



# March 2009

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## March at a Glance

**Portsmouth:**  
*This month only:* Discipline Clinic; Parenting the Challenging Child (Anxiety and Depression in Kids); Parenting in the Blended Family; Scheduling Activities; Helping Kids Learn to Use the Toilet; Protecting Your Child from Sexual Abuse  
*Ongoing:* Parent Recharge; Grandparenting; parent-child playgroups for babies, toddlers and preschoolers; Family Fun Night (for families under stress)

**Lower Seacoast:** Parent Recharge, Family Morning Out, Keeping Your Cool, The Teen Years are Coming

**Western Rockingham County:** Babytime, Who's in Charge in Your Home?

**Exeter and Newmarket:** Programs on Communicating with Teens

*For more about these programs, click below for info in your choice of three formats:*



[Program descriptions & links to flyers](#)

## PROGRAM OF THE MONTH: At Home

*Individualized support and parenting education for families under stress*



Are you parenting one or more children ages 0-18 and living in Eastern Rockingham County? Are you having problems meeting your family's basic needs? Does your child have special needs, behavioral issues or problems? Do you want to improve your parenting skills and build stronger relationships?

If you answered "Yes" to any of the above, then you may be interested in our At Home Program.

Here is how it works: A home visitor from Families First will meet with you regularly to provide support, parenting education and resources. The home visitor can also help you access preventive child care, respite care, transportation, translation services and/or financial assistance to help you meet your goals for your family. This program is voluntary and confidential, but once enrolled, families must commit to meet regularly with their home visitor.

Here's what some families are saying about their home visitors:  
*"There is not one area she has not gone out of her way to get an answer or a resource to help. There is no area of our lives she has not touched. She is always available for whatever we present as an issue and always has come up with a resource of some sort to help us out. I know that we would not be as strong a family without her".*

*"I think what helped me the most is people telling me over and over again that I am doing a good job."*

For more information about our At Home program call our care coordinator at

422-8208 ext 125 or email [Pam](#).

### Call for Artwork

Families First will collect artwork for the Artists of the Seacoast Exhibit and 2010 Calendar on April 17 and 18. This year's drop-off and exhibit will be held at a new location: the Discover Portsmouth Center (the former location of Portsmouth Public Library). [More details here](#). At right, "Nubble Lighthouse," by Dean Diggins, which is on the cover of the 2009 calendar.



### DRIVE OF THE MONTH: "Back to Work" Items



"Back to Work" clothing, gift cards and new professional clothing, including uniforms such as scrubs, will be collected by Families First and distributed to clients who are going back to work. Why not organize a drive at your place of work, club or religious community?

Also, Families First is almost out of ribbon! Please bring in our old spools of ribbon, yarn and other crafty items to restock our program supplies.

[View "Drive of the Month" schedule for the year.](#)

### RESOURCES OF THE MONTH

Little League is offering a Challenger Division for mentally and physically challenged boys and girls, ages 5-18. Registration is April 5th, Greenland Rec Center from 2-5. For more information, call Sean Correll at 964-1498 or Doug Wood at 778-8904.

The U.S. Department of Education's "[Helping Your Child](#)" series provides lots of information on helping your child succeed in school.



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