

Families First

support for families...health care for all

June 2010

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June Parent & Family Programs, at a Glance

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Portsmouth

Understanding Bullying ... Cyberspace: What Is My Child Doing Out There? ... Managing Your Child's Screen Time ... Planning for the Long Summer Days ... Parenting Children on the Autism Spectrum ... Raising an Honest Child ... How to Talk to Kids About Their Bodies ... 'Keeping Your Cool' Monthly Strategy Night ... Grandparenting ... Single Parents: Finding Time for Yourself ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

Lower Seacoast

Parent Recharge

Western Rockingham County

Family Morning Out

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: Disease Management

To reduce avoidable health problems (and avoidable health care costs), Families First Health Center staff work hard at helping patients manage chronic conditions like asthma, diabetes and hypertension.

Our certified diabetes educator, Jane Cummings, RN, organizes group visits to provide extra support and education for patients with diabetes. Group visits include private screenings for each patient; a healthy lunch; an educational presentation; and a medical provider on hand to answer questions. Patients also educate and support each other in managing their diabetes.



Certified diabetes educator Jane Cummings, RN, with a patient at a group visit for diabetics.

For patients with asthma, our certified asthma educator, Sue Durkin, RN, makes sure we integrate the most up-to-date information about asthma management into the way we care for our patients and advise them about home asthma care. And Dr. Barbara Deuell, of Allergy Associates of New Hampshire, volunteers to hold asthma/allergy clinics on-site at Families First.

If you are a Families First Health Center patient and want to participate in an asthma clinic or a diabetes group visit, just ask your provider for a referral. Learn more about becoming a Health Center patient by clicking [here](#) or calling 603-422-8208 ext. 1. Families First Health Center is open to *everyone*.

New monthly keeping your cool strategy night

To bridge the gap between our four-week Keeping Your Cool programs, Families First is adding a once a month keeping your cool strategy night. Virtually no parent is always able to keep his or her cool. When parents lose their cool, they reduce their effectiveness, their ability to keep their kids calm, and to teach constructive ways of handling anger. Coffee breaks, reflection time and regrouping are not a natural part of a day with children. Parents have to actively incorporate time and tools to keep cool. On the third Thursday of each month, staff or a guest presenter will lead parents through one or two new methods to learn, practice and incorporate at home. These programs are relaxed, non-judgmental and attended by every kind of parent. Call the Family Center to sign up for the class and reserve free child care: 603-422-8208 ext. 2.



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 [Yelp](#). Your reviews - **and stars** -- will help our listings stand out from the crowd! Thank you!

Yard Sale, Chick Flick Benefit Families First

Two events in early June provide great opportunities to support Families First -- whether your tastes are more "high fashion" or "gently used." Please consider:

- Buying tickets to a women-only cocktail party and private screening of *Sex and the City 2* on June 2.
- Donating items for a yard sale that [Atrio Properties GMAC Real Estate](#) is hosting for us, and/or shopping at the yard sale, on June 5 in Hampton.

Details on both events are [here](#).



To receive an occasional e-newsletter with news of events like these that help Families First, [click here](#), enter your email address, and then check the "Community Partners" box when creating or updating your profile.

RESOURCE OF THE MONTH: Caring Companions

Caring Companions serves the chronically ill, elderly and disabled throughout New Hampshire, providing assistance with housekeeping, personal care, toileting, transportation to appointments and errands, as well as transfer and ambulation assistance. Services are offered days, nights, over nights, and weekends at \$18 per hour. Caring Companions is a program of the nonprofit Easter Seals New Hampshire. More info at (603) 621-3497 or [online](#).



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