



# BUILDING HEALTHY FAMILIES

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## Exploration: An Out-School-Time Alliance Begins Second Year

Exploration: An-Out-of-School-Time-Alliance has begun its second year at Wallowa School. The Exploration program is for all youth living in the Wallowa School District-grades K-8th. The five day a week program is located in the lower hall of the High School room 104 and is available for children in grades k-4th. Curriculum providers for the k-4th program are: the Wallowa County Library, Wallowa Resources, and the Wallowa County OSU Extension Service. The K-4 program offers a variety of fun activities for the children: Art, Science, cooking, writing, and crafting are some of the fun things that are happening each day. The K-4th grade program begins after school

until 5pm and Fridays 10am to 3pm

Please come and join the fun!

Exploration has expanded this year to offer tutoring/mentoring to youth grades 5th –8th on Tuesdays and Thursdays in the Wallowa High School Library. If you have any questions please telephone Building Healthy Families at 426-9411.

The Exploration program welcomes our new staff member– Bobbi Tippet. Bobbi is the on site staff person Tuesdays, Thursdays, and two Fridays per month. Building Healthy Families thanks our community partner Safe Harbors for their commitment to the Exploration project. Thank you!

## Setting Lifelong Habits for Physical Activity

Studies show that the older a child gets the less likely he is to get the physical activity necessary for good health. Start now to encourage your Childs love of physical activity for lifelong benefits. There are so many benefits of physical activity for Children. Supporting or increasing your child's activity is a goal worth working for.

### Here are some things you can do!

- **Be a role model**
- **Play active games with your child**
- **Limit TV watching**
- **Invite a buddy**
- **Look for programs in your community**
- **Provide space, indoor and outdoor for active play**
- **Be positive about your Childs activity.**

## Kid Fest 2008

It was a successful night “under the big top,” as October 24th marked the 8th annual Kidfest! the health and safety fair is held each year to promote family awareness of, and connection to, our community’s public service agencies and organizations. Organized by Building Healthy Families, with the funding support of the Wallowa County Commission on Children and families, kid fest served nearly 200 Wallowa County Children and their

families with a circus themed evening, including a free dinner, bounce house, petting zoo, and circus themed arts, crafts and games! Six children received free bikes and helmets through a community business sponsored raffle and over 20 other individual prizes were won by both children and adults! Thank you to all agencies, businesses and Wallowa County Families for a fantastic event!



## Parenting Class Schedule

Love and Logic Jan/Feb Wallowa  
 Toddler Group Feb/march Wallowa  
 Successful Fathering Feb/ March Enterprise  
 Parents in Recovery March/April Enterprise  
 Teen/Parent Workshop April Enterprise  
 Parenting with Positive Discipline April/May Joseph

## Literacy Link

In a cooperative grant Building Healthy Families and the Wallowa County Library have already served nearly 250 children and delivered over 800 free books to Wallowa County children, through our Literacy Link Program. In an effort to promote early literacy, from birth to five, we strive to provide a truly universal service, participating in community events in each of our

County's towns and partnering with community partners who serve our children and families. Having already exceeded our original expectations, we continue to seek innovative ways to engage parents and expand programming to truly meet the literacy needs of our community.

For more information about Literacy Link contact Maria at Building Healthy Families.

## Building Family Strengths

Building a strong family involves communicating effectively with one another, caring about the needs and feelings of others, solving problems that challenge family members, and balancing individual interests with time together. Here are a few ways to build family strengths:

- Teach preschoolers communication rules such as taking turns versus interrupting and making requests rather than demands.
- Plan family nights with special events (games, cooking, skits, favorite movie)
- Working together on projects around your home including routine chores.
- Plan family outings to enjoy free time together.
- Read together.
- Create special family crafts or recipes for holidays.
- Work together to plan fishing, hiking or camping adventures.
- Set aside time for community service or assistance to neighbors in need.

Reference: Silliman, B. *Family Rituals that Build Strength* University of Wyoming Cooperative Extension Service, April 2001.

## Wallowa Valley Healthy Start

### Home visitation services for first birth families

Wallowa Valley Healthy Start provides voluntary screening and referral services for all first birth families in Wallowa County. Most importantly, "Healthy Start" helps to ensure children are ready for school. Healthy Start is supported primarily by state general funds. Building Healthy Families holds the contract with the Wallowa County Commission on Children and Families to offer Healthy Start to Wallowa County Families.

Oregon's Healthy Start is nationally accredited because it meets the highest professional standards for screening and home visitation for new families. Oregon's Healthy Start is available to consenting first-birth families in all 36 counties. Oregon's Healthy Start connects expectant and new first-time parents with plagroups, parenting classes and other supports.

Through Healthy Start families are linked to a medical care provider-this reduces unnecessary and costly emergency room visits, increases routine preventive care and immunizations among children, and increases the rate of early comprehensive prenatal care for their subsequent pregnancies. Healthy Start provides families opportunities to learn effective tools to teach and nurture their young children. Families are provided books and parents are encouraged to talk, sing and read often to their children. These activities promote language development and school readiness. In addition, parents are supported in identifying and enhancing their strengths and those of their child. Families establish their own goals, and the Family Support Worker assists them in achieving their goals.

### Healthy Start gets positive results

- 96% of Healthy Start children from families receiving services have a primary health care provider, as opposed to 85% nationally.
- 94% of Healthy Start two-year-olds were fully immunized compared to 72% of all two-year-olds in the state.
- Healthy Start Families showed an 87% decrease in the number of families needing WIC and 78% decrease in the number of families without health insurance.
- 85% of Healthy Start intensive service parents reported reading to their children three or more times per week. This compares to 64% nationally.
- 91% of Intensive Service mothers received early comprehensive prenatal care for their second pregnancies; only 69% of these mothers had early comprehensive prenatal care for their first pregnancies.

For more information on Wallowa Valley Healthy Start, contact Linda Goller at Building Healthy Families (541) 426-9411.