



January 2014  
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# Building Healthy Families

Strengthening Families through education and Support

## “I DON’T FEEL WELL!”

For many of us living in Northeast Oregon, this time of year is not only a time for family, friends, and celebration of a new year, it is a time for sneezing, coughing, fevers... yes, the cold and flu season is here! With cold and flu season comes doctor’s visits and trips to the pharmacy to get our little ones feeling better. However, while these medicines are valuable in knocking out flu bugs and helping all of us get much needed sleep, they can also be very dangerous if they end up in the hands of a curious little one.

According to Safe Kids Worldwide, one child goes to the emergency room every eight minutes for medicine poisoning, which is the leading cause of child poisoning. This can happen to any of us in just seconds, the good news is with a few safety precautions, we can make our homes much safer.

- Put medicines up and away and out of sight... ALL medicines, including vitamins and adult medicines.
- Consider places where kids get into medicine. Don’t forget places you might not think of like purses, nightstands, even your vehicle.
- Remember to properly store products you might not think about as medicines such as diaper rash remedies or eye drops.
- Use the dosing device that comes with the medicine. Kitchen spoons are not all the same and measuring devices used for cooking will not measure the same amount as the dosing device.
- Post the toll-free number for the Poison Control Center (1-800-222-1222) near your home phone or on your refrigerator. It would also be a good idea to program it into your cell phone.

For more information or tips on medicine 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. 1/20-2/24  
12:30-2:00 pm  
BHF Enterprise
- \*ABC Music and Me  
Wend. 1/29-3/5  
11:00 –11:45 am  
North Baker
- \*What’s For Dinner?  
Workshop 1/23  
Baker Head Start  
5:30-7:00 pm

For questions or registration information contact

**BHF**

**541-426-9411**

## BHF Wish List

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

### FUN FAMILY NEW YEAR RESOLUTIONS

- \* Find creative ways to exercise together (skating, sledding, snow ball fights, etc.)
- \* Cook a Meal together at least 1 time per week
- \* Start a new tradition (movie night, game night, special breakfast, etc.)
- \* Find a community service project to take on together (clean the park, adopt a family, etc.)
- \* Start a Book Club or subscribe to a new family magazine

## NEW YEAR FILLED WITH OPPORTUNITIES

While many families are beginning their New Year with intentions of spending more time together, BHF is starting the New Year with the hope of providing families with multiple opportunities to do just that. From parent education classes and workshops, to Friday Family Fun and an early childhood music opportunity, our calendar is packed with a variety of options for families with children of all ages. Our blog is also updated weekly with ideas for activities, parenting advice and resources for families.

If you don't know where to start, please contact the staff at Building Healthy Families in Wallowa, Baker or Union County to get connected today! Here's to a happy, healthy New Year together!

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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

### Quick Chicken Tortilla Bake

#### Ingredients

- 2 cans Cream of Chicken Soup
- 1 10oz can diced tomatoes with green chilies, undrained
- 12 6-7in corn tortillas cut into thin bite size strips
- 1 cup shredded taco cheese
- 3 cups, cubed, cooked chicken

#### Directions

1. Preheat Oven to 350 degrees
2. Combine soup and tomatoes in a medium bowl and set aside
3. Sprinkle 1/3 of tortilla strips across the bottom of a greased 3 quart baking dish. Top with 1/2 of chicken mixture. Spoon 1/2 of soup mixture on top of chicken.
4. Repeat layers and top with remaining tortilla strips
5. Bake covered for 40 minutes. Remove cover and sprinkle with cheese. Bake an additional 10 minutes or until cheese is melted and bubbly.