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# Families First

support for families...health care for all

## April 2011

Families First Programs/News

Issue 4-11

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### Quick Links

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### April Parent & Family Programs

In Portsmouth ([click for details](#))

Parent Support & Solutions Discussion Group ... Making the Teen Years Work in *Your Home* ... How to Talk: Self-Discipline and Responsibility ... 1-2-3 Magic ... Building in Protection from Risky Situations ... Communicating in Difficult Situations ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

In Seabrook ([click for details](#))

Winning at Parenting ... Family Fun at Community Table ... Family Morning Out

In Epping ([click for details](#))

Keeping Your Cool ... Family Morning Out

... or click one of the icons below for the same information in a printable PDF calendar or Google calendar.



Also, click these links for info on [primary care](#), [prenatal care](#) and [dental care](#) at Families First. They are affordable and open to all!

### PROGRAM OF THE MONTH: Building in Protection for Kids



Families First, along with many other Family Resource Centers in New Hampshire, will be highlighting Strengthening Families Month in April with programming and information. Do you know what makes a strong family, one that raises successful, happy and healthy children? Would you like to know the everyday steps you can take to make sure this happens in your own family? Check



out the Strengthening Families information wall in our waiting room in April. Or join us for **Building in Protection from Risky Situations** on April 5 ([more info here](#)) and learn about creating protective factors to strengthen your family and help your child resist and avoid dangers as they grow into teenagers and adults.



### Dental Care for Adults at Families First

Did you know that if you are a medical patient at Families First, you are eligible to use our [Dental Center](#)? For some routine dental services, you must be a medical patient for at least six months, but that is not for everything, so if you are already a Health Center patient, please give us a call if you have questions or need an appointment: 422-8208, option 3. (And if you are not yet a patient and would like information on becoming one, press option 1 or [click here](#).) Also, all children and teens living in New Hampshire or Maine can use our Dental Center, whether they are medical patients or not. Give us a call -- scheduling is quick and easy!

### Make Your Family a Priority: Be an Early Bird

Make your family a priority by signing up for a Families First programs early. Parents are very busy these days, often dealing with what is right in our faces rather than what we think is truly important. At Families First, we see signs of this when we get a rush of sign-up requests for parenting classes at the last minute, ***sometimes after we have had to cancel the program due to lack of sign ups!*** So, for example, if you would like to come to our *How to Talk So Kids Will Listen: Self Discipline and Responsibility* on April 6 and 13, or another parenting program, sign up now, as you read this! (Call 603-422-8208 ext. 123 or [send an email](#).) You will not regret making this a priority when your children are more cooperative and responsible!



[Info on parenting classes](#)

### PARENTING TIP OF THE MONTH

Help teach your children self-control and responsibility by:

- Setting fair and reasonable limits
- Giving clear and positive instructions
- Using logical consequences
- Saying what you mean and meaning what you say
- Helping children problem-solve
- Modeling appropriate behavior



### Painters: Start Your Brushes

Families First is collecting artwork for the 2012 Artists of





the Seacoast calendar, online, now through April 29. (At left is "Portsmouth Waterfront," by Maddi Alana, which appears on the cover of the 2011 calendar.)

[How to submit artwork ...](#)

## KIDS ACTIVITY OF THE MONTH: Make a Snack

Mix together:

- ½ cup peanut butter (or sun butter, almond butter, etc.)
- ½ cup honey
- ¾ cup dry/powdered milk

Form into balls by rolling in your hands.

Eat plain or roll balls in chocolate chips, raisins, sunflower seeds, sesame seeds or coconut.



## RESOURCE OF THE MONTH: Free Family Nights

The Children's Museum of New Hampshire will host a Free Family Night on Friday, April 1, from 5:30 - 8 p.m. and on the first Friday of each month through June.



[Info on Children's Museum](#)

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Families First Health & Support Center | 100 Campus Drive, Suite 12 | Portsmouth | NH | 03801