



Building Healthy Families

Strengthening Families through Support and Education

Resolutions for a Healthier Family

January serves as the time of year when we look back on the past 12 months and often make lists of promises to ourselves about how we are going to improve in the New Year. Yes, this is indeed the time of the infamous New Year's Resolution. While we are all familiar with the old standbys such as losing weight or quitting a bad habit, this year BHF would like to make a proposal; make your New Year's Resolutions about bringing your family a bit closer together.

While on a National and Local level many families are facing the most challenging times that we can remember, perhaps now is a golden opportunity to look at the people we have to be thankful for and focus on how to make those connections stronger than ever.

What are the reasons you get up

each and every day and try to do your best? The answer is often the family that you have around you. So think about trying one of these ideas to strengthen your family bond for a happier, healthier 2013!

1. **Make it Homemade:** This year when birthdays and holidays arise, why not focus on making a simple, thoughtful handmade gift together! Not only are these gifts often more well received, but your children learn the value and pride of creating a final product and an experience giving that comes from the heart!
2. **Family Night:** Does your family like games? Movies? Taking a hike? The activity doesn't matter as long as you are doing it together! Find a 1-2 hour time each

week that you can commit to having fun as a family.

3. **Serving Others:** Having compassion for those less-fortunate is a valuable skill to teach your children. Make a commitment to volunteer on a monthly basis and find an activity that engages your children. Local human societies, food kitchens or park clean-ups are often a great fit!

From the staff at BHF to all the families in Eastern Oregon, we wish you a Happy New Year and a healthy, thriving 2013!



Strong Family Bond Now... Healthier Teens Later

As we move into a new year, it's a great idea to think about planning new family traditions and activities as mentioned in the article above, but let's take this one step further and look at some of the longer term effects of having a strong bond with your kids...

According to research done by CASAColumbia in 2012,

compared to teens who say they have an excellent relationship with Dad, teens who have a less than "very good" relationship with their father are: almost 4 times likelier to have used marijuana; twice as likely to have used alcohol; and 2.5 times as likely to have used tobacco. They also found that compared to teens who say they have an excellent relationship with Mom,

teens who have a less than "very good" relationship with their mother are: almost 3 times likelier to have used marijuana; 2.5 times as likely to have used alcohol; and 2.5 times likelier to have used tobacco.

So start building that bond while they're young! Not only will it be good for them in the long run, it will be fun! Happy New Year!

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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
- ☺ Parenting Wisely Baker County: Wednesdays January 9-February 13th 10:00 am
- ☺ Parenting Wisely Willowa County: January/February Specific Dates/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

Spend After School Time in Great "Exploration"

Building Healthy is thrilled to offer EXPLORATION, an innovative and engaging after-school program available to ALL Wallowa County k-4th graders. Running daily from 3:30-5:00 at each elementary school, this FREE program combines math, science, literacy and art in hands-on games and activities presented by multiple community partners! While the program served over 50 students in the fall, we have set a New Year's Resolution of serving 100+ Wallowa County kids this winter! Below is an update from Exploration Coordinator, Kimberly Hernandez, on first quarter Exploration happenings:

"The Exploration After-School Program had a fantastic first quarter of the school year. In addition to fall and winter-themed arts and crafts, the kids enjoyed brain builders such as crystal forming and animal classification and tracking. Among the educational topics brought to the program from our partner curriculum providers (Safe Harbors, Wallowa County Prevention Collaborative, and the Wallowa County Library's Up- and-Away Program) were US geography, discovering static electricity, peer resistance, and anger management.

Exploration is offered at the school and free of charge to all K-4th graders Tuesdays, Wednesdays and Thursdays from 3:30-5:00pm. Each program begins with a healthy snack and 15 minutes of outdoor recess time. For more information, questions or registration please call Kimberly Hernandez: 426-9411."

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103 Hwy. 82, Suite 2
Enterprise, OR 97828
541-426-9411
www.oregonbhf.org
www.oregonbhf.blogspot.com

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



5-Ingredient Southwest Soup

Serve this quick and easy soup with bread or tortilla chips for a quick meal

Ingredients

- 1 can refried beans
- 1 can chicken broth
- 1 can corn
- 1 can black beans
- 1 can diced tomatoes

Directions

1. Drain and rinse black beans and add to heavy pot
2. Add remaining ingredients
3. Heat through to boiling. Allow to simmer 10-15 minutes
4. If desired, garnish with chips, sour cream or cheese