



## Programs & News

February 2008

### In This Issue

[Saturday playgroup](#)

[Parenting teens](#)

[Partners in Health](#)

[Call for artwork](#)

[Medical, dental care for kids](#)

[Short stuff](#)

[Free cancer screenings](#)

[Craft supplies drive](#)

Dear Friends,

Have you been pleased with a program or service you received at Families First? A staff member or volunteer who went the extra mile to help you? The support and care Families First provided to someone you referred here? Every February, we collect "valentines" to share with our staff, volunteers, funders and donors. Please fill out a valentine form at Families First in February, or send a love note by [email](#). Thanks, and Happy Valentine's Day to you too!

Keryn Kriegl, Program Director

### Quick Links

[Feb programs PDF calendar](#)  
or [on web](#)

[Families First home page](#),  
[volunteer info](#) and [job](#)  
[postings](#)

P.S. I'm happy to hear your compliments, suggestions and constructive criticism anytime: Send me an [e-mail](#), put a note in a comment box at Families First, or join our [Consumer Advisory Committee](#).

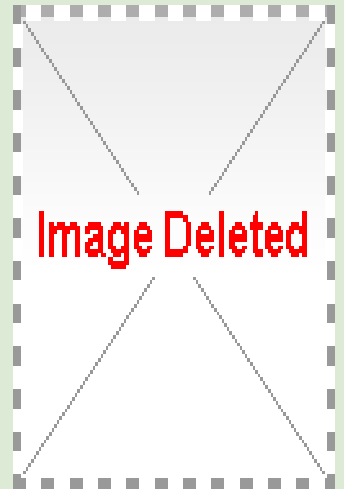
## Stay active with your kids this winter

Our new playgroup, [Saturday Play](#), for families with young children (ages 2-5), will meet Feb. 2 through March 29 from 9:30 to 11 a.m. Space is limited, so call now to preregister. The cost is \$40 for 8 weeks, plus one bonus week if there are no snow days. Cash, checks, Mastercard and Visa accepted.

## Are you stealing crucial life lessons from your teen?

*Advice from Parent Educator Joanna Wicklein*

Some time ago I spent a weekend with a family whose teenage boy was grounded. He had been at a friend's party. The friend's parents had come home to a drunken party, a big mess, and some damage to their house. The teenage boy was too plastered to help clean up when his mother came for him, so she paid for the damages and took him home. The teen spent the weekend moping and testy. His mother, feeling guilty (as was the teen's plan), spent much of the weekend making the grounding palatable to the pouting teenager. . . . So let's look at the usefulness of this discipline. [more](#)



## Program of the Month:

### Partners in Health

Living with a child who has a chronic health condition can be difficult. Families First's Partners in Health program can make it easier, with information, support, referrals, and financial assistance. If you live in Rockingham County and have a child aged birth to 21 with a documented chronic health condition that impacts daily living, Family Support Coordinator Georgie Clark (pictured) can help you develop a plan specific to your family's needs. (See our [Needs Assessment Checklist](#) for an

idea of the issues Partners in Health can help with and a list of [qualifying towns and health conditions](#).) Also, Partners in Health offers two monthly evening groups for parents of children with chronic illnesses. One is for all parents and meets in Dover; [the other](#) is for fathers only and meets in Portsmouth. For more information, contact Georgie Clark by [e-mail](#) or at 603-422-8208 ext. 146.

## Painters, start your brushes!

To find out how to submit artwork for the Artists of the Seacoast exhibit at the Children's Museum and possible inclusion in Families First's 2009 art calendar, see our [call for artwork](#). Works will be collected on March 28 and 29. (Painting by Barbara Heintz.)



## Does your child lack a dentist or medical provider?

Eileen McCarthy, our Pediatric Nurse Practitioner who has 30 years' experience (pictured), is taking new child and teen patients. Families First also serves children and teens at our Dental Center, which is open to all Health Center patients as well as any child who has NH Medicaid and has no dentist. (If your child does not have NH Medicaid, we may be able to help with that too.) Call 603-422-8208 and press 1 for medical care, or 3 for dental.



## Short Stuff

- **Resource of the Month:** The New Outlook Teen Center, in Exeter, has a great collection of [resources for parents](#) on its website.
- Dine at [Saunder's at Rye Harbor](#) on Friday nights throughout the winter, and a portion of that evening's food sales goes to Families First.
- **When weather is stormy**, check on Families First cancellations or changes by calling 603-422-8208. For Family Center info, press 2, then 1. For Health Center info, just press 1.
- Start the year off right by **volunteering!** Families First is seeking dedicated volunteers. [Learn more.](#)

## Free cancer screenings for women

To detect cancers early and save lives, doctors recommend that all women have Pap smears and clinical breast exams annually and that women over 40 have a mammogram every year or two. Families First is offering these screenings at no cost for women ages 40-64 who are uninsured or underinsured and meet income guidelines at a clinic on February 6 (and every other month throughout the year). If you or someone you know may qualify, call Jane Cummings, RN, at 603-422-8208 ext. 222 for an appointment.

## Drive of the Month: craft supplies, valentines

Do you have yarn, fabric, google eyes, glue, scissors, stickers, construction paper, ribbon or other materials at home that you don't need? Families who participate in our programs would love to have some new materials with which to make wonderful creations! Also, if you donate new craft kits or materials, home visitors will bring them to low-income children so they have a healthy activity to engage in this month. We will also gratefully receive packets of valentine cards so that all kids can participate in their classroom valentine card exchanges. Thank you!

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to [mwachtel@familiesfirstseacoast.org](mailto:mwachtel@familiesfirstseacoast.org), by [kkriegl@familiesfirstseacoast.org](mailto:kkriegl@familiesfirstseacoast.org)  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



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