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Families First

support for families...health care for all

October 2011

Families First Programs/News

Issue 10

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October Parent & Family Programs

In Portsmouth ([click for details](#))
Who's in Charge in YOUR Home? ... Help! Why Can't My Kid Stay Organized? ... Effective Discipline for Children, Tweens and Teens ... Family Finance ... Postpartum Group ... Parent Recharge ... Family Fun Night ... and playgroups for infants, toddlers, two-year-olds and preschoolers, with their parents.

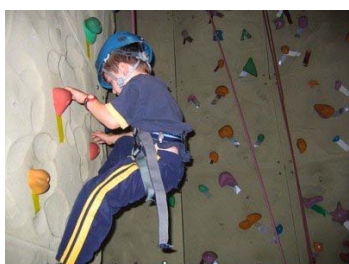
In Epping ([click for details](#))
Family Morning Out

... 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!

Seacoast Wellness Fair -- THIS SATURDAY!



The Seacoast Wellness Fair is coming up THIS SATURDAY, October 1, from 9 a.m. to 3 p.m. at the Community Campus. The *free* fair includes Zumba, aerobics and other activities; a story walk on Campus grounds; health screenings; healthy cooking demonstrations, health education and safety talks, raffle prizes and more. Co-sponsored by Portsmouth



Regional Hospital, The Foundation for Seacoast Health and other agencies concerned with community well-being (including Families First), is designed for residents of all ages and with a broad range of interests. Follow these links for: [more info on the fair](#) or [directions](#).



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 are a Families First Health Center patient and are not up-to-date on these screenings, please call Jane Cummings, RN, at 622-8208 ext. 222, or [send an email](#). This service currently is available only to Families First patients, but we hope to be able to offer it to eligible non-patients again in the future; check newspapers for announcements. For information on becoming a Health Center patient, call 422-8208 (press 1) or [click here](#).



Helping Kids Stay Organized, Family Finance, Effective Discipline

Special topics offered at our free Tuesday-evening and Thursday-morning parenting classes in October include:

- **Help! Why Can't My Child Stay Organized?**
Learn how to tell whether a child's organizational problems stem from a disability or whether your child simply needs extra help getting organized - and how you can provide that help. With pediatric neuropsychologist Laura Rubin, of the Portsmouth Neuropsychology Center.
- **Family Finance:** Volunteer guest presenters from Citizens Bank offer two free programs to help you get your family's finances in order: "Get a Plan" and "Holiday 9-1-1."
- **Effective Discipline for Children, Tweens and Teens:** This six-week series kicks off in October with "Rules that Kids Will Follow" and "Teaching What You Expect."

For further descriptions, dates, times and how to sign up, [click here](#).

KIDS' ACTIVITY OF THE MONTH: Leaf Collecting

It is the perfect time of year for leaf collecting! Take a walk together and collect many shapes, sizes and colors of leaves. Depending on the age of your child you can identify the leaves, do crayon rubbings, or make a window decoration by laying the leaves on wax paper and then grating some crayon wax around the leaves; finish the project by applying a second piece of wax paper on top and

sealing it with a hot iron.Punch a hole at one point and string a piece of yarn through to hang in the window.



PARENTING TIP OF THE MONTH: Good-Bye Routines

It is normal for young children to be upset when they are dropped off at daycare or preschool. To help with this transition, spend time with your child to settle them into the environment before leaving. Have a routine for good-byes. Let them know you are leaving and assure them that you are coming back, then leave promptly.

Even though it can be hard on the parent, staying calm and positive will give your children confidence that they are safe and will have a good experience in their new setting.

RESOURCE OF THE MONTH: Choose to be Healthy Partnership

The [Choose to be Healthy Partnership](#), a service of York Hospital, offers a variety of resources. Two examples are the Southern Maine Healthy Parents Network's [Facebook page](#), designed to help parents access and share resources for raising a healthy, drug-free child; and the [Tools and Resources page](#).

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