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Families First

support for families...health care for all

Programs & News



News from *Your* Community Health and Family Support Center

February 2012

February Parent & Family Programs at Families First

In Portsmouth [\(details\)](#)

Managing Sibling Conflicts (Q&A with Dr. Dawn Huebner) ... Solve It: Sibling Behaviors ... Recipe for Well-Behaved Kids ... Understanding and Redirecting Misbehavior ... Communicating without Arguing or Attitude (at Portsmouth Middle School) ... Toddler Playtime ... Babytime ... Terrific Twos Playtime ... Preschool Playtime ... Family Fun Night (for families under stress)

In Epping [\(details\)](#)

Family Morning Out

For the same info in printable Google Calendar or PDF format, click one of the icons below:

Families First also provides a broad range of other health and family services, regardless of ability to pay. Please [visit our website](#) to learn about our Primary Care, Prenatal, Dental, Home Visiting and Health Care for the Homeless programs.



Jane Cummings, RN, with a patient at a diabetes group visit.

PROGRAM OF THE MONTH: Managing Chronic Disease

To reduce avoidable health problems (and avoidable health care costs), Families First Health Center staff work hard at helping patients manage chronic conditions like asthma, diabetes and hypertension. Our certified diabetes educator, Jane Cummings, RN, organizes group visits to provide extra support and education for patients with diabetes. Group visits include private screenings for each patient; a healthy lunch; an educational presentation; and a medical provider on hand to answer questions. Patients also educate and support each other in managing their

diabetes.

For patients with asthma, our certified asthma educator, Sue Durkin, RN, makes sure we integrate the most up-to-date information about asthma management into the way we care for our patients and advise them about home asthma care. And Dr. Barbara Deuell, of Allergy Associates of New Hampshire, volunteers to hold asthma/allergy clinics on-site at Families First.

If you are a Families First Health Center patient and want to participate in an asthma clinic or a diabetes group visit, just ask your provider for a referral. Not a patient yet? Families First Health Center is open to *everyone!*

[Info on becoming a Health Center patient](#) (or call 603-422-8208 ext. 1)

[Info on diabetes group visits](#)

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Managing Kids' Conflicts

You love them all, so why do they seem bent on making life miserable for one another? Unfortunately, children are hard-wired for sibling rivalry, biologically driven to compete with their "litter-mates." But there is plenty you can do to teach them to get along. This month, we offer three free morning workshops to help:

- February 1: Q&A with author and psychologist Dawn Huebner, PhD.
- February 9: Identify an area of sibling behavior you would like to improve. Then, with the guidance of parent educator Bob Pavlik and parenting resources, choose a strategy and a "manner" for putting that strategy across.
- February 23: After using the strategy for two weeks, evaluate the strategy you chose on Feb. 9 and determine whether to continue it, tweak it or change it.

All workshops include free child care if you sign up in advance. Call 603-422-8208 ext. 2 or [send an email](#).

[More info on these and other parenting classes](#)



PARENTING TIP OF THE MONTH: Stimulate Your Child's Thinking

Choose activities and opportunities that inspire your kids to actively experiment and explore. Assist them in asking questions and seeking answers. Encourage them to discuss their ideas with others. Allow them to discover answers on their own before telling them answers and reasons. Ask open-ended questions such as: "What do you think will happen if...?" or "I wonder why...?"



KIDS ACTIVITY OF THE MONTH: Homemade Valentines

Start early to allow enough time to make homemade Valentine's cards. Fill a table with a variety of supplies: paint, stickers, stamps, glitter, tissue paper, etc. This is an activity all ages can enjoy, so invite friends and all family members. Leaving the supplies accessible promotes an atmosphere that promotes creativity.



RESOURCE OF THE MONTH: Healthy Living Tips

The Family Health page from the Centers for Disease Control and Prevention's website offers tips for a safe and healthy life -- some good for anyone at anytime, and others specific to seasons of the year, a child's or adult's age, and much more. ...

[Visit the page](#)

Visit Anneke Jans or Margaritas to Help Families First

- Visit [Anneke Jans](#) bistro in Kittery any **Tuesday night** this winter, and Anneke Jans will donate a portion of the money you spend on food to Families First.
- Margarita's Mexican Restaurant in Portsmouth has selected us as the beneficiary of their [Full Moon Madness](#) nights on **February 7 and March 8**.

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