



November 2013
Volume 1, Issue 3

Building Healthy Families

Strengthening Families through education and Support

TIS THE SEASON

November usually kicks off what most of us think of as “The Holiday Season.” From holiday parties to feasts with friends and family, now is the time to be thankful for your loved ones, good health, and to look towards a new year.

But not everyone will have a reason to celebrate. This year alone, hundreds of parents will mourn the death of their kids due to alcohol consumption. In fact, car accidents are the number-one cause of death among minors, 60 percent of which involved drinking and driving. Talking to your kids about the risks of underage drinking is important, however one of the best ways to send a positive message to your kids (even if they are too young to have a discussion about drinking), is to remember that actions speak louder than words. Rarely does a holiday party *not* include adults drinking openly with their children watching nearby. Being a positive role model to your children and other children around you is one of the best gifts you can give.

Even if you consistently model ‘responsible use’ of alcohol, you might consider having some family gatherings where alcohol isn’t present at all because even if they are not considering drinking themselves, or are too young to really understand the risks involved, children can start to associate alcohol with family gatherings, parties, and good times. Enjoy each other’s company by playing board games, watching movies or cooking together. So challenge yourself this season—leave the alcohol for the “adult only” parties and avoid consuming alcohol in front of children. Guarantee your family another year of happy holidays and good fortune.

THE IMPACTS OF PARENT EDUCATION

In the stress of our daily schedules and routines, adding another commitment may seem entirely too overwhelming. However, experts in the fields of child development, early education, pediatrics and social services urge families to commit to positive family activities! From weekly classes to story times, to community events that provide family activities, taking time out to work on your role as a parent has tremendous impacts.

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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
- *Nurturing Parenting
Thursdays 9/12 thru
12/12 5:30 pm
BHF Enterprise
- *Nurturing Parents
- *Parenting Now!
Wednes. 9/25-10/30
2:30-4:00 pm
Eagle Cap Academy
Baker City
- *Kidfest! Community
Health & Safety Fair
October 18th
3:30-7:00 pm
Cloverleaf Hall
Enterprise

For questions or registration information contact

BHF

541-426-9411

BHF Wish List

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

Family Ideas for Fall

- Rake up a giant pile of leaves and jump in!
- Get into the kitchen and cook a favorite fall recipe
- Head outdoors on a nature hunt
- Have everyone in the family write one thing they are thankful about. Read them during dinner.
- Make up some hot chocolate and top with mini marshmallows

POSITIVE IMPACTS CONTINUED FROM FRONT

In 2011, FamilyFacts.org compiled results from numerous studies showing positive family time produced the following outcomes (a citation of research can be found at their website www.familyfacts.org):

- **Spending time in everyday family leisure activities is associated with greater emotional bonding within the family.**
- **Children whose parents spend time with them doing activities tend to have better academic performance**
- **Adolescents whose parents are involved in their lives tend to exhibit fewer behavioral problems**
- **Youths who communicate, do activities and have close relationships with their parents are less likely to engage in violence.**
- **Teens who frequently have dinner with their families are at a lower risk for substance abuse.**

So commit to building a more positive family relationship and sign-up for a family education opportunity today!

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

3 Ingredient Chicken Cacciatore

Ingredients

- 1.5 lbs. Boneless, skinless chicken thighs
- 1 jar spaghetti sauce
- 1 pound curly pasta
- 1 parmesan cheese

Directions

1. Add chicken to crockpot and cover with pasta sauce. Stir to coat.
2. Cook on low for 4-5 hours.
3. 30 minutes before eating, cook noodles according to pasta directions.
4. Top cooked pasta with sauce and top with Parmesan cheese