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# Families First

support for families...health care for all

## Programs & News



News from *Your* Community Health Center

January 2012

### January Parent & Family Programs at Families First

#### In Portsmouth (details)

Turning Sibling Fights into Sibling Problem-Solving ... Help for Hot-Tempered Kids ... Anger Management for Everyday Parenting ... Surviving Winter with Kids

#### 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.



### PROGRAM OF THE MONTH: Early-Childhood Dental Care

It may surprise you to know that the ideal time for your child's first visit to a dentist is approximately one year of age, according to the [American Academy of Pediatric Dentistry](#) and other dental organizations. Dental problems often start early, so the sooner the visit the better. To safeguard against problems such as baby bottle tooth decay, teething irritations, gum

disease, and prolonged thumb-sucking, the dentist can provide or recommend special preventive care.

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 parent's 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 then examines the child's mouth.

### In This Issue

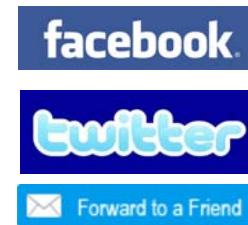
- Program of the Month
- Handling Anger
- Parenting Tip of the Month
- Kids Activity of the Month
- Community Partners

### New Year, New Look

Yes, this is the same newsletter you've been receiving each month from Families First, but with a new look! We welcome your suggestions about how to make this newsletter more useful for YOU. Please send them to us [by email](#).

### Quick Links

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.



[Families First website](#)

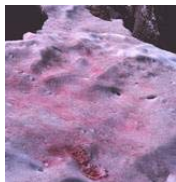
[Donate/Help](#)

[Job Openings](#)



### Handling Anger (Yours and Theirs)

Whether you're on the giving or receiving end of anger with your kids, it doesn't feel good. Learn ways to reduce and handle anger so you can be the parent you want to be at our free five-week series, starting January 10. The first week, author and psychologist Dawn Huebner, PhD, will lead a discussion on "Help for Hot-Tempered Kids." The next four weeks are "Anger Help for Everyday Parenting," with John Battye, covering how anger works, common and personal anger triggers, how kids "push our buttons," and effective strategies for keeping your cool. [More info ...](#)



### PARENTING TIP OF THE MONTH: Go Outside!

In order to keep everyone's behavior at its best, make sure to get outside even in the winter months. Besides sledding, walking, and ice skating, your children will enjoy filling a spray bottle with colored water to decorate the snow.



### KIDS ACTIVITY OF THE MONTH: Card Collage

Collect your leftover holiday cards and make a collage by gluing them onto a piece of construction paper. Cover it with contact paper to make a placemat. You can add the date and make this activity an annual tradition.

## We Thank These Community Partners

### Coming Up (Please Show Up for These!)

- Visit [Anneke Jans](#) bistro in Kittery any Tuesday night this winter, starting January 10, 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 next three Full Moon Madness nights, January 9, February 7 and March 8.

### Recent Support

- [Knitting for World Peace](#) generously donated hats, scarves, mittens, blankets and slippers that we distributed to our patients in the Health Care for the Homeless Program. The group



supports local charities and meets three times per week. New participants are welcome; call Lin at 603-337-5124 or [send an email](#).

- While on the subject of knitted items, we are also grateful to [Club Finz](#), which has donated a huge bag of mittens, hats and scarves to Families First every winter for many years now.
- Liz Forkel of [LizFit](#) donated her time to offer seven spin classes at Spinnaker Point Recreation Center in January and raised \$7,500 in donations from class participants, which she passed on to seven nonprofits, including Families First.
- [Coldwell Banker Residential Brokerage](#) in Portsmouth recently chose us as their "Charity of Choice" for the third year in a row. Since June 2009, Coldwell has raised more than \$10,000 to benefit Families First!

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