



Building Healthy Families

Strengthening Families through Support and Connection

ABC Music & Me Comes to Wallowa County

Over 30 parents and children piled into Building Healthy Families to sing songs, play with parachutes, build egg shakers and learn motions to Row, Row, Row your Boat! The one-night interactive workshop served as a community introduction to the newly purchased ABC Music and Me program, an evidence-based offering of the nationally renowned KinderMusik company.

Building Healthy Families was introduced to the program during a professional development opportunity during the summer of 2012, and felt it would

be a great fit with multiple programs. In November, BHF received funding from the Wildhorse Foundation to purchase both the classroom/group version of the curriculum and the accompanying home visit curriculum for up to 40 families.

BHF's Learning Center will be utilizing monthly units from the laugh and learn curriculum with the 1-2 year old class on a daily basis. The 3-4 year olds will be integrating elements of the Wiggle and Grow curriculum throughout their units of study.

Benefits of the program

include improved literacy skills, exposure to early math and science skills, the promotion of pretend play and the use of music to develop social emotional skills.

Please contact Building Healthy Families if you are interested in signing up for a Music & Me opportunity today!



Sharing, turn-taking, and ensemble play are fun... and exercise social skills, too!

Tips for a Smooth Spring Break

Spring Break is supposed to mean fun, time, relaxation... a "break" from our regular routines... but for some of us, it is an added stress to figure out "...what in the world am I going to do with my kids this week while I'm at work?!"

How can you ensure a fun and safe spring break for your kids amid your busy workweek? Consider connecting with the parents of your child's friends and share responsibilities for carpooling. If possible, also consider taking turns

taking one day off of work during the week and chaperoning a group of kids. It will help spread the carpooling duties, add a little fun to your week, and help you better connect with other parents and your child's friends.

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Upcoming Events for Children and Families

- © Weekly Parent/Child play groups: Baker Library 10:00 Tuesday BHF 9:00 and 10:30 Friday
- © Parenting Now! Baker County Wednesdays 4/3-5/8 2:30-4:00 pm Eagle Cap Academy
- © ABC Music & Me parent child group. Fridays 9:00 Specific Dates to be announced

Items to help us better serve our families

Diapers in all sizes

New Children's' socks

Baby Wipes

Art/Craft Supplies

Playground Balls

Push Car or Tricycles

Healthy Snacks

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Whether it's sports, spending time outdoors, volunteering or other interests, busy kids have great opportunities to learn and grow.

They are less likely to get involved in risky behavior and there is research to back this up. The more activities kids are involved with, the less likely they are to use alcohol and other drugs as they get older.

And remember: keeping kids busy doesn't have to be expensive. In this case, price does NOT equal effectiveness!

4 Great Family Ideas for Spring Break

1. Camping

From the local mountains, to your own backyard, sleeping under the stars is a childhood favorite. Dust off the grill, roast some hotdogs and celebrate the start of spring!

2 Go Global

Have each member of the family choose a different country and make a week's worth of global dinners. From Burritos to pizza, the meals don't have to be hard, just fun and made together!

3. Organize a Scavenger Hunt

Make a list for the week and send the kids out searching! Want to tie in Spring Cleaning, make the list require finding items the kids can donate to a local charity (ex. 2 shirts that are too small, 1 book you no longer read).

4. Start Gardening

While it may be a bit early to start planting, it is never too soon to plan. Have kids look through catalogs, find veggies at the store they want to try to grow, or pick up indoor seed starts from your local garden center.

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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



Bean Tortilla Casserole

Ingredients

- 2Tbs. Olive Oil
- 2 cloves garlic, crushed
- 2 cans black beans, rinsed and drained
- 2 cans diced tomatoes with green chilies
- 10 corn tortillas
- 6 ounces shredded Monterey Jack cheese
- 1/2 cup sour cream

Procedure

1. Heat oil and garlic and cook until fragrant. Add beans and 3/4 cup water and bring to a simmer until beans are tender (5 min). Mash slightly and season with salt. Meanwhile puree diced tomatoes with blender.
2. Lay 4 tortillas in the bottom of 8 inch square dish. Top with 1/3 of tomatoes, half the beans and 1/3 of cheese. Repeat using 3 tortillas. Top with 3 tortillas, remaining tomatoes and cheese. Cover with foil.
3. Preheat oven to 450. Bake covered 15 minutes. Remove foil, reduce to 350. and bake until cheese is browned about 20 minutes. Serve with sour cream.