

Water Safety

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 right 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!

Cycle in the City

Sundays: May 19th, June 9th
July 14th, August 11th
Sept 8th & Oct 6th

Rides start at 9:00 am
No registration required—just meet up in the back parking lot at City of Syracuse Parks & Recreation, 412 Spencer Street

Join us for **FREE** guided bicycle rides through Syracuse!

Rides are 10 miles
Routes will be posted the week before each ride at www.ongov.net/health/healthylives
Riders must be age 12 or older. Bring your helmet!

Spin. See the sights. Stay fit! Questions? Call 435-3280.

Healthy Start Word Search

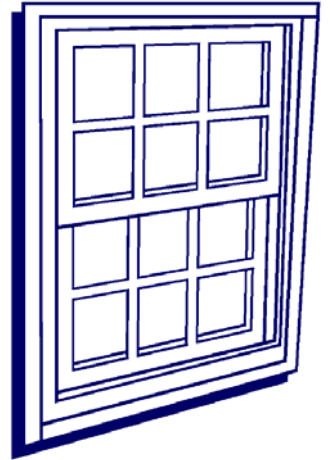
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|--------|---------|--------|
| Zoo | Healthy | Water |
| Family | Natural | Safety |
| Window | Babies | Child |

Window Safety

Warmer weather is here, and Syracuse Healthy Start wants to remind parents to be careful when opening windows, especially when there are young children in the home. Here are some safety tips to follow:

- Install window guards to prevent children from falling out of windows. For windows above the first floor, install window guards with an emergency release device in case of fire.
- Install window stops so that windows open no more than four inches.
- Keep windows locked and closed when they are not being used.
- Keep furniture away from windows so kids cannot climb to the ledge.
- Do not rely on window screens to prevent falls. Screens are meant to keep bugs out, not keep children in.
- Supervise children at all times, especially around open windows.



Never try to move a child who appears to be seriously injured after a fall — call 911 and let trained medical personnel move the child with proper precautions.

Family Planning Service
of the Onondaga County Health Department
428 W. Onondaga Street, Syracuse

- Low cost or no cost services to women and men
- Gyn Exams, Male Exams
- Birth Control, Free Condoms
- Emergency Contraception
- STD/HIV Testing and Counseling
- Education, Information and Referrals
- Convenient Locations, Extended Hours

Call 435-3685 for an appointment today!

Breastfeeding is great for babies and moms.

It's only natural
mother's love. mother's milk.

www.womenshealth.gov/ItsOnlyNatural

Healthy Recipe

Fruit and Yogurt Crunch

Ingredients:

- 1/2 cup low-fat vanilla yogurt
- 1/4 cup bran flakes or Grape Nuts
- 1/4 cup of your choice of fruit (try sliced bananas, strawberries, blueberries, canned diced peaches, or frozen berries)

Directions:
Combine all ingredients and enjoy!

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.

Pregnant?
Have a new baby
or young kids?

Call 435-2000
www.onhealthyfamilies.com
facebook.com/healthyfamiliesonondaga

Healthy Start News

Celebrating Over 15 Years of Syracuse Healthy Start

Volume 7, Issue 2 ■ Spring 2013

Healthy Start and You at the Zoo

Syracuse Healthy Start held its annual breakfast at the Rosamond Gifford Zoo on Thursday, May 9th. Families created picture frames for Mother's Day and took part in a raffle for prize baskets. Dr. Michelle Bode and Andi Thompson spoke on the effects of drugs to both baby and mom. Andi shared her own experience with alcohol addiction and talked about the help she received through Alcoholics Anonymous. Over 90 people attended this event.



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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.

Onondaga County Health Department
Syracuse Healthy Start
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