



February 2014
Volume 1, Issue 6

Building Healthy Families

Strengthening Families through Education and Support

“I WANT TO HELP!”

February means Superbowl and Valentine’s Day parties... and that can mean a lot of time spent in the kitchen. Having our little ones help with food preparation is a great way to spend time together, you can even work in some math with measuring and literacy by reading ingredients. It’s important to keep in mind some important safety measures to keep our little chefs safe. February 2nd – 8th is National Burn Awareness Week. Here are a few simple steps to keep in mind.

According to Safe Kids Worldwide, in 2010, nearly 128,500 children ages 19 and under were injured due to a fire or burn, while more than 60,400 children ages four and under were treated in emergency rooms across the country.

- Instead of carrying or holding a child while cooking, try putting a high chair in the kitchen and talking with them so they know what’s going on.
- Do you ever think about your water heater? A small adjustment can give you one less thing to think about. To prevent accidental scalding, set your water heater to 120 degrees Fahrenheit or the manufacturer’s recommended setting.
- To prevent hot food/liquid spills, simply use the back burner of your stove and turn pot handles away from the edge. Also, keep hot foods way from the edge of counters.
- Try to make a habit of placing matches, gasoline, and lighters in a safe place. Avoid novelty lighters or lighters that look like toys.

For more information or tips on burn safety or other topics, contact Safe Kids Northeast Oregon Coalition Coordinator Billie-Jo Deal at Building Healthy Families 541-426-9411.

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
Wed. 1/22-2/26
8:30-10:00 A.M.
Baker House
- *Parenting Now: Wallowa
Mon. 1/27-2/24
12:30-2:00 pm
BHF Enterprise
- *ABC Music and Me
Wend. 1/29-3/5
11:00 –11:45 am
North Baker

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

Don't put off exploring your health insurance options another day

Open Enrollment DEAD-LINE March 31, 2014

Vixen Radford at Northeast Oregon Network (NEON) is here to help you with the concerns and questions you might have around the new Affordable Care Act- Cover Oregon and the health insurance exchange. Don't let another day pass call and get an appointment to meet with Vixen and talk about your needs today!

MAKE A RESOLUTION TO VOLUNTEER

While January maybe gone, it is never too late to think about making a positive change! Why not volunteer to help the lives of others?!?! Building Healthy Families currently has numerous volunteer opportunities to meet a variety of skills and interests:

- * Read weekly with a child in our Books Bridging Generations Reading Program
- * Provide a student with academic support and goal setting through our Tutoring and Mentoring Program
- * Volunteer in our Alternative Ed High School Classroom, or our Early Learning Center for children 2-5
- * Support our After School Program with a project, supplies or just an extra set of hands
- * Put together activities for Well-Baby Bags, Toddler Play Groups, Daycare Exchanges or Welcome Baby Bags

The possibilities are almost endless! Call today to schedule a tour and check us out! 541-426-9411

Building Healthy Families
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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

Beef Ravioli and Spinach Soup

Ingredients

- 2 14.5 ounce cans beef broth
- 1 lb. fresh or frozen beef ravioli
- 1 bag baby spinach
- Pinch of nutmeg
- 3 Tbs. snipped chives

Directions

1. In a medium saucepan, bring broth to a boil. Add the ravioli and nutmeg and return broth to a slow boil. Cook about 10 minutes or until ravioli is tender. Just before serving, add spinach and cook until wilted. Serve in bowls and top with chives.
2. Serve immediately with salad and bread.