

## 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, and no safe kind of alcohol.
- 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 known cause of intellectual disability and birth defects.
- FASDs are completely preventable! To prevent FASDs, a woman should not drink while she is pregnant, or if she might become 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.

## Time for a car seat checkup!

New York State requires that every child under eight (8) years of age be in a federally approved child safety seat while riding in a car.

**Please check:**

- ✓ Is the vehicle seat belt through the child safety seat in the proper place?
- ✓ Is the child safety seat in the car tight without moving over an inch?
- ✓ Are all the harness straps being used to hold the child in the safety seat?
- ✓ Is your infant facing backwards in their car seat if they are under one (1) year of age and under 20 pounds?



The Child Passenger Safety Program is sponsored by Catholic Charities located at 1654 W. Onondaga Street, Syracuse. This program provides car seats and booster seats for infants and toddlers of income eligible families at no charge. Applicants should contact Catholic Charities at 315-424-1800 and request to be registered for a car seat class.

### Free car seat check locations in Onondaga County - please call for appointment

Baldwinsville Police 635-6808	Dewitt Fire 446-3195	Manlius Police 682-2212	Sheriff 435-3007
Camillus Police 487-5571	Fayetteville Fire 637-6101	NY State Police No. Syr. 455-2826	Syracuse Police 442-5130
Car Seat Program 424-1800	Geddes Police 468-3283	NY State Police Lafayette 677-3124	
Child Care Solutions 446-1220	Liverpool Police 457-0722 ext 2	N. Syracuse Police 458-5670	

## Women's Health Week - It's Your Time!

National Women's Health Week is May 13th through May 19th. This important week kicks off on Mother's Day. Women often serve as caregivers for their families, putting the needs of their spouses, partners, children, and parents before their own. As a result, women's health and well-being becomes secondary. As a community, we need to support the important women we know and do everything we can to help them take steps for longer, healthier, and happier lives.

Empower women to make their health a top priority. Women need to take these important steps:

- ◆ Visit a health care provider to receive regular checkups and preventive screenings
- ◆ Get active
- ◆ Eat healthy
- ◆ Get enough sleep
- ◆ Manage stress
- ◆ Avoid unhealthy behaviors



### Healthy Start Word Search

L	E	S	I	C	R	E	X	E	T	F
B	Y	F	B	M	Y	P	V	J	F	G
Z	W	O	F	G	I	R	L	A	B	N
S	Y	Y	H	T	L	A	E	H	M	I
C	W	X	F	P	Z	E	H	O	T	T
T	N	A	N	G	E	R	P	G	S	N
K	E	Y	T	E	F	A	S	F	N	E
X	B	A	B	Y	P	G	N	N	P	R
N	N	U	T	R	I	T	I	O	N	A
E	K	S	H	B	J	B	U	Y	Q	P
K	X	N	R	W	C	B	E	U	O	C

**BABY  
BOY  
EXERCISE**

**GIRL  
HEALTHY  
NUTRITION**

**PARENTING  
PREGNANT  
SAFETY**

## 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](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://facebook.com/healthyfamiliesonondaga)

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# Healthy Start News

Celebrating Over 10 Years of Syracuse Healthy Start

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## There's never been a better time to quit!

If you plan on becoming pregnant or if you find out you are pregnant, it is time to think about quitting smoking. For both your health and the health of the baby, the best time to quit smoking is before becoming pregnant or as soon as you learn that you are pregnant. You will feel better and your baby will be healthier. Pregnancy is a great time to quit smoking and stay smoke-free, but anytime is a great time to quit smoking, even after the baby is born.

## Good news for your baby

Wonderful things can happen to your baby if you quit smoking!

- Your baby's lungs will receive increased oxygen, helping his or her lungs work better.
- You reduce the risk that your baby will be born too early or too small.
- You increase the chance of your baby being born full-term, at a healthy weight, and in good health.
- Best of all, when you quit smoking, you increase the chances that your baby will be able to come home with you right after delivery!

## Quit smoking for you and your baby!

We know that it is hard to stop smoking, but we know you can do it! Here are some tips:

- Set your quit date.
- Write down your reasons for stopping smoking.
- Decide how you are going to stop smoking.
- Throw out your cigarettes, lighters, and ashtrays.
- Get a friend to help you stop smoking.



For help quitting, talk to your doctor. For more help quitting, call the New York State Smokers' Quitline at 1-866-NY QUILTS (1-866-697-8487).

## Spring 2012

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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.