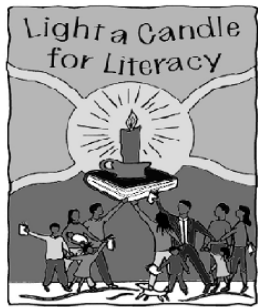


Upcoming Events



Breakfast at the Zoo

Come join Syracuse Healthy Start's annual Breakfast at the Zoo. The breakfast will be held on May 22, 2009 from 8:30 a.m. – 10:00 a.m. at Rosamond Gifford Zoo. Everyone is invited to attend. Childcare, transportation and zoo admission is available for participants. Call 424-0009 for more information and to sign up by May 15th.



4th Annual Literacy Parade and Festival

Save the Date!

Saturday, June 6, 2009

Parade forms at 11:30 a.m. at Dr. King Magnet School, 416 East Raynor Avenue

Festival: 1:00-3:00 p.m. at Beard School, 220 West Kennedy Street

Onondaga County Health Department
Syracuse Healthy Start
501 East Fayette Street
Syracuse, NY 13202



Healthy Start News

Celebrating 10 Years of Syracuse Healthy Start

Volume 3, Issue 2 ■ Spring 2009



Give your baby some space. Share the room. Not the bed.



Babies sleep safest in their cribs

- Beds are not safe for sleeping babies.
- Don't let your baby sleep on any soft surface (sofa, pillow, blanket, arm chair, etc.) - not even for a nap.
- Your baby needs room to breathe. Do not use blankets, pillows, bumper pads, or toys in the crib.
- Cuddle with your baby during feeding time and waking hours, but when it is time to sleep, place your baby in a crib.
- Remember to tell family, friends, and child care providers how to keep your baby safe.

Want to know more about safe sleep?

For more information, talk to your doctor.
Or call Syracuse Healthy Start at 435-2000.



Spring 2009

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Syracuse Healthy Start Newsletter is not intended to replace the services of a physician. Information is provided for informational purposes only and is not a substitute for professional medical advice.

Joanne M. Mahoney
County Executive



Cynthia B. Morrow, MD, MPH
Commissioner of Health

www.ongov.net

Syracuse Healthy Start promotes healthy pregnancies and healthy babies through community partnerships, community referrals, health education, case management, and home visitation. Funding for Healthy Start is provided by Health Resources and Services Administration

Keep Bath Time Safe!

Drownings are the leading cause of injury-related death for young children ages 1 to 4. More than half of infant drownings (under age 1) occur in bathtubs and many happen when the child is not being watched. Children can drown in as little as one inch of water and are at risk of drowning in wading pools, bathtubs, buckets, toilets, and other places that water may collect. Drowning usually occurs quickly and silently. A child can drown in a matter of seconds and this usually happens when a child is left unattended or during a brief lapse in supervision.



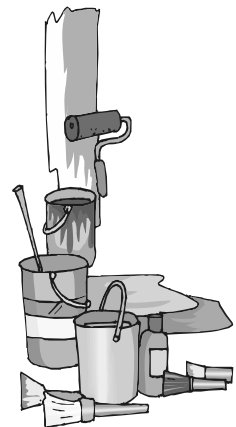
To keep your children safe, follow these safety tips.

- Empty all buckets, containers and baby pools immediately after use. Store them upside-down and out of children's reach.
- Keep toilet lids closed and use toilet locks.
- Never leave children unattended in a tub or other body of water, even if they know how to swim.
- Keep doors to bathrooms and laundry rooms closed.
- Even children in baby bath seats and rings must be watched every second.

Remember, active supervision is the best way to keep your kids safe!

WASH THE LEAD OUT! FREE Cleaning Kits Available

The Onondaga County Lead Program is offering a new program to families to stop lead poisoning before it happens. This program provides homes visits to show families how to reduce lead dust on floors and window sills. Families are given **FREE** lead cleaning kits and grocery store gift cards for being part of this new program.



Families need to:

- Live in City of Syracuse
- Live in a home built before 1950
- Have a child under the age of 7 who lives at or regularly visits the home

Childhood lead poisoning is still a problem in Syracuse neighborhoods. Lead poisoning can cause problems with learning and behavior. Childhood lead poisoning can be prevented.

Sign up today to get your **FREE** supplies and gift cards! Call 435-3271 to find out how you can protect your child and make your home lead safe!



Did you Just Have a Baby?

Syracuse Healthy Start News will be including baby announcements in its upcoming newsletters. Please call us at 435-2920 with your baby's birthdate, name, weight and mom's name, or give the information to your home visitor.



Need a Child Safety Seat?

- Free or reduced cost car seats
- Convertible and booster seats
- Short and long-term rentals
- Fitting station, free seat checks
- Call for an appointment



Love them, Hug them, Boost and Buckle them...

New York State Law requires children under age 7 to be in a child safety/booster seat appropriate for their weight and height

Car Seat Program
Call: 435-8485

Healthy Recipe for You and Baby!

Broccoli Pasta

Ingredients:

- ½ pound of penne pasta cooked
- 2 teaspoons of olive oil
- 2 cloves of garlic
- 1 9-ounce bag of baby spinach
- 1 cup of broccoli spears
- ¼ teaspoon of salt
- ¼ teaspoon of black pepper
- ¼ cup of grated Parmesan cheese

Directions:

Cook pasta according to the package instructions. Mince garlic and heat in olive oil until golden brown. Wash spinach leaves and broccoli, sauté in garlic and olive oil until spinach wilts and becomes tender. Toss in pasta. To serve, season with salt, pepper, and cheese.