



# Building Healthy Families

Strengthening Families Through Support and Education

## Building Healthier Families in Baker County

June will bring a close to the first year that Building Healthy Families began offering parent education opportunities to the families of Baker County...and what a year it has been. Thanks to a 3-year HUB Grant from the Oregon Community Foundation, BHF has been able to hire 2 satellite staff to deliver programming, both of whom are Baker County natives. Raeann Butter, a Healthy Start Family Support Worker, is also working with over a dozen families through an on-going weekly parent/toddler play group offered at the Baker County library. This story, craft and snack time offers

parents a chance to spend quality time with their children, while exploring activities that are developmentally appropriate and help prepare children for school. As our newest Baker County staff member, Becca Colton will work with families through voluntary and referred home visiting services, and as the School One Stop Coordinator. Becca will also be trained in several evidence-based parent curriculums and will be facilitating classes in the summer and fall. BHF offered their first parent education class in February serving 7 families and 16 children. The class was

very well received. Prompting numerous calls from parents and community partners requesting additional parent education opportunities. A class is scheduled to begin the first week of June.

The HUB grant will allow Building Healthy Families to provide a minimum of 2 classes each year, as well as the weekly toddler group, a variety of family friend activities at community events. The goal is to develop relationships with families, funders and community partners to assure the presence of BHF and parent education in Baker County for years to come.

## Alt Ed Students Help "Build" a Greener Community

Although power tools may not be your traditional school supplies, students participating in Alternative Ed at Building Healthy Families have learned they are not participating in the traditional high school program. Inte-

grated into this innovative, hands-on program, is a year-long Service Learning credit, focusing on giving back to the community. From serving as Outdoor School Counselors, to cutting fire wood for families in need, students have

had a chance to step out of the classroom and make their community a better place. The final project of the year had students working in rain and snow to construct a greenhouse that will serve a

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### Upcoming Family Events and Parent Ed Opportunities

- ☉ Weekly Parent Toddler Group  
Friday 10:30 BHF  
Tues. 10:30 Baker Library
- ☉ Mother's Day Tea May 6th  
3:00 pm BHF
- ☉ Mom's Yoga Class and Parent Group Thurs. 1:00pm BHF
- ☉ Dandelion Festival and Spring Planting Day May 28th Joseph
- ☉ Nurturing Families Tuesdays  
June 7th-July 12th Baker

### BHF Wish List

- Diapers: all sizes
- Baby Wipes
- Art/Craft Supplies
- Card Stock
- Misc. Power Tools
- Mouse Pads
- Misc. Office Supplies



# Focusing on a Healthy Family

May is National Health Awareness Month encouraging families to focus on living a healthy, active lifestyle in order to prevent health concerns and build a love for living a positive, happy lifestyle!

## 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.



- Eat at least three meals a week as a family, including a variety of fruits, vegetables and whole grains
- Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.
- Wear helmets, seat belts, sunscreen, and insect repellent
- Be ready for emergencies. Make a supply kit. Make a plan. Be informed.
- Get 7-9 hours of sleep each night. Make sure kids get more, based on their age
- Take time to relax as a family. Set aside at least 2 hours each week to spend some down time together, simply taking a walk, playing a game, or watching a movie

## Alt Ed.....continued from pg. 1

Number of purposes for several Building Healthy Families programs.

The 8' x 10' greenhouse will provide space for any family working with BHF wishing to grow their own produce, or learn more about gardening. Families can bring their own seeds or starts to grow until the weather improves, later transferring them to outdoor garden space.

The new building will also serve as a educational tool for both the Alternative Ed classroom and the toddlers and preschoolers in the Building Healthy Families Early Learning Center.

From growing pumpkins for the Fall to planting starts to sell at next Year's Farmers Market, the greenhouse will be used to help students better understand how plants and nature work.

Finally, Building Healthy Families staff are working with the USDA to be able to use greenhouse space to grow fruits and vegetables to serve in our meal program. Not only would this save overall cost, but would provide fresh, organic produce to Wallowa County children and Families working with Building Healthy Families.

Daniel Girtz, an Alt Ed stud and



BHF Kitchen staff member claims, "It's nice to work on both ends of a project. From building the greenhouse to preparing the meals with the food it produces, I can feel like I am making a difference."