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Families First Health and Support Center

Programs & News

October 2008

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OCTOBER AT A GLANCE

Portsmouth:

This month only: Who's In Charge In Your Home?; Communications Tricks for Your Home; Preventing Childhood Sexual Abuse; When and How to Say 'No"; Helping Siblings Get Along; Parenting Together When You Disagree; Parenting Wisely.

Ongoing: Parent Recharge; Grandparenting; Life with Teens; family activity groups.

Lower Seacoast:

Parent Recharge; Family, Food and Fun Expo on September 26th! (both in Seabrook)

Western Rockingham County:

Family Morning Out (Raymond); Siblings Without Rivalry (Epping)

Program of the Month: Cancer Screenings

Families First is proud to be a site for "Let No Woman Be Overlooked," a national program that provides free breast and cervical cancer screenings to women who are uninsured or underinsured and meet income guidelines. To prevent avoidable deaths from breast cancer and cervical cancer, doctors recommend that all women have Pap smears and clinical breast exams annually, and that women over 40 also have a mammogram every 1-2 years. If you or someone you know is not up-to-date on these screenings because of insurance and income limitations, please call Jane Cummings, RN, at 622-8208 ext. 222.

Attention: Parents Of Kids Ages 8-18

No matter your family structure, education level or size of your home, your kids will become adolescents, and they may be attracted to risky behaviors. It's not too early to start building protective factors in your family so your kids can make good choices and keep themselves safe. Explore methods for improving family relationships in everyday situations, role modeling, "I" statements, active listening, praising and more at our Parenting Wisely class, Thursday evenings, October 9-23, at Families First. More info

Check out our New 'Welcome' Handbook

Whether you come to Families First originally for medical care, a parenting class, or to use the Family Exchange, we hope you will learn about all our services, take advantage of the ones that are useful to you, and refer friends and family. That's why we created the Welcome Handbook, with information about all our health and family services, who is eligible for them, contact numbers, and other useful information for new and existing clients. If you haven't received a handbook, please ask the next time you are at Families First, or read it here.

The 'No' Way

by Pam Mattingly (published on SeacoastParentsConnect.com)

For parents, no two letters in the English language seem to make a more powerful and convenient combination than "N" and "O." A firm "NO" from across the room can stop your curious one-year-old from getting into the tempting dog dish that you forgot to put away. Just the sound of your voice at the right moment can distract his or her attention and save you from having another mess to clean up. . . . But most parents have noticed that "no" doesn't always work, or it works in the moment but doesn't prevent the behavior from recurring. Here are some ways to ensure that "no" works in your household. . . Read full article.

Families First Consumers: Ideas Needed!

If you are a patient of our health or dental center or a participant in our parenting and family programs, we invite you to join our Consumer Advisory Committee. Committee members learn about the programs and services at Families First and give suggestions for improvements and new services. The next meeting is October 8 at 6 pm. Call 603-422-8208 ext. 145 to find out more. Free child care is available if you sign up in advance (ext. 2).

Fresh Market Festival Benefits Families First

Mark your calendar for the Fall Festival at Philbrick's Fresh Market in Portsmouth, on Saturday, Oct. 25, from noon to 4 p.m. As a thank you to the community, Fresh Market will provide family activities, food and beverage sampling, and a raffle that benefits Families First. So head on down, get into the swing of the fall season and support a community business and Families First at the same time.

DRIVE OF THE MONTH:
Winter Clothes, Holiday Items

A chill is in the air and the leaves are a-changin'! Many adults and children need help staying warm. Please bring clean and gently used or new coats, hats, mittens, scarves, snow pants, socks or boots to Families First in October. We need all sizes, from newborn to XXL adult. We will distribute these through our home visiting programs for families, the Family Exchange and our Health Care for the Homeless van. We will also gladly accept gift cards for department stores like Target, Kohl's and Wal-Mart, or vouchers for heating fuel and electricity. Also, Halloween costumes and any holiday decorations would be greatly appreciated. Tax receipts available.

RESOURCES OF THE MONTH

The New Mother's Resource Guide of the Greater Seacoast has info on many resources that expectant and new parents need, from A (activities to do with your baby) to Y (yoga). And it's all local!

If you're not yet registered to vote in the Presidential Election on November 4, these links will tell you how to register in New Hampshire and in Maine. In New Hampshire, the deadline to register at the town clerks' offices is October 25, and you can also register at the polls on Election Day. Maine has no deadline.

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