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# Families First

support for families...health care for all

## June 2011

Families First Programs/News

Issue 6  
6-11

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## June Parent & Family Programs

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

Parent Support & Solutions Discussion Group ... Keeping Kids Safe ... How to Calm Tantrums and Power Struggles ... Separation Without the Anxiety ... Choosing Good Child Care ... Promoting Preschool/Kindergarten Readiness ... Postpartum Group ... Parent Recharge ... Family Fun Night ... and Parent/Child Playgroups for infants, toddlers, two-year-olds and preschoolers.

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

Family Fun at Community Table ... Summer Morning Out

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

Family 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!

*Please forward this email to others, and help more people discover our great programs.*

## PROGRAM OF THE MONTH: Primary Care

Did you know ... ?



... that Families First Health Center is open to everyone - infants to seniors, individuals and families, whether insured, uninsured or underinsured?

... that being a primary care patient gets you access to on-site dental care too?

... that we have walk-in hours every Friday morning *for established medical patients*? Come in anytime after 7:30 a.m. for a first-come, first-served medical appointment. (This can be for any sick or followup appointment; at least 12 slots are available.)

... that in addition to providing primary care, we help patients get access to specialty care and prescription drugs - even if they are uninsured?



Our primary care providers are physician Robert Slocum, family nurse practitioner Lynne Henning and pediatric nurse practitioner Charae Spuler (pictured from left to right), and nurse practitioners Kerry Hasselbrack and Margot Kingston (not pictured).

For information on becoming a patient or scheduling a medical or dental appointment, [click here](#) or call (603) 422-8208 and press "1" for medical or "3" for dental.

## HEALTH TIP OF THE MONTH: 5-2-1-0

Families First's health care providers, nutritionist, parent educators and home visitors recommend 5-2-1-0, a set of easy-to-remember guidelines about what it takes to be healthy and fit.



**Fruits and Vegetables:** More matters! Eat **at least 5 servings** a day. Fruit juice should be 100% juice, and no more than 8 ounces per day.



**Screen Time:** TV-time and computer time (excluding schoolwork) should add up to **no more than 2 hours** per day. Keep TVs and computers out of kids' bedrooms. Children under age 2 should have NO screen time.



**Activity:** Participate in **at least 1 hour** of moderate to vigorous physical activity every day.



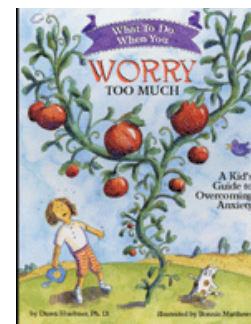
**Sugary Drinks: Try for 0** sodas and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings a day of fat-free/skim or 1% milk.

For more information, visit [www.5210stepsup.org](http://www.5210stepsup.org), from a local coalition devoted to promoting these concepts

## Weepy Drop-Offs? Come to a Separation-Anxiety Q&A



Separation anxiety is a normal, healthy phase of development - except when it's not. **On June 22 at 9:30 a.m.**, psychologist and author [Dr. Dawn Huebner](#) will be at Families First to answer parents' questions about separation anxiety. Learn why children of various ages are afraid to let you out of their sight, and what to do when your 3-year-old, 8-year-old or 13-year-old remains glued to your side. Going to school, going on play dates, going to bed -- life is full of mini-good-byes. This Q&A session - which is free and open to the public, will teach you skills to help your children cope.



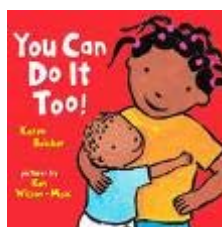
[More info ...](#)

## KIDS/FAMILY ACTIVITY OF THE MONTH: Kittery Block Party

Families First will join other non-profits, artisans, artists, area farmers, and restaurants at the first annual Kittery Block Party on **Saturday, June 18, from 10 a.m. to 4 p.m.** Admission is free, and there will be a children's area, live entertainment throughout the day, demonstrations and educational exhibits. [More info ...](#)



## PARENTING TIP OF THE MONTH: Try Saying This



Encourage independence by expressing confidence in your child's behavior and abilities.

For example, say to your child, "I know you can do it!"

## Five Fun, Easy Ways to Help Families First

- [Vote](#) for Families First to receive a share of a donation from The Provident Bank.
- [Attend the Summer Solstice event](#) at Rolling Green Nursery on June 25 from 3 to 6 p.m, with a nursery-wide sale and silent auction.
- [Have dinner](#) at Flatbread Company in Portsmouth on June 28.
- [Like us on Facebook](#), and click "Like" when we post - a great way to spread the word to your friends about Families First.
- [Join Op4G](#) and select Families First to receive a donation when you respond to market-research surveys. (You'll be paid too!)

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