

Families First

support for families...health care for all

July 2010

Programs & News: 7-10

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Program of the Month

Anxiety + Love = ???

Your Vote Helps us Win!

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Quick Links

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July Parent & Family Programs, at a Glance

Click for info in your choice of formats:



[Text descriptions/flyers](#)



Portsmouth

How to Talk So Kids Will Listen, and Listen So Kids Will Talk ... Handling Tantrums and Outbursts ... Handling Testing and Manipulation ... Infant Massage ... 'Keeping Your Cool' Monthly Strategy Night ... Grandparenting ... Single Parents: Following Through When It's Only You ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

Lower Seacoast

Parent Recharge (Seabrook)

Western Rockingham County

Family Morning Out (Epping)

Remember: In addition to the programs listed above, Families First has a Health Center that is open to all, with affordable [primary care](#), [prenatal care](#) and [dental care](#).

PROGRAM OF THE MONTH: Parent/Child Playgroups

Every week, Families First offers three playgroups for children of different ages - infants, toddlers and preschoolers - and their parents. Playgroups give support to parents by providing educational information on development, as well as a fun and engaging atmosphere for children. Families who attend enjoy being part of their community. Babytime is an educational, playful, supportive group for expecting parents and parents with children up to a year or walking. The class is free, and childcare is available for older siblings with advanced sign-up. Toddler and Preschool groups include circle and story time, snack, craft, and gym or playground time. A small fee is charged but can be waived if needed. All groups last an hour-and-a-half. Please [check our website](#) for more details.



Keep Anxiety Out of the Mix

Families First's behavioral health specialist, Pete Fifield, MS, offers these tips for reducing stress and staying healthy:

Research has identified six basic emotions (Joy, Fear, Sadness, Anger, Love and Surprise). Four of these emotions are intensified to an unhealthy level when anxiety is added:

- Fear + Anxiety = Terror
- Sadness + Anxiety = Depression
- Anger + Anxiety = Rage
- Love + Anxiety = Lust

When this happens, health is affected, poor decision making occurs, or both. So the key to a healthy self is to reduce anxiety in order to maintain a more stable emotional state.

Simple ways of reducing anxiety are: exercise three times a week, meditate for five to fifteen minutes per day, get appropriate amounts of sleep, smile, do enjoyable activities, organize your life, learn how to forgive. Remember, any progress is positive progress. Personal goals should be obtainable and realistic. The key is to create lifestyle changes that we enjoy so we continue doing them.

From smoking cessation and stress reduction to treatment of depression and healthy weight management, Families First may be able to help. If you are a Families First Health Center patient and would like to work on lifestyle change to improve your health, ask your provider for a referral to our behavioral health specialist.



Three Voting Days Left to Help Families First Win a Grant

Families First has been chosen as one of 33 agencies to receive a share of \$20,000 to be donated by The Provident Bank. How much we receive depends upon how many online votes we get! Will you help? Voting ends June 27, so please [follow this link](#) to help us win a healthy share of the donation. Thank you!

KIDS ACTIVITY OF THE MONTH: Fruit Kabobs



Go to the store or farmer's market together and pick out fun fruits that you can make into a fruit kabob or salad. Talk about all the colors, seeds, where they grow, etc. Have your child help cut and prepare the fruit. Share with friends! See how many colors you can eat!

RESOURCE OF THE MONTH: CDC's Parent Portal

The Centers for Disease Control and Prevention (CDC) has launched Parent Portal, an encyclopedic website with links to information from all areas of CDC. Some of the many sections hold information about pregnancy, children's topics by age range, and issues of concern to parents arranged in alphabetical order. The widely varied topics include autism signs, body piercing, lice, school violence, and travel vaccinations. Another section has information on topics targeted to health-care professionals and researchers, including subjects such as child abuse prevention, a brain injury toolkit for physicians, a parent training guide, and information on the effects of childhood stress. Quick links go to developmental milestones and safety

in the home, among other subjects. Other resources list product recalls, market withdrawals, and safety alerts. [Click here](#) to visit the portal.

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