

Winter 2010

Parenting Programs

MORNINGS, 9:30-11am

Mondays

Toddler Playtime
children 1-2½ with parents

Tuesdays

Babytime
Prenatal to 1 year w/ parents

Wednesday

- **1/27** Helping kids with their worries and fears

Thursdays

- **1/28** Teaching kids about money
- **2/11 & 2/25** Help siblings get along
- **3/11** Are you protecting your children from the right things?
- **3/25** Outdoor play: Why it's essential, how to make it happen

Fridays

Preschool Playtime children 2½-5 with parents



EVENINGS, 6- 7:30pm

Tuesdays

- **1/19 & 1/26** Solve it! Your child and sleep
- **2/2 & 2/9** Setting children up for success
- **2/16 & 2/23** Reduce mealtime battles and increase healthy eating
- **3/2** Protecting your child from sexual abuse
- **3/9 - 3/30** Family Factor: A program for the whole family!

Wednesdays

- **2/10** Handling your child's anger
- **3/10** Helping kids with their worries and fears
- **3/10-3/31** Single parents: Creating your future

Thursdays

- **2/4-2/25** Co-Parenting
- **3/4-3/25** Parenting Basics

Families First

support for families...health care for all

Place: Community Campus, Portsmouth

Cost: Free!

Child care: Free for ages 12 and under with advance signup

More info: www.FamiliesFirstSeacoast.org

Advance signup required! Call 422-8208 (press 602)



Families First Health & Support Center is a nonprofit community health center providing health care and family services. Support for parenting and family programs in Portsmouth comes from The NH Department of Health and Human Services, the Foundation for Seacoast Health, Portsmouth Regional Hospital, NH Children's Trust Fund, United Way of the Greater Seacoast, Fuller Foundation, Portsmouth Community Development Block Grants, and the Towns of Rye, Greenland and Stratham.