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# Families First

support for families...health care for all

## August 2011

Families First Programs/News

Issue 8  
8-11

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## August Parent & Family Programs

### In Portsmouth ([click for details](#))

Parent Support & Solutions Discussion Group ... Paving the Way for Transitions ... Helping Siblings Get Along ... Planning for a Successful School Year ... School Readiness ... Helpful Routines for Fall ... Postpartum Group ... Parent Recharge ... Family Fun Night ... and Parent/Child Playgroups for infants, toddlers, two-year-olds and preschoolers.

### In Epping ([click for details](#))

Summer Morning Out

... or click one of the icons below for the same info in printable PDF or Google calendar format.



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

## More Walk-In Times for Families First Patients



Families First Health Center has been offering walk in medical appointments every Friday morning to any established Families First patient. This is in addition to our regular reserved appointments. The walk-in clinics have been so successful that we have decided to start offering this every Tuesday morning as well. Starting in August we will offer first-come



first-serve medical appointments every Tuesday and Friday morning, starting at 7:30am, until the slots are full. There are 12 slots reserved each Tuesday and Friday. We also offer this service in the Dental Center at least one Friday per month; to find out the date, call 603-422-8208 option 3.

Remember, walk-in appointments are for established patients ONLY. Interested in becoming a patient? Call 603-422-8208 (press 1) or [click here](#).

## CHILDREN'S ACTIVITY OF THE MONTH: "House Painting" for Preschoolers

You will need:

- a bucket (or quart-sized food container) of water. (Yes, WATER! Not paint!)
- cheap paintbrushes, 1" to 5" wide
- a couple of drops of food coloring (Optional -- Kids really don't care!)



Do this outside. Let your child "paint" the house, the picnic table, the tree, the sidewalk, the plastic chair... Give them access to something to refill their bucket with when it spills so you don't have to continually do it yourself. Young children like to see how water can darken the color of anything they paint on. It's good, non-messy, cool fun on a summer day.

## PARENTING TIP OF THE MONTH: Think Before You Say 'No'

Saying "no" too much invites a power struggle and creates children that don't want to cooperate. Before you say "no," think of why you are saying it. Is it just the easiest thing to say? Is there really a good reason why your child should not do something? Can you say, "Yes, later" or "I have an idea of what you can do instead"? Kids do need to hear and accept no, but they are more likely to accept it if they aren't constantly hearing it.



## Fun, Easy Ways to Help Families First

- [Shop at the Fabulous Find](#) thrift shop in Kittery throughout July, or donate goods for the store to sell.
- Participate in our **Kind Words Drive**, which ends August 1. (Although Kind Words are always welcome!) [Click here to share your thoughts](#) about how you've benefited from Families First. Help the community understand the value of our programs!
- **Donate toiletries, sunscreen and insect repellent** to be given to patients

in our Health Care for the Homeless program. Just drop them off at the Family Center window in our lobby. Our patients who are homeless will appreciate it!

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