



BUILDING HEALTHY FAMILIES

103 Hwy 82 Suite 2
Enterprise Oregon, 97828

www.oregonbhf.org
541-426-9411

Exploration: An Out-Of-School-Time-Alliance What's New?

What's new at Exploration? Every day is a new adventure!

Amy Ramsden did a wonderful movement class. The children went to different stations and tried our different ways of moving. Mary brought some wonderful cutting projects as well as some paper weaving and finger painting. Zonnie came from fishtrap and practiced storytelling and writing with the kids.

Wallowa County Library always has something fun planned for Tuesday afternoons. Some of the fun things they have been up to are collages, poems, book bingo and printing. In addition, they created holiday cards.

Wallowa Resources has taken the kids through a plant study. They did a great experiment using lima beans to test the effects of different variables on their growth.

Wallowa County Extension Service also brought many wonderful activities. They have made bird feeders out of pinecones and peanut butter. The kids also got to make peanut butter cookies, felt leaves, smoothies and holiday cards to send to our service men in Iraq.

BHF staff take the lead on most Fridays when Exploration runs from 10:00am-3:00pm With the combination of Linda, Bobbie, Amy and Maria, we always find fun ways to spend the day. One fun project focused on self-esteem. Children listened to a story about Fuzzy Land and created their own warm fuzzies to share with a friend.

Come join us each afternoon in Exploration to get in on all the fun!

Adding Fitness to Family Time

Two of the most common New Year's resolutions are to lose weight and to spend more time with family. Here are some ways to combine family time with an active lifestyle to help you keep your resolutions.

- Each week let a different family member pick an activity for everyone to do together.
- Use a notebook to record daily exercise for each family member.
- Create a schedule to make physical activity a part of your family's lifestyle.

Teaching your family about nutrition and ways to eat healthy meals can be a family activity as well.

- Allow your children to help with the grocery shopping and talk with them about healthy food choices that they enjoy.
- Let your children help prepare and create healthy meals or snacks.
- Make grocery shopping an exciting scavenger hunt for younger children.

Reference

"Family Fitness Fun." *Child Care Aware*, Dec. 2005. National Association of Child Care Resource & Referral Agencies. 4 Nov. 2008 <http://www.childcareaware.org/en/subscriptions/areyouaware/article.php?id=36>

Parent Education Opportunities

Does your New Years Resolution involve your family? Do you want to learn how to spend more quality, positive time together? What better way to start your New Year off right than with a Parent Education Opportunity?!?! Each of our classes offers strategies for creating positive interactions between family members. While providing an opportunity to meet with other families to share strengths and brainstorm challenges.

During Winter and Spring of 2009, Building Healthy Families is excited to present eight unique opportunities throughout the county to offer support in strengthening your family interactions! Here is just a little introduction into upcoming events. Please contact Maria Weer for information about additional opportunities!

Parenting With Love and Logic



Offered in Wallowa, this 7-week course provides simple and practical techniques to help parents have less stress and more fun while raising responsible kids!

Parents as Teachers Toddler Group



You truly are your child's first and foremost teacher! Join other parents and their toddlers for this weekly interactive play group where you will learn about your child's development and be introduced to strategies that promote school-readiness!

Successful Fathering



The contributions of Dads are unique and important for children. Join Head Start and Building Healthy Families in celebrating and strengthening these relationships. Offered in both Enterprise and Wallowa, Successful Fathering will allow *any* male who is an adult role model in a child's life to come together, and learn about the positive developmental, social, behavioral and academic impact they can have on the life of their child!

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

Safe Visits

The Safe Visit program has provided over 500 supervised visits, exchanges and intakes to families in Wallowa and Union Counties. During, visits families are offered age appropriate parent/child interaction activities. These activities are geared towards the child's developmental stages or developmental windows of opportunities. This is just one way the Safe Visits program helps break the cycle of violence and provide a

beneficial visit to both the parent and child.

We have also expanded our program by adding different levels of supervision and providing off site visits. Off site visits provides the least restrictive environment for parenting.

For more information regarding the Safe Visits program contact Sondra Ross at Building Healthy Families 426-9411 or sross@oregonbhf.org

The Nature Conservancy 2009 Deer Tag

Supporting Wallowa County Families

Making Family New Year's Resolutions

Making New Year's resolutions as a family can increase the chances that you will be successful in meeting your goals. Discuss resolution ideas as a family. Choose the resolutions you will work on together. Consider increasing family fitness, improving healthy eating, increasing community service or spending more time together as a family. Make the resolutions specific and measurable. For example, one resolution may be to eat dinner as a family at least three times each week. Here are some tips for working together as a family to adopt your resolutions:

Track progress in a fun, interactive and visual way. Put your resolutions in writing and display them on the refrigerator where they can be easily seen.

Celebrate successes with positive, healthy rewards. Honor even small successes with fun rewards that meet the needs of the entire family.

Prepare for setbacks. Family illness or unexpected challenges may get you off track. Setbacks are not failure. Schedule a family meeting to get restarted.

Work together as a team to overcome barriers. If a family member is having trouble meeting a goal, brainstorm together to develop a new, positive strategy. If mom can't find the time to exercise, kids can wash dishes while she takes a walk outside.

References

Pollard, Janet M. and Carol A. Rice. *Healthy Resolutions: Tips for Reaching Your New Year's Goals*. Texas Cooperative Extension, January, 2007.

Tips for Family New Year's Resolution Success. Retrieved August 8, 2007 from http://www.vmcn.net/resources_for_families/resolutions_success.html