



March 2014  
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# Building Healthy Families

Strengthening Families through Education and Support

## OUT OF TOUCH

According to Safe Kids Worldwide, half of the 2.4 million calls to Poison Help Number in 2010 involved children ages five and under. In fact, nine out of ten poisonings occur at home. Here are a few tips to keep little explorers from finding their way into household items that could be dangerous.

### Top Tips

- Store all household products and poisonous items out of sight and reach, or use safety locks on cabinets within reach. Don't forget detergent pods.
- Read product labels to find out what can be hazardous, you might be surprised.
- Store all medications, including vitamins and adult medicines out of reach and sight.
- Remove peeling paint or chewable surfaces with lead-based paint.

It's a great idea to put the toll-free Poison Help Number (1-800-222-1222) into your cell phone and post it in your home for the babysitter.

For more information, contact Safe Kids Northeast Oregon Coalition Coordinator Billie-Jo Deal at 541-426-9411.

## Upcoming Events for Families

- \*Parent/Child Play Groups 0-5 yrs  
Tuesdays: 10:00 Baker Library  
Fridays: 9:00/10:30  
BHF Enterprise
- \*Family Fun Friday: 2nd and 4th  
Friday, 1:00-2:30 pm  
BHF Enterprise
- \*Nurturing Parents Wednesdays  
4/2-5/22 Time TBA  
Baker House
- \*Parenting Now: Wallowa  
Mondays 12:30-2:00 pm  
BHF Enterprise
- \*ABC Music and Me  
Baker and Wallowa County  
June 2014

For questions or registration  
information contact

**BHF**

**541-426-9411**

### BHF Wish List

- Cleaning Supplies
- Art Supplies
- Diapers/Wipes
- New children's books
- Basic Office Supplies: Pencils, erasers, pens, printer paper
- Kitchen Supplies: Pots with lids, Baby utensils, baking dishes, sets of matching plates

## WELCOME TO BHF

BHF BOARD OF DIRECTORS AND STAFF ARE THRILLED TO WELCOME OUR NEW EXECUTIVE DIRECTOR, TAMMY DENNEE! TAMMY COMES TO US FROM PENDLETON WHERE SHE NOT ONLY DEMONSTRATED A WEALTH OF LEADERSHIP AND NETWORKING EXPERIENCE, BUT A DEEP COMMITMENT TO THE CHILDREN AND FAMILIES IN HER COMMUNITY! WE LOOK FORWARD TO INTRODUCING TAMMY TO THE FAMILIES AND PARTNERS OF WALLOWA AND BAKER COUNTIES IN THE MONTHS TO COME!

## SPRING BREAK IDEAS

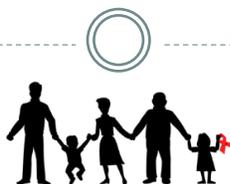
Need some ideas for how to keep your kids busy over spring break? Here are some quick family-friendly ideas!

1. Explore Close to Home: Who needs a travel agent or huge budget to get out of town? Have fun planning a trip close to home! Brainstorm ideas as a family for a quick day get-away. From waterparks, to museums to nature trails a new idea is closer than you think.
2. Hit-up your local neighborhood: Many libraries offer special spring break programming for students and families. Try a new restaurant, visit your local YMCA , or head to a local museum or art center.
3. Think Global: Spring break could be a fun time to learn about a foreign place. Decide on a location as a family and go from there! Plan a meal, rent a movie or go on-line to learn all about your global destination!

### Building Healthy Families

207 NE Park Street  
Enterprise, OR 97828  
541-426-9411  
www.oregonbhf.org

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



## DINNER ON A DIME

### Barbecue-Stuffed Potatoes

#### Ingredients

- 4 baking potatoes
- 1/2 cup reduced fat sour-cream
- 2 green onions finely chopped
- 1 1/3 cup shredded BBQ chicken (such as Lloyds)
- 1/2 cup shredded cheddar cheese

#### Directions

1. Pierce potatoes with a fork. Arrange in a circle on a paper towels in a microwave oven. Microwave on HIGH 10 minutes or until done.
2. While potatoes cook, combine sour cream and 2 Tbs. onion set aside.
3. Place chicken in microwave safe bowl, cover with plastic wrap and microwave on High 2 minutes or until thoroughly heated.
4. Slice potatoes lengthwise, cutting to, but not through, the other side. Fluff with a fork . Top each potato with chicken, sour cream mixture , cheese and remaining onions.