



Programs & News

August 2008

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August Program Info

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AUGUST AT A GLANCE

Portsmouth: 1-2-3 Magic/MORE 1-2-3 Magic; Working with Your Child's School; Setting Kids Up for a Good Year in School; "Mom, I'm Not Eating That!!!"; Parent Recharge; Living With Teens; Babytime; Toddler Playtime; Preschool Playtime; Family Fun Night; Parents' Evening Out

Lower Seacoast: Parent Recharge

Western Rockingham County:
Family Morning Out (in Epping and Raymond)

Program of the Month: Prenatal Care

Women who come to Families First for prenatal care receive an unusually broad range of services. Physicians and a nurse practitioner from Harbour Women's Health provide obstetric care on-site at Families First and deliver babies at Portsmouth Regional Hospital. In addition, the Families First prenatal team provides nutrition education; mental health and substance abuse counseling; help obtaining financial assistance for prenatal care; and help with housing, transportation, and translation services. Childbirth ed is offered on-site. And prenatal patients have easy access to the many other services Families First offers: dental care, primary care, home visiting, and parenting classes and playgroups. Call Marcy at 603-422-8208 ext. 142.

[More info](#)



New Dentist Seeks New Patients



Families First is happy to welcome a new full-time dentist, **Eric Katzman, DMD**. Dr. Katzman comes to us from the United States Air Force and is very excited to work in public health. He recently moved to the Seacoast with his wife and three children and is looking forward to meeting new patients. Families First Dental Center is open to any child in New Hampshire who has Medicaid coverage or is uninsured, as well as to both children and adults who are established patients at Families First Health Center. Call 603-422-8208 option 3. [More info](#)



Ears Wide Shut

by Bob Pavlik, parent educator

We have been told that listening to our children is important to their connection to their families, to the development of their individual identities and to the building of self-esteem. Of course I buy into this. But, like most things I buy into, I think it can be taken too far. The evidence of this includes the conversations we overhear from the next aisle in the grocery store, where the kid whines and wheedles throughout the entire cereal section to get a box of the ones that look like little cookies. . . . [Read full article](#)

A 'Guardian Angel' for Parents

by Jeanné McCartin (Portsmouth Herald)

It's the ultimate nightmare: A child with a chronic health condition, and an overwhelmed, frightened parent trying to deal with insurance, money, time, education and care issues. Sometimes you're running so hard it's hard to know where to turn for relief, information and support. As fantastical as it may sound there's a one-stop shop for those dealing with these circumstances: Partners in Health. . . . [Read full article](#) [Contact Partners in Health](#)

Do You Need a Night Out?

Need a fun, cheap, air conditioned evening out for the whole family? You've got it! Parents Evening Out is: a pizza and salad dinner for the family; child care with great staff and activities for the kids; and comfy couches, pool, foosball and relaxation for the parents. All for \$7 per family! (Must be prepaid.) Families First offers Parents Evening Out on August 27 and the fourth Wednesday of every month at the Community Campus. Call 422-8208 x602 to reserve your space. [Flyer](#)



Free One-on-One Help for Your Family

The Family Center at Families First has experienced staff who would love to work with your family one-on-one. Our home visitors can meet with you at your home, at Families First or another convenient location to talk about family issues, parenting, making ends meet and much more. Our home visitors can even help you prepare for school meetings, doctor visits and other appointments. We also offer home safety checks. Funded through NH Healthy Kids billing and state contracts, this service is free to you! Call 603-422-8208 ext. 125. [brochure](#)

Celebrate Community Health Centers

In honor of National Health Center Week (August 10-16) and National Health Care for the Homeless Day, check out the health information on Families First's bulletin boards and tables. And National Health Center Week is a great time to remind you that community health centers like Families First are medical homes for everyone! If you need a medical provider, call us at 603-422-8208 ext. 1. We accept most insurance plans, Medicaid and Medicare and have a sliding fee scale for uninsured patients.

Child Care Courtesy

Did you know that Families First offers free child care for children ages birth through 12 while parents are here for parenting programs or medical appointments? Reservations are required; call 603-422-8208 ext. 2. **Please remember:** When you make a reservation, we hire child care staff and buy refreshments or a meal for your child. Therefore, it is very important that you let us know if you can't make it. (Parents who break a reservation without calling us may have limitations placed on their ability to make future reservations.)



Drive of the Month: Back-to-School Items

For some families, school supplies are hard to afford. You can make a difference by organizing a drive to collect new school supplies, or just donate on your own. Please bring donations to the lobby at Families First throughout August. Tax receipts available.

Resource of the Month: Money-Saving Tips

The NH Children's Trust Fund's latest newsletter has information -- and links to even more information -- on consumer credit counseling, saving money at the pump, previously owned items, and locally-grown food. [Click here](#) and scroll down to "Money-Saving Tips."

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