

Birth Defect Prevention Month

January is National Birth Defects Prevention Month. Not all birth defects can be prevented, but here are several steps you can take before and during pregnancy to help prevent birth defects and increase your own chance of having a healthy baby. One important thing to do is have a medical checkup before getting pregnant. Here are some more steps you can take to get ready for and maintain a healthy pregnancy:

- Take a vitamin with 400 mcg folic acid every day. Folic acid is a B vitamin. Our bodies use it to make new cells. Everyone needs folic acid, but for women who can get pregnant, it is really important. If a woman has enough folic acid in her body before she is pregnant, it can help prevent major birth defects of a baby's brain and spine (neural tube defects). These birth defects of the brain and spine happen in the first few weeks of pregnancy, even before some woman find out they are pregnant.
- Avoid alcohol, tobacco, and drugs
- Wash hands often to prevent infections
- See a health care provider regularly
- Eat a healthy, balanced diet
- Stay active during your pregnancy
- Avoid eating raw and under cooked meat



Hand Washing 101

Hand washing, when done correctly, is the single best way to stop the spread of germs that cause colds, flu, and many other diseases.

Get the Germs Off...How to Suds Up:

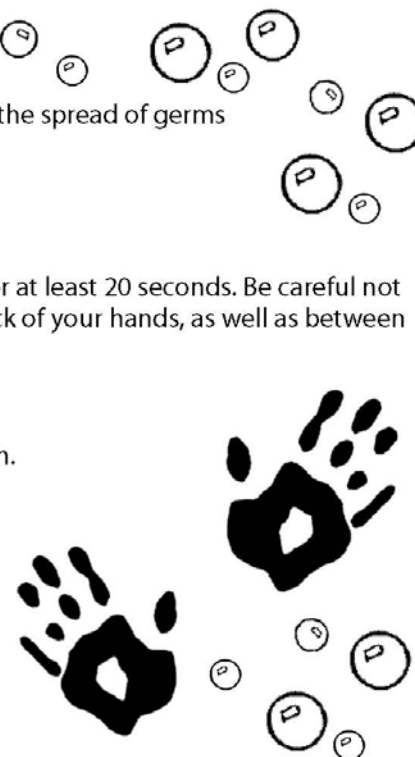
- Wet your hands with warm running water.
- Add soap and rub your hands together, making a soapy lather for at least 20 seconds. Be careful not to wash the lather off yet. Remember to clean the front AND back of your hands, as well as between your fingers and under your nails.
- Rinse your hands well under warm running water.
- Pat your hands dry with a paper towel.
- Turn off the water with the paper towel, then throw it in the trash.

Remember to wash before...

- Eating or handling food

...and after:

- Using the bathroom
- Being outdoors
- Changing diapers
- Petting animals
- Sneezing, coughing, or blowing your nose
- Whenever they are dirty!



Is your home poisoning your child?

Your home may be poisoning your child. Lead in dust and old paint can cause learning and behavior problems in children.

You may be eligible for a FREE home inspection if you have a child under age 7, and if you rent an older home within the city of Syracuse.

Your child deserves a healthy future. Don't wait. For more information about getting your home checked for lead, call the Onondaga County Health Department Lead Program at 435-3271 or visit www.ongov.net/health/lead.

Poison Prevention Week

Poison Prevention Week is March 18-24, 2012. It is important to remember what young kids see and reach, they usually put in their mouths. When children start to move around more, they can reach medicines and household products wherever they are stored. 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.



Healthy Recipe

Winter Fruit Crisp

Ingredients:

- 3 sliced apples or pears
- ½ cup flour
- ¼ cup rolled oats
- ¼ cup brown sugar
- 2 teaspoons ground cinnamon
- 3 tablespoons cold butter
- Raisins



Directions:

1. Preheat oven to 450 degrees.
2. Peel and slice either apples or pears.
3. In a small bowl, mix flour, oats, brown sugar, salt and cinnamon.
4. Cut butter into pieces and add to flour and oat mixture.
5. Cut butter into flour/oat mixture using a fork.
6. Sprinkle topping over fruit in baking dish.
7. Bake in preheated oven for 25-30 minutes or until topping begins to brown.
8. Sprinkle with raisins. Serve 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 10 Years of Syracuse Healthy Start

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Planning your baby's birth

On November 17, 2011, 48 people attended a special event at McKinley Brighton. Syracuse Healthy Start worked with the March of Dimes and SayYes to Education to have Terry S. Johnson, APN, NNP-BC, MN, come in and speak about planning your baby's birth. Ms. Johnson shared with the group about how to talk with your medical provider about the best birth experience for you and your baby. Talking points included: the best time to talk about your birth plan, how to make your wishes known, and balancing safety with personal needs.



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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.

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