



# Building Healthy Families

Strengthening Families through Support and Education

## Ready, Set...Sign-Up for Summer Exploration

Before busy summer calendars are filled, Building Healthy Families is excited to announce a unique opportunity for all Wallow County children K-4! For the first time, BHF will be offering a two-week summer Exploration program in Joseph, Enterprise and Wallowa. This FREE opportunity will provide students with 10 days of teambuilding, games, field trips and enriching hands-on curriculum in science, literacy, music, arts and much, much more.

Since 2008, Building Healthy Families has offered the Exploration After School Program to families in the Wallowa School District. Due to generous funding from public and private do-

nors, we were able to expand the program to each of the three Wallowa County School districts in the fall of 2011. Serving an average of 26 students each day, the program not only provides engagement and enrichment for students, but supports working families and keeps students safe during critical after school hours.

BHF is thrilled to extend this opportunity to the summer time, when families are frequently struggling to find adequate childcare, and students are often experiencing the summer learning loss that plagues classrooms in the fall.

Joseph Elementary School will house the first 2-week session beginning Monday

June 18th and concluding with a celebration on Friday the 29th. Enterprise will follow in July, with Wallowa rounding out the summer with 2-weeks in mid-August.

While BHF staff wishes they could serve all interested families, for the inaugural year, numbers will be kept to 20 students at each site, with slots being filled as registration forms are received.

If you are interested in getting your student enrolled in this unique program, look for Summer Exploration registration forms coming home with your child before the end of the year, or call Building Healthy Families at 541-426-9411 and ask for Maria Weer.

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## Upcoming Opportunities for Children and Families

- ☺ Weekly Parent/Child Play-groups: Tuesdays 10:00 Baker Public Library Fridays 10:30 Building Healthy Families
- ☺ Making Parenting a Pleasure for Dads: Wednesdays 12:00-1:00 Building Healthy Families
- ☺ Incredible Years July/August: Specific date/time TBA: Baker County
- ☺ Summer Lunch in the Park: Beginning the Week of June 12th Enterprise, Joseph and Wallowa City Parks 12:00 daily

## But I Don't Know What to Say.....

Isn't it funny that our little ones go from asking us "why" in their younger years, to knowing all the answers as they grow older... it must be because they ask us so many questions as toddlers! Sometimes these questions are fairly easy and sometimes

they are more difficult, anything from, "what's for dinner?" to "where do babies come from?" and we sometimes struggle to come up with an answer that is "age appropriate". This happens to all of us, but how we handle the situation can determine

how comfortable they will feel coming to us with questions or problems as they get older. If we ignore the question we may be sending the message that what they have asked is a "bad thing" and they may not ask these questions again. It is so

## BHF Wish List: Items to help us better serve our families

- Diapers: All Sizes
- Baby Wipes
- Personal Toiletries
- Formula/Baby Food
- Art/Craft Supplies
- Card Stock
- Misc. Tools



# Dinner on a Dime



## Building Healthy Families

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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.



## Summer Pasta Salad

### Ingredients

- 1 box penne pasta
- 1 rotisserie chicken (cubed)
- 1 bottle Italian dressing
- 1 cup Parmesan Cheese
- Assorted Mix-Ins: Diced tomatoes, blanched green beans, olives, artichoke hearts, etc

### Directions

- Cooked pasta according to package directions. Rinse with cold water. Place in a serving bowl.
- Dice chicken and other desired mix-ins and add to pasta.
- Add desired amount of Italian dressing and mix with pasta.
- Top with Parmesan cheese.
- Refrigerate and/or serve immediately.

## What to Say.... Continued from pg. 1

important to keep the lines of communication open when our kids are young so they feel comfortable coming to us as the grow older, but how do we do that?

Child development specialist Betsy Brown Braun suggests first that you respect the question. "When a child comes to you with a question, consider it a gift," says Braun. "We want kids to come to us instead of finding things out from Google or a neighbor." Tell your child that it's a great question and you are glad that they asked. Make sure to turn from whatever you are doing and get down on their level to talk face to face.

Next, make sure you are answering the right question. "When a child asks questions, the first thing to do is to figure out what the child is really asking," she says.

"It's often not what's coming out of their mouth."

Finally, know when to hold your tongue. "Almost every parent I know talks too much," says Braun. "Children absorb by the drip method - what we need to do is give our kids a little information and then stop."



If you still have questions or concerns about how to talk with your children about specific subjects, please don't hesitate to contact Building Healthy Families at 541-426-9411. We have several parenting opportunities and pro-

grams for families and services are for everyone! Anyone can benefit from a parenting class or some form of support. After all, parenting is the most difficult job we will ever have, but it is also one of the most rewarding and fulfilling.