

 Families First logo

May 2009

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May Programs, at a Glance

Portsmouth:

This month only: Communicating Without Arguing or Attitude; Solve It: Your Child/Teen's Eating and Sleeping Habits; Living With Your Chronically Ill Child; Teaching Kids How to Treat Others; Teaching Honesty to Kids ...
Ongoing: Parent Recharge; Grandparenting; parent-child playgroups for babies, toddlers and preschoolers; Family Fun Night

Lower Seacoast: Parent Recharge, Family Morning Out, Who's in Charge in Your Home?

Western Rockingham County: Family Morning Out, Family Playtime

Exeter: Keeping Your Cool With Your Teen

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



[Program descriptions and links to flyers](#)

Program of the Month: Partners in Health

Living with a child who has a chronic health condition can be difficult. Families First's Partners in Health program can make it easier by providing information, support, referrals, and financial assistance. If you live in Rockingham County and have a child aged birth to 21 with a documented chronic health condition that impacts daily living, Family Support Coordinator Georgie Clark can help you develop a plan specific to your family's needs.



Partners in Health also offers parents of chronically ill children the opportunity to serve on a Family Council that plans recreational and educational initiatives throughout the year, such as the donation of books on chronic illness in children to libraries pictured here.

On our [website](#), you can view a Needs Assessment Checklist for an idea of the

issues Partners in Health can help with, as well as a list of qualifying towns and health conditions. For more information, contact Georgie Clark by [email](#) or at 603-422-8208 ext. 146.



Babies Need Dental Exams Too!

Did you know that the American Academy of Pediatric Dentistry recommends that a baby's first dental visit should be scheduled by his or her first birthday? Tooth decay can start as soon as a tooth appears, so children should see a dentist soon after eruption begins. This does not mean they will have a dental cleaning, but a brief exam by your dentist will help you learn what to look for and how to check your child's teeth.

Families First Dental Center is open to all babies, children and teens living in New Hampshire or Maine, as well as Families First Health Center clients of all ages. Call 603-422-8208 ext. 106.

Resource of the Month: New Heights

Looking for an affordable, safe and fun way for your pre-teen or teen to spend the summer? New Heights, our neighbor at the Community Campus in Portsmouth, offers a **Teen Center**, a **Summer Adventure Program** and **Sports Camps** for students entering the 6th grade through 12th grade. Residents of Portsmouth, Newington, Rye, Greenland, New Castle, North Hampton, York, Eliot, and Kittery are eligible for a sliding fee scale. Call (603) 422-8235 or visit [New Heights' website](#).



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