



December 2013
Volume 1, Issue 4

Building Healthy Families

Strengthening Families through education and Support

HAVE A HAPPY, AND SAFE HOLIDAY SEASON

Building Healthy Families is proud to announce the official formation of the Safe Kids Northeast Oregon Coalition! This Coalition is made up of Baker, Union, and Wallowa Counties with the mission of "Working Together to Reduce Unintentional Preventable Injury and Death in Oregon's Children Ages 0-19". After about a year of work, this coalition is beginning to move forward in each of the three communities. With that in mind this month, Building Healthy Families as the lead agency for the coalition, would like to share some quick and easy holiday safety tips for your family.

Decorate Your Tree with Your Kids in Mind: Kids are curious and will want to play with the ornaments on the tree, so you might as well prepare. Move the ornaments that are breakable or have metal hooks towards the top of the tree. That makes room at the bottom for the ones that are safer for young kids.

Water the Tree Regularly: Natural trees look beautiful and smell great, but if they're not watered regularly, needles can dry out and pose a potential fire hazard. Make sure your tree has plenty of water by checking it regularly.

Check the Lights: Lights are one of the best parts of holiday decorating. Take a look at the ones on your tree and in and around your home for exposed or frayed wires, loose connections or broken sockets.

Engage Older Kids in Cooking: Teach older responsible kids how to cook safely. Teach them never to leave the kitchen while they're using the stove or oven. Instruct older kids to use oven mitts or potholders to remove items from the oven or stove and teach them how to use a microwave safely.

Check Your Car Seat Before Holiday Travel: Seventy-three percent of car seats are not used or installed correctly, so before you hit the road, check your car seat. If you are having even the slightest trouble, questions or concerns, certified child passenger safety technicians are able to help or even double check your work. Safety in the car goes beyond your little ones. Kids who have outgrown a forward-facing harness seat are not ready for a seat belt or front seat yet. They are safest in a booster seat that enables the adult seat belt to fit properly. Even when children have graduated from booster seats, they should remain in the back seat until they reach the age of 13.

Find the Perfect Toy for the Right Age: Consider your child's age when purchasing a toy or game this holiday season. It's worth a second to read the instructions and warning labels to make sure the gift is just right. Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.

Information and statistics are provided by Safe Kids Worldwide www.safekids.org Please visit their website for more information or contact Billie-Jo Deal at Building Healthy Families for more information on anything mentioned above. We can also give you contact information for local car seat technicians and other resources. For periodic updates, subscribe to www.safekidsoregon.org it's easy... all you have to do is enter your e-mail address on their homepage!

Upcoming Events for Families

- *Parent/Child Play
Groups 0-5 years
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
- *Parenting Now: Baker
and Wallowa County
start in January
Dates/Times TBA
- *BHF Holiday Coloring
Contest 12/2-12/13
Entries available at
BHF, Schools, and
community partners
- *Festival of Trees Family
Day 12/7 10-3 Baker
County Fair
Grounds
- *Skating with Santa
12/24/13 , Time TBA
Enterprise City Park

For questions or registra-
tion information contact

BHF

541-426-9411

BHF Wish List

- Cleaning Supplies
- Art Supplies
- Diapers/Wipes
- New children's books

WAYS TO GIVE BACK THIS HOLIDAY SEASON

- * Volunteer for a local food bank packing up holiday boxes
- * Head to a nursing home or hospital to deliver homemade cards and/or carol
- * Find a toy drive and see if you can help to wrap the gifts
- * Make holiday treats and leave them on a neighbor's doorstep
- * Volunteer to help an elderly individual decorate or take down their holiday decorations

BHF AWARDED NEW GRANTS

In addition to the formation of the SAFE KIDS network highlighted on the front, BHF has been the recipient of several, exciting grant opportunities.

1. **K-12 Student Success:** The Oregon Community Foundation awarded BHF a 3-year grant to support K-12 enrichment activities across Wallowa County. The County-based proposal includes 10 unique programs from a variety of community partners including Wallowa Resources, all three school districts and Youth Services.
2. Wallowa Resources and Building Healthy Families received a 3-year collaborative education grant to support existing and new joint program opportunities for school-aged kids. The grant also allows funding for mapping of youth services and alignment of outcomes to measure program effectiveness.

We are thrilled with the confidence of the State's foundations in our good work and programming and are hopeful the positive impacts will be felt by our students and families.

DINNER ON A DIME

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 and universal support and education for parents, caregivers, parents-to-be and students through a variety of diversified programming.



Easy Ravioli Lasagna

Ingredients

- 1 Jar Spaghetti Sauce
- 1 bag shredded Mozzarella Cheese
- 1 lb. Hamburger
- 1 Bag frozen cheese lasagna

Directions

1. Brown hamburger and drain fat
2. In a 9 x 13 inch casserole dish, layer in this order:
 - 1/3 of spaghetti sauce
 - 1/2 of the ravioli
 - 1/2 of the beef
 - 1/2 cup of cheese
3. Cover with foil and bake at 400 degrees for 40-45 minutes
4. Let cool 10 minutes before serving.
5. Serve with salad and bread