



# Building Healthy Families

Strengthening Families through Support and Connection

## Buckle Up For Safety!

As parents we have so much on our plates! Work, school, grocery shopping, tee ball.....dinner! Sometimes we let little things slide- "Ah, we'll do baths tomorrow..." We've all said it, and let's face it; sometimes we need to in order to stay sane! However, there are several things we should never slide on and one of those things is strapping our children into a car seat, booster seat, or seat belt.

Oregon Occupation Protection Laws state that child passengers must be restrained in approved child safety seat until they weigh 40 pounds or reach the upper weight limit for the car

seat in use. Infants must ride rear-facing until they reach both one year of age AND 20 pounds. Children over 40 pounds OR who have reached the upper weight limit of their car seat's harness system, must use a booster seat until they are 4'9" tall OR age 8. A child taller or older must be properly secured with the vehicle's safety belt.

When is my child ready to ride in a safety belt?

1. Is the child tall enough to sit with their back against the vehicle seat back?
2. Do the child's knees bend comfortably at

the edge of the vehicle seat?

3. Does the belt cross the shoulder over the collarbone?
4. Is the lap belt low, touching the thighs?
5. Can the child stay seated like this for an entire trip?

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## Get Ready for Summer Fun

Starting to plan your summer?!?! Make sure to get these great programs on your schedule!

BHF Summer Exploration This exciting, educational, FREE summer camp serves families with kids K-4th grade. The first 2-week camp runs from June 17-27th in Joseph, followed by a July Camp in Enterprise and an August Camp in Wallowa.

### Library Programs:

Enterprise Public Library is offering Summer Reading Programs for students K-12. Starting June 10th, younger students can set independent reading goals for prizes, while older kids can visit the library weekly, find a hidden item and enter a drawing for a prize!

During Thursdays in June (13,

20, 27), Wallowa Library will offer a "Dig into Reading" program from 10-Noon at the City Hall for K-6th. ....join them for dirt, flowers, worms and fun. 7th-12th graders in Wallowa can read and enter for weekly prizes!

For more information, and additional summer ideas, contact Building Healthy Families or your local library!

### Building Healthy Families



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### Upcoming Events for Children and Families

- ☺ Parent Child Play Groups  
Baker Library: 10:00 Tues  
BHF Friday 9:00 and 11:00
- ☺ Parenting Now! Union County Wednesdays beginning May 1st, 10:00-11:30 DHS
- ☺ Mother's Day Tea: Friday May 10th 3:00-4:30 pm Building Healthy Families
- ☺ Spring Planting Festival May 26th, Joseph 10:00-2:00 om

### Items to help us better serve our families

Personal Hygiene Items

Diapers: All Sizes

Cardstock

Healthy Snacks

Craft Supplies

Legos

Baby Wipes

# Buckle Up For Safety continued

A "No" answer to any of these questions means the child should continue riding in a booster seat for best protection. Also, "best practice" standards are higher than the law. Best practices replaces the word "OR" in the above referenced laws, with the word "AND" every time. For questions about child safety seats and for resources in our community regarding this topic, call Building Healthy Families!

## Summer Safety Tips for Parents



In addition to car seat safety, these other simple steps can help assure a safe and fun summer!

1. **Lather everyone up with sunscreen:** Make sure to use an SPF higher than 30 and look for products that block both UVA and UVB rays. Reapply every 2 hours for lasting protection!
2. **Dress your best:** When headed outdoors make sure everyone is wearing appropriate clothing. Light colored clothing, nothing too heavy and appropriate for the activity you are out to enjoy!
3. **Watch out at the park:** Check the temperature of slides and swings before allowing kids to play. These items can often reach temperatures over 100 degrees and are a leading cause of skin burns during the summer months.
4. **Stand out in the crowd:** If you are headed to a popular spot like an amusement park or concert, make sure young children stay close. You may want to adhere a sticker to the inside of their clothing that includes name and your cell phone number in case of separation. For older children, make sure they know how to contact you in case they get lost.....and make sure you review the rules for interacting with strangers before you arrive at your destination!

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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



### Pierogies with Meat Sauce

#### Ingredients

- 1 package frozen pierogies
  - 8 ounces Italian Sausage
  - 1 8 ounce can tomato sauce
  - 1 pint red tomatoes, halved
1. In a large pot boil water and cook pierogies according to package directions.
  2. Meanwhile, in a large skillet, brown the sausage and drain excess fat. Reserve 1/2 cup of the tomatoes; add remaining tomatoes and sauce to skillet. Cook, uncovered, for 6-8 minutes or until tomatoes soften.
  3. Divide pierogies among plates; spoon on sauce. Top with reserve tomatoes. Serve with a salad.