

## Good nutrition for toddlers



- Choose healthy eating habits. Pick different foods from each of the food groups.
- Set regular meal and snack times.
- Give good snack choices such as: cheese, fruit, vegetables, low sugar dry cereals.
- Limit sugary snacks like candy, cookies, cake, doughnuts, and pudding.
- Offer plain water when your child wants a drink. Avoid drinks with sugar such as soda, Hi-C, Kool-Aid, sugar water, and fruit punch.

## Poison Prevention Week

Poison Prevention Week is March 17-23, 2013. Be sure to lock all medications, cleaners, detergents, and poisons out of children's sight and reach.

It is important to keep the number for the poison control center by the phone. By calling 1-800-222-1222 you will reach professionals that offer fast and free confidential help in English and Spanish. Most poisonings are resolved over the phone. The number works from anywhere in the United States, 24 hours a day, 7 days a week.

**Remember, if your child is not breathing or has collapsed, call 911 immediately.**



## April is Alcohol Awareness Month

- No amount of alcohol is safe to drink while pregnant. There is also no safe time during pregnancy to drink alcohol, and no safe kind of alcohol to drink.
- Women who drink alcohol while pregnant increase their risk of having a baby with Fetal Alcohol Spectrum Disorders (FASDs). This group of conditions includes physical and intellectual disabilities, as well as problems with behavior and learning. Often, a person has a mix of these problems. FASDs are a leading cause of learning disability and birth defects.
- FASDs are completely preventable! To prevent FASDs, a woman should not drink alcohol while she is pregnant.
- About 50% of all pregnancies are not planned. Women should not drink alcohol if they are planning to become pregnant, or are sexually active and not using an effective birth control method.

### Your child deserves a healthy home!

The Onondaga County Lead Poisoning Control Program offers FREE home lead inspections to those who:

- Live in a rental house built before 1960 that has chipping or peeling paint, and
- Live in a rental house located in the City of Syracuse, and
- Are pregnant or have children under age 7 who live at or visit their home.

Protect your child from lead paint!

Call today to get your home checked. It's FREE!

435-3271

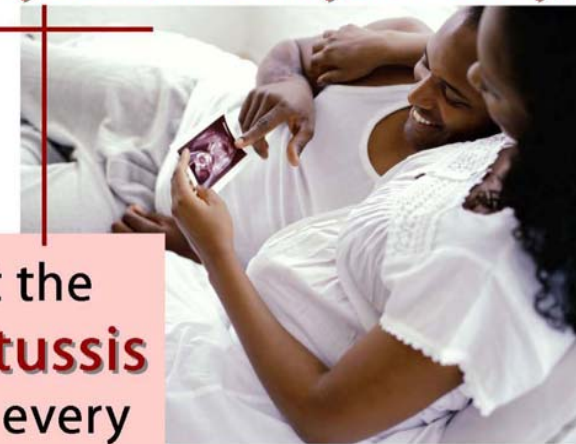
Onondaga County Lead Poisoning Control Program



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



### Protect yourself and your baby,



get the pertussis shot every pregnancy.



Make sure anyone in close contact with your baby has the shot as well!

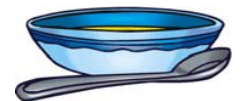
If you are pregnant, ask your doctor about the pertussis (whooping cough) shot. This shot is recommended between your 27th—36th week of pregnancy and can help protect the baby from pertussis in their early weeks when they are most at risk.

## Healthy Recipe

### Two Potato Soup

#### Ingredients:

- 3 medium white potatoes, peeled and chopped
- 1 large sweet potato, peeled and chopped
- 1 onion, chopped
- 1 3/4 cups chicken broth
- 1 tsp. dill weed
- 1 1/2 cups low-fat milk



#### Directions:

Put chopped potatoes, chopped onion, chicken broth and dill weed in a large pot. Cook on medium-high until boiling, then reduce heat to low. Cover and simmer for 20 minutes or until the potatoes are soft. Mash potatoes using masher, electric blender or food processor. Add milk and stir until blended.

# Resources



Text4baby provides free text messages 3 times a week with information to help you through your pregnancy and baby's first year. To sign up: text BABY (BEBE para Espanol) to 511411 or visit [www.text4baby.org](http://www.text4baby.org).

Pregnant? Have a new baby or young kids?

Call 435-2000  
[www.onhealthyfamilies.com](http://www.onhealthyfamilies.com)  
[facebook.com/healthyfamiliesonondaga](https://www.facebook.com/healthyfamiliesonondaga)

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# Healthy Start News

Celebrating Over 10 Years of Syracuse Healthy Start

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## Healthy Teeth, Happy Smiles

Taking care of your teeth while you are pregnant is important for you and your baby. Getting regular dental checkups and brushing, flossing and eating healthy foods will keep you and your baby healthy. Give your baby a healthy start!



### When you are pregnant

#### Brush and floss

- Brush your teeth twice a day with a soft toothbrush and toothpaste with fluoride.
- Floss once a day.
- If you are unable to brush your teeth, rinse your mouth with a mouth rinse that has fluoride.

#### Get regular dental care

- Continue to see a dentist for check-ups when you are pregnant.
- Having healthy teeth and gums when you are pregnant will help keep you healthy.
- Moms with healthy teeth and gums are less likely to pass germs to their babies.

#### Eat healthy foods

- Eat fruits, vegetables, whole grains, dairy products, and lean meats.
- Drink water or low-fat milk instead of fruit juices or sodas.
- Drink water, especially in between meals.
- Cut down on sweets, try sugar-free products.

### Protect your baby's mouth

- Breastmilk is best. Breastfeed your baby for at least six months.
- Clean your baby's gums with a soft clean cloth after each feeding, even before the first tooth comes in.
- Clean your baby's pacifier with water. Do not use your mouth to clean it.
- Do not put your baby to sleep with a bottle filled with formula or any sugary drinks (including juice). This can lead to tooth decay.
- Healthy baby teeth are important. They help your child sleep better, eat better, talk better, and smile more.

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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.

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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.