ Joint Problem	
Asthma	Autism or ASD	Behavioral/ Conduct Problem	Blood Disorder	Cerebral Palsy
Cystic Fibrosis	Depression	Develop- mental Delay	Diabetes	Down Syndrome
Epilepsy/ Seizure Disorder	Genetic or Inherited Condition	Head Injury	Hearing Problem	Heart Problem
Intellectual Disability	Learning Difficulty	Migraines	Other mental health condition	Speech or Language Disorder
	Substance Abuse Disorder	Tourette Syndrome	Vision Problems	

*including but not limited to these 27 health conditions

Have Questions About Breastfeeding or Infant Child Health?

Seneca County's Maternal Child Health program offers education for infant safety and connection to local resources.

If interested please call **315-539-1920**
Monday through Friday 8:30-5 pm.



MILESTONES MATTER: LET'S TALK ABOUT THEM!

MILESTONES AT 4 MONTHS

- Begins to babble
- Responds to affection



MILESTONES AT 6 MONTHS

- Likes to play with others
- Responds to own name



MILESTONES AT 9 MONTHS

- Has favorite toys
- Understands "no"



MILESTONES AT 1 YEAR

- Tries to say words you say
- Waves "bye-bye"



MILESTONES AT 2 YEARS

- Begins to run
- Begins to sort shapes, colors



MILESTONES AT 3 YEARS

- Knows name and age
- Climbs and runs well



Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).



Public Health
Prevent. Promote. Protect.
Seneca County, NY

Seneca County Children and Youth with Special Healthcare Needs Program

The goal of the program is to work with families to help them meet the medical and non-medical needs of children with special needs.

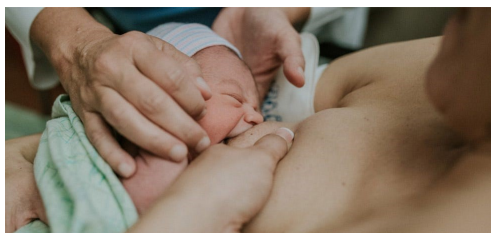
We Can:

- Connect families with health care providers
- Provide information regarding health insurance
- Make referrals to other County agencies such as Preschool and Early Intervention Programs as well as to other agencies to accommodate the child's needs.
- Advocate on behalf of the families to help them meet their Childs needs.

Certified Lactation Counselor (CLC)

What is a Certified Lactation Counselor?

CLCs are members of the health care team who can provide knowledge and counseling about optimal and sub-optimal breastfeeding. CLCs understand that breastfeeding decisions are made by the mother, who may have values and goals different from the counselor.



What can a Lactation Counselor do?

A CLC is a person that has received training and competency verification in breastfeeding and human lactation support. This includes assessing the latching and feeding process, providing corrective interventions, counseling mothers, understanding and applying knowledge of milk production including in special circumstances and other commonly encountered situations.

How can a Lactation Counselor help me?

Sometimes a lactation counselor's best quality is being a source of emotional support and encouragement. The first few weeks of your baby's life are the most important time for establishing breastfeeding.

Some reasons you may make an appointment with a Lactation Counselor are:

- Breast engorgement
- Plugged ducts or concerns about breast infections like mastitis
- Sore, cracked or painful nipples
- Milk supply concerns
- Struggling with nursing positions
- Issues with latching or sucking
- Your baby isn't gaining weight



How do I find a Lactation Counselor?

Some lactation counselors may work with hospitals, birthing centers or with pediatricians. Ask your doctor about counselors that they recommend to help you with your breastfeeding journey.

You can also contact the Seneca County Health Department who has a Certified Lactation Counselor on staff.

Phone: 315-539-1920





2465 Bonadent Drive
 Suite 3
 Waterloo, New York 13165

Monday - Friday 8:30a-5:00p
 Phone: (315) 539-1920
 Toll Free: 800-688-7188 x1920
 Fax: (315) 539-9493



For more information,
 visit Seneca County Department of Health online at:
<https://senecacountyhealthdepartment.com/>
<https://www.facebook.com/SenecaCountyHealth/>

Finger Lakes OUT OF THE DARKNESS
 Community Walks

SAVE THE DATE

**Seneca Lake State Park
 Geneva, NY**

**Saturday,
 October 15, 2022**

Registration at 10am - Event Start at 11am

REGISTER NOW



afsp.org/fingerlakes

American Foundation for Suicide Prevention

Seneca County Substance Abuse Coalition (SCSAC)

United Way of Seneca County

American Foundation for Suicide Prevention

