



# Building Healthy Families

Strengthening Families through Support and Education

## The Importance of Parent Education

Nothing teaches children more than a parent who is willing to learn. In the past decade, the positive impacts of parent education have been widely studied and include closer family relationships, reduced occurrence of risky behaviors, increased academic success and positive social emotional development. At the heart of all evidence-based parent education is the desire to build upon individual family strengths in an effort

to create a loving, safe environment where children can thrive physically, emotionally and academically.

From providing a social network, to helping parents realize what is developmentally appropriate for their child, to building a toolbox of positive discipline strategies, parent education educates and supports parents to do the best job they can to raise their children to become confident, car-

ing, responsible and productive.

Contact BHF to learn about our latest parent education opportunities and find the learning experience that is right for you and your family!



## Find BHF On-Line!

From blogging to Facebook, the staff at Building Healthy Families have been working to increase the number of family friendly tools and resources available on-line. Updated multiple times each week, the BHF Facebook page provides access to newsletters, upcoming opportunities and links to multiple on-line resources.

If more information about a specific BHF program or service is needed, head to our newly renovated web page to find the information you are looking for. Our site provides class descriptions, staff contact information, community resources and developmental information. Finally, if you are looking for a family friendly ac-

tivity, parenting advice from leading experts or a network to share ideas with other families, head to the BHF Blog at [www.oregonbhf.blogspot.com](http://www.oregonbhf.blogspot.com). Whether you become a fan on Facebook, or post a comment on our blog, we encourage you to visit the latest BHF resources that are only a click away!

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### Upcoming opportunities for children and families

- © Weekly Parent/Child play groups: Baker Library 10:00 Tuesday BHF 9:00 and 10:30 Friday
- © Parenting Now! Wallowa Exploration Room Wednesdays 5:30-7:00 pm FREE Dinner/Childcare
- © Music and Me: Parent/Child Workshop Wednesday February 27th 5:30-7:00 FREE Family Dinner

### Items to help us better serve our families

Healthy Snacks

Cases of Paper

Cardstock

Diapers all sizes

Baby Wipes

Art & Craft Supplies

Misc. Tools

# “Safe Kids” Returns to Northeast Oregon

Building Healthy Families and the Wallowa County Prevention Coalition are working with several community partners in Baker and Union and Wallowa Counties to bring the “Safe Kids” program back to Wallowa County! Safe Kids Worldwide is a global nonprofit organization with a mission of preventing unintentional childhood injury, a leading cause of death and disability for children ages 0-14. While this project is still in the beginning stages, we are very excited about this opportunity. Having an active Safe Kids Coalition in our community means that through education, media, community outreach and public policy efforts, we can work to reach the children and families in Wallowa County with lifesaving interventions. Sponsored programs and initiatives combine education, awareness, environmental changes and safety device distribution to get communities more involved in child safety and keep families and children safer. These programs address major risk areas for children: traffic crashes, drowning, burns, falls, and poisoning to name a few. Unintentional injuries kill more than 830,000 children annually worldwide and permanently disable even more. Working together as a Tri-County Coalition only strengthens our efforts to help combat these statistics in our local communities, and it will provide more opportunities to share knowledge and resources in our region.

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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



### Parmesan Chicken Nuggets

#### Ingredients

- 3-4 boneless, skinless chicken breasts
- 1/3 cup Light Ranch Dressing
- 1 cup Bread Crumbs
- 3/4 cup shredded parmesan cheese
- Salt and pepper

#### Procedure

1. Preheat oven to 375 degrees
2. Cut chicken into 1 inch cubes and toss to coat in ranch dressing
3. Combine bread crumbs, cheese and salt/pepper
4. In small batches, toss ranched chicken with bread crumb mixture and place on a cookie sheet. Repeat until all chicken has been coated.
5. Bake for 10 minutes. Flip each nugget and bake an additional 8-10 minutes or until cooked through.