

# Families First

support for families...health care for all

## January 2011

Families First Programs/News

Issue 1-11

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**Happy New Year from Families First! Resolve to help your family life go more smoothly this year by attending one of these programs:**

## January Parent & Family Programs

### Portsmouth

Parent Support & Solutions Discussion Group ... Keeping Cool: Anger Help for Everyday Parenting ... Help for Hot-Tempered Kids ... Raising Considerate, Polite Kids ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

### Lower Seacoast and SAU16

1-2-3 Magic ... Communicating without Arguing or Attitude, Part II ... Winning at Parenting ... Family Fun at Community Table

### Western Rockingham County

Active Parenting ... Who's in Charge in Your Home? ... Family Morning Out

Click below for info on the above programs in a choice of three formats:



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... and click these links for info on Families First's affordable [primary care](#), [prenatal care](#) and [dental care](#) services. They are open to all!

## PROGRAM OF THE MONTH: Community Parenting

Families First's Parenting and Family programs are in more places, in more forms and with more presenters than ever! At several towns in the Lower Seacoast and Western Rockingham County regions, parents of babies, children and teens can meet other parents who are in the same boat, while learning about realistic



expectations, getting a handle on difficult behaviors, and picking up new discipline strategies. Meanwhile, kids enjoy playing with other kids and our staff as well as a pizza dinner in the accompanying free children's program (advance registration required).

Weekly family play groups in Seabrook and Epping give parents a chance to enjoy their children together, then connect with other parents for a well-deserved break, while the kids have fun with our child care staff. Family activities and parenting tips are provided for families joining us for Family Dinner at Seabrook's Community Table.

In addition to Community Programs Coordinator Susie Bright, the same presenters from our popular parenting programs in Portsmouth are now joining us in the Community Programs: Bob Pavlik, M.Ed., John Battye, M.Ed., Jodi Foster, and Joanna Wicklein, CFLE, as well as other guest presenters. [Click here](#) to learn about programs being offered this month, or call 422-8208 (press 2).



*Families First offers parenting and family programs in several towns throughout the Seacoast.*

## CHILDREN'S ACTIVITY OF THE MONTH: Placemats

Have children help you select some favorites from the holiday cards you received this year, then glue some of the cards onto a piece of construction paper or posterboard. Make a note of the date, then cover the placemat with contact paper (don't forget to leave a border). Enjoy for years to come.



## Stars Needed!

Are you familiar with Families First as a Health Center patient, Family Center participant or community member? Could you take a few minutes to help more people discover us? Please write a short review and post it in Families First's profile at [SuperPages.com](#), [Google Maps](#), [Yahoo Local](#), and/or [Yelp](#). (Links to each site will also be posted near the top of this newsletter each month, so if you don't have time right now, you'll be reminded again.) Your reviews -- **and stars** -- will help our listings stand out from the crowd! Thank you!



## RESOURCE OF THE MONTH: Resolution-Keeping Advice

*'Timely Advice on Making New Year's Resolutions'*

*by Jeanné McCartin*

*from Seacoast Sunday, December 26, 2010*

Making a resolution is easy, keeping it? Not so much. Or, as Oscar Wilde wrote: "A New Year's resolution is something that goes in one year and out the other." If you are serious, and that is the only sort of resolution you should consider, then do it right and be one of the 6 percent that succeeds. ...

[Read full article](#), including advice from Families First Behavioral Health

**Consultant Peter Fifield.**

## What's an Oopsie Loopsie?

A new local company, [Oopsie Loopsie](#), is celebrating its launch with an online voting competition to benefit a nonprofit organization -- perhaps Families First! If the company meets its sales goals for the launch of Oopsie Loopsie (a waistband extender that allows you to wear pants that are a bit too tight), the company will donate \$1,000 to the nonprofit that gets the most votes. Please vote for Families First at [OopsieLoopsie.com](#). (Note: You must give your email address in order to vote.)



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