



Building Healthy Families

Strengthening Families through Support and Education

Celebrate Family as You Celebrate the Season

Kids on break, house guests on the way, holiday shopping to do and cards to send...it is easy to see how the stress of the holidays can easily take over. Holidays can be stressful and over-stimulating for anyone, but particularly so for children and families. Try the following strategies to reduce anxiety and create a more enjoyable, meaningful holiday for everyone!

1. **Keep/Establish Routines:** Before the season starts, meet as a family to minimize disruption to established routines and how to support positive behavior when disruptions are available. You can also add some new, modified routines to help

structure the extra time kids will have when they are not in school.

2. **Establish Realistic Expectations:** While we would all love to have the "picture perfect" holiday, the stress created by unrealistic expectations can be overwhelming. Decide which areas of the holiday mean the most to you and set realistic goals on just a few. Whether it's the perfect gift for each family member or making a holiday dinner from scratch, you will be surprised at how much less stress you will encounter when tackling 1 or 2 projects well!

3. **Include your Kids:** In-

stead of seeing your kids as being underfoot while you prepare, involve them in the business. From wrapping gifts to signing cards, kids can not only help get the job done, but love becoming a part of the holiday traditions!

Most important, the staff at BHF hope you are able to step back this holiday season and celebrate the simple joys of children and family this holiday season!



Santa's Watching Them, but They are Watching Us

Around this time of year, sometimes we remind our children that Santa's watching to see if we are being naughty or nice, but we also need to remember who is watching us. In study after study, children name "parents" as the major role models in their

lives- they look up to us. Why not use this attention to show our kids the healthy behaviors we'd like them to copy? While there is some variation in every parent's definition of what it means to be a good person, if we try to remember that little eyes are watch-

ing and little ears are listening, we all might stop and think about our actions just a second longer...

As role models, it's not enough for us to tell our children the best choices to make; we must put them into action ourselves.

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Upcoming Events for Children and Families

- ☉ Parents/Child Weekly Play groups: Friday 9:00 and 10:30 Building Healthy Families, Tuesdays 10:00 Baker Public Library
- ☉ Winterfest Christmas Parade, December 8th , Main Street Enterprise
- ☉ Parenting Wisely Baker County: January-February specific dates and times TBA

Items to help us better serve our families

Diapers: all sizes

Art and Craft Supplies

Healthy Snacks

Card Stock

Baby Wipes

New/used Microwaves

Misc. Tools

News Around the State

From the Executive Director.....

During the holiday season our thoughts frequently turn to our most vulnerable population, children 0-8 years. Wallowa County has always valued learning and worked to provide opportunities across the ages. Now more than every we are turning our attention to early learning.

The impact of high-quality early learning experiences is well established, particularly for children at risk for underachievement. Yet there have only been marginal strides in creating and supporting an infrastructure that provides all children and families with access to the crucial early learning opportunities that are so vital to our nation's education, civic, and economic prosperity.

Building Healthy Families in partnership with Head Start, Joseph School District, and Wallowa County Health Department are working to build and support an Aligned System: A Vision for Transforming Education Across the Pre-K-Grade Three Years. "Building and Supporting an Aligned System" describes a standards-based and well-resourced pre-K-3 system in which all children and families have access to high-quality learning and care. Additionally, research indicates high-quality learning and care must include: Programs based upon evidence and data; Teachers and leaders are well-trained, suitably compensated, and supported in the classroom; and Children's learning and development are assessed and fostered in a truly comprehensive fashion to capture all the ingredients that contribute to their success in school and in life. Expectations for children and for educators include all aspects of early childhood development and learning, rather than only subjects addressed in standardized achievement tests.

Finally, policy, funding, and practice are aligned to provide communities with the necessary infrastructure to ensure positive early learning experiences. Creating a seamless continuum requires that separate and very different systems come together to work in a more coordinated way.

As always, I am proud of Wallowa County—Amy

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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



Chicken Italian with Rice

Ingredients

- 6 boneless, skinless chicken breast halves
- 1 cup uncooked rice
- 1 package dried Italian Dressing Mix
- 1 can Cream of Chicken Soup

Procedure

1. Pace rice in slow cooker.
2. Combine dressing mix, soup and 2 cups water. Pour over rice
3. Place chicken on top. Cover and cook on low for 3-4 hours.