



Families First

support for families...health care for all

February 2011

Families First Programs/News

Issue 2-11

In This Issue

Program of the Month

Our New Look

Snow Closing Info

Kids Activity of the Month

Full Moon Madness

Resource of the Month

Quick Links

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February Parent & Family Programs

Click below for info on current parent and family groups in your choice of PDF, Google Calendar, or text format (with links to flyers):



[Portsmouth programs](#)

Parent Support & Solutions Discussion Group ... Keeping Cool: Anger Help for Everyday Parenting ... Help for Hot-Tempered Kids ... 1-2-3 Magic ... Raising Physically Fit Kids ... Hand-Me-Down Qualities ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

[Lower and Mid-Seacoast programs](#)

Understanding Bullying ... Communicating without Arguing or Attitude, Part II ... Winning at Parenting ... Family Fun at Community Table ... Family Morning Out

[Western Rockingham County programs](#)

Active Parenting ... 1-2-3 Magic ... Family Morning Out

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: Early Childhood Dental Care

Did you know the American Academy of Pediatric Dentists says children should be seen by a dentist by the time they have their first tooth or first birthday? That's

why Families First offers the Early Childhood Dental Program for children from infancy until they are ready for their first dental cleaning at age three.

Young children don't sit in a dental chair but in a parents' lap, for a knee-to-knee exam (see photo). Hygienist Cynthia Bishop, RDH, examines the child and applies fluoride to strengthen the teeth. She also teaches parents about the importance of not putting a baby to bed with a bottle, feeding nutritious foods, and how to take care of children's teeth even before they've erupted. A dentist also examines the child's mouth.

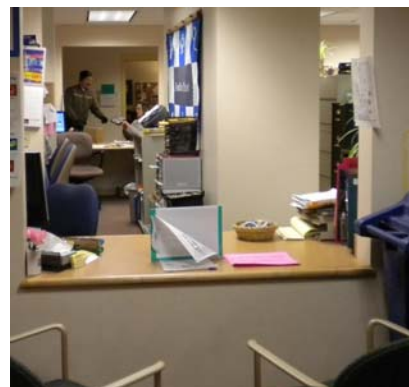


Babies, children and teens can receive dental care at Families First whether or not they receive their health care at Families First, and regardless of whether

they have insurance. Remember, the health of your baby's teeth is part of his or her overall health. For more information about Families First Dental Center, [click here](#). To make an appointment, call 603-422-8208 and press 3.

Look for a New Look at the Health Center

Starting in mid-February, the Health Center's front office is being redesigned to include check-in and check-out areas that better serve our medical and dental patients, plus other changes that you won't see but that will improve service. We apologize in advance for the disrupted traffic flow and our untidy appearance. Things should be much better for our patients when the renovation is completed at the end of March. The check-out area (pictured) is one area where improvements will be seen.



When the Weather Outside is Frightful ...

This seems like a good time for a reminder of how to find out about any closings, delays or program cancellations at Families First due to snow or ice:

- **Whenever the weather looks questionable**, please call (603) 422-8208. If Families First is closed or has a delayed opening, you will hear an announcement immediately.
- **If Families First is open but you can't make it here for your medical or dental appointment:** Please press "1" to let our staff know, as always.
- **If Families First is open and you**



were planning to attend a parenting or family group:

Sometimes groups are canceled even when Families First is open, so please press "2" to find out if the group is being held. (Morning programs are always canceled when

schools are closed or delayed *in the town where the program was scheduled to be held.*)



KIDS ACTIVITY OF THE MONTH: Indoor Snow Play



Bring winter inside! Scoop some snow onto a baking tray and have your children put some mittens on to play with snow inside. Make car tracks, mini snow people, and tunnels; add pine cones, rocks, and shells to hide or build with. Guess how long it will take before the snow melts!

Full Moon Madness at Margaritas

Every month on the Full Moon, [Margaritas Mexican Restaurants](#) throw a party in their lounges, from 4 p.m. until closing. Margaritas puts out free happy-hour appetizers all night long, organizes games and gives away prizes from vendors and local businesses. Five percent of all sales in the bar and lounge on Full Moon Madness nights go to a local nonprofit, and for the first three months of 2011, Families First is the lucky beneficiary at the Portsmouth Margaritas. Please join us on on **February 18 and March 19 at Margaritas in Portsmouth** to celebrate and support Families First.



RESOURCE OF THE MONTH: Child Development Institute

The [Child Development Institute](#) website aims to provide "the information and tools parents need to understand the uniqueness of children and to enable them to help each child develop into the successful human being they were meant to be."



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