



Families First

support for families...health care for all

March 2011

Families First Programs/News

Issue 3-11

In This Issue

- Program of the Month
- A Life-Saving Test
- Parenting Tip of the Month
- Kids Activity of the Month
- Full Moon Madness
- Resource of the Month

Quick Links

Find us on Facebook 

[Families First website](#)

[Jobs at Families First](#)

[Donate/Help](#)

Follow us on 

Please Review Us!

By reviewing Families First on these sites, you will help more people hear about us.

- [SuperPages](#)
- [Google Maps](#)
- [Yahoo Local](#)
- [Yelp](#)

March Parent & Family Programs

Click below for info on current parent and family groups in your choice of PDF, Google Calendar, or [text format](#) (with links to flyers):



Portsmouth programs

Parent Support & Solutions Discussion Group ... Parenting After Divorce or Separation ... Protecting Your Child from Sexual Abuse ... Active Parenting ... "Go to Sleep!" ... Bullying ... When to Cut Them Slack / When Not To ... Making the Teen Years Work in *Your Home* ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

Lower and Mid-Seacoast programs Communicating without Arguing or Attitude ... Winning at Parenting ... Family Fun at Community Table ... Family Morning Out ... Supervision Needed But NOT Wanted

Western Rockingham County programs

Keeping Your Cool ... 1-2-3 Magic ... Family Morning Out

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

PROGRAM OF THE MONTH: Child Care

"Originally I started coming to parenting classes to learn how to be a better parent. Now I am coming because my child knows what day of the week it is and doesn't want to miss all the fun activities that are offered while I am in my class. She loves the art, gym and snacks that are provided. I love it that it is free of charge."

That's what one parent had to say about the child care



program at Families First. Families First provides a high-quality children's program, FREE, so that parents can take advantage of all Families First has to offer. Child care is available for children ages birth through 12 while a parent or guardian is on site at Families First attending a parenting program or a medical or dental appointment.



To make sure your child has a spot in child care when you need it:


- Advance signup is absolutely required; call 603-422-8208 and press "2" to register.
- If you need child care during a medical or dental appointment, ask the ask the receptionist to schedule you for a Tuesday, Wednesday or Thursday morning, then call 603-422-8208 and press "2" to reserve a spot in child care.
- *Always, always, always* call if you are signed up for child care and decide not to bring your child to the program, or if you are running more than 15 minutes late.

Are You Over 50? Know Someone Who Is?



Among cancers that affect both men and women, colorectal cancer is the second leading cause of death. But 60% of those deaths could be prevented if all adults over 50 got regular screening tests. In honor of Colon Cancer Awareness Month this March, the staff at Families First Health Center would like to remind everyone to stay on schedule with this life-saving test. If you're over 50 (or over 40 and have a parent or sibling who's had colon cancer), you need the test! If you are uninsured and meet income guidelines, Families First may be able to help you get a colonoscopy at no charge. To find out, please call 603-422-8208 ext. 222.

[Colonoscopy info from the American Cancer Society](#)

 For more information on the different ways you can be tested, call 1.800.227.2345 or visit www.cancer.org/NVI

PARENTING TIP OF THE MONTH

Next time you are tempted to tell your child what she CAN'T do, reframe and tell her what she CAN do instead. Try it and see!

KIDS ACTIVITY OF THE MONTH: Book-Making

Make a book with your children. Draw, paint, or cut out pictures to paste onto card stock. For babies, no words are needed. For young children, have them tell you a story about the pictures so you can write them on the pages. For older children, let them write their own story. Cover with contact paper and punch holes for binding.





Full Moon Madness at Margaritas

[Margaritas Mexican Restaurant](#) in Portsmouth is making Families First the beneficiary of three of their Full Moon Madness nights this winter. The final one is March 19, from 4 p.m. on. Please plan to come!

RESOURCE OF THE MONTH: Seacoast Family YMCA

The [Seacoast Family YMCA](#) in Portsmouth has loads of water-based and land-based fitness facilities and classes, family programs, child care and more. Become a member, or just pay by the activity. Income-based discounts are available.



[Forward email](#)



This email was sent to mwachtel@familiesfirstseacoast.org by mwachtel@familiesfirstseacoast.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

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