



Building Healthy Families

Strengthening Families through Support and Connection

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Upcoming Opportunities for Children & Families

- ☺ Weekly Parent/Child play groups: Baker Library 10:00 Tuesday BHF 10:30 Friday
- ☺ ABC Music and Me: Friday April 12-May3rd 9:00 am BHF
- ☺ Parenting Now! Baker Wed. April 3-May 8 2:30-4:00 Eagle Cap Academy
- ☺ Parenting Now! Enterprise Wed. April 17-May 22nd 5:30-7:00 pm
- ☺ Parenting Now! Union County: April-May Dates and Times TBA

"Spring" into a Stronger Family

From plants to people, the change in the Spring weather provides the perfect opportunity for a fresh start! Take advantage of this season of beginnings to strengthen your family with a new engaging, positive tradition. Here are a few ideas to get you and the ones you love outside, active and together!

1. **Plant a Garden:** From flowers to vegetables, there is something intriguing and rewarding about watching things grow. Whether you dig up some dirt, or simply invest in a pot, try planting and caring for something together! Sunflowers, radishes, sugar peas and snap dragons are great plants for the beginning gardener.
2. **Take a Hike:** Northeast Oregon is filled with amazing scenery...why not step out and enjoy it! Schedule a monthly family hike into your spring schedule. Take turns picking a spot, or pour over the map and decide together. Don't forget to pack a picnic...eating outdoors is part of the fun.
3. **Bring out the Bikes:** Biking not only promotes a healthy, active lifestyle, but is a great

way to improve fine motor skills of young children and teach traffic safety. Next time you have a short errand to run, forget the car, grab a helmet and hit the road.

For more great spring ideas check out the BHF blog www.oregonbhf.blogspot.com



Healthy, Thriving Kids

Did you know that your child was born with as many brain cells as there are stars in the Milky Way? By comforting your child, talking to

your child, and loving your child, you will show them that they are YOUR star and they will thrive and shine. Remember that the world that

you give your child now, will someday be the world that they give others.

April is Child Abuse Prevention Month

Items needed serve our families

- Diapers in all sizes
- Baby Wipes
- Personal Toiletries
- Laundry Detergent
- Art/Craft Supplies
- Reams of Paper
- Card Stock

Healthy, Thriving Kids... continued from pg. 1

which is not only geared at the obvious, but at raising awareness about how we can work together as parents, families, and communities to strengthen each other and keep kids safe.

Research has identified six protective factors linked to a lower incidence of child abuse and neglect. Protective factors are conditions in families and communities that, when present, increase the health and well-being of children and families and many of them are probably things you are already doing. These include nurturing and attachment, parental resilience, social connections and concrete supports for parents, social and emotional competence of children, and knowledge of parenting and child development. Building Healthy Families can support parents and families in all of these regards and we are just a phone call away!

Parenting is not an easy job, but by taking these protective factors into consideration, you are not only making things easier on you as a parent, but on your children as well. Building Healthy Families has some excellent resources, programs, and parent education opportunities open to the public. Please don't hesitate to contact us at 541-426-9411.

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Building Healthy Families is an independent, nonprofit family support organization, offering personalized and universal support and education for parents, caregivers, parents-to-be and students through a variety of diversified programming



Dinner on a Dime



Chip Crusted Fish Fillets

Ingredients

- 4 cod, tilapia or other firm fish fillets
- 2 teaspoons mayonnaise
- Salt
- 1/2 cup light ranch dressing
- 1 bag kettle style Sea Salt and Vinegar Potato chips- crushed

Procedure

1. Preheat oven to 400°.
2. Arrange fillets on a parchment-lined baking sheet. Brush 1/2 teaspoon mayonnaise over top of each fillet; sprinkle evenly with salt. Gently press about 2 tablespoons crushed chips evenly on top of each fillet. Cook fish at 400° for 10 minutes or until fish flakes easily when tested with a fork. Serve with ranch dressing.