

Families First

support for families...health care for all

October 2010

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October Parent & Family Programs

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Portsmouth

CoParenting ... 1-2-3 Magic ... Active Parenting of Kids Ages 0-12 ... Grandparenting Class ... Helping Siblings Get Along ... Your Child's IEP ... Keeping Your Cool Monthly Strategy Night ... Parent Support and Solutions Discussion Group ... Single Parents ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

Lower Seacoast

Routines and Consistency (Seabrook) ... 1-2-3 Magic (Seabrook) ... Family Fun at Community Table (Seabrook) ... Communicating without Arguing or Attitude (Stratham)

Western Rockingham County

Family Morning Out (Epping) ... 1-2-3 Magic (Epping) ... Bullying (Raymond) ... How to Talk So Kids Will Listen (Raymond)

Remember: In addition to the programs listed above, Families First has a Health Center that is open to all, with affordable primary care, prenatal care and dental care.

PROGRAM OF THE MONTH: Behavioral Health

The human body is very complex, and our whole health goes beyond just our physical selves. That's why Families First Health Center has a behavioral health specialist on its primary-care team. Pete Fifiield, a licensed mental health counselor, helps Families First patients manage conditions ranging from anxiety and depression to diabetes, hypertension and more. He can also help with behavioral changes such as improving diet and exercise and reducing tobacco, alcohol and drug use. So, what is it like to work with a behavioral health specialist? It is not long-term psychotherapy, but rather a concrete, solution-focused approach to whole



Behavioral Health Specialist Pete Fifiield, LMHC

-person health. A behavioral health session focuses on how the patient's thoughts and emotions relate to their behaviors regarding the treatment plans established by their primary-care provider. If you are experiencing anxiety or depression, for example, it will be harder for you to follow through with the provider's recommendations. If you want to quit smoking or drink less, you may be more successful with help from a behavioral health specialist. Integrating primary care and behavioral health services to address the full spectrum of patients' needs is one more way Families First meets our goal of being a true "medical home" for our patients. In other words, regardless of what complex issues you may be experiencing, with integrated care at Families First, "you've come to the right place." If you are a Families First Health Center patient and would like to work with our behavioral health specialist, ask your provider for a referral.

Active Parenting Comes to the Seacoast



[Active Parenting Programs](#) have been providing parents with essential information and solutions for decades, and now Families First is bringing them to the Seacoast. Active Parenting teaches how to establish routines that make life easier, and how to keep the stress low and the fun high. This program has been proven by scientific research to help families make changes. Topics include handling all kinds of situations -- for example, tantrums and bedtime resistance and many discipline challenges. Families First will offer Active Parenting, for parents of children ages birth to 12, in Portsmouth ([see flyer](#)) in October and then in Raymond in the winter. Bob Pavlik, parent educator and father of three, and Ally Dillon, Children's Services Supervisor and mother of one, will be facilitating the programs. Note: This program has a fee, but is free to all Families First Health Center patients, and families in our home visiting programs.

CHILDREN'S ACTIVITY OF THE MONTH: 'Stained Glass' Leaves

Collect fall leaves while on a walk. Put them on wax paper. Grate crayon over and around the leaves. Put another piece of wax paper on top of the leaves and crayon and iron just enough to melt the wax. Hang in a window to enjoy.

Make a Pillowcase, Make a Difference

We thank Portsmouth Fabric Company for rallying community members to make and donate colorful pillowcases to provide comfort to local families in need as part of the national "1 Million Pillowcase Challenge." The fabric store gave almost 100 pillowcases to Families First, which we passed on to families in our home visiting and prenatal programs, and to those attending our Family Fun Night (for families under stress) and a program we offered at Cross Roads House homeless shelter. The Pillowcase Challenge continues through the end of the year. [More info](#) ...

RESOURCES OF THE MONTH

- [12 Fantastic Facebook Fan Pages for Parents](#)
-

[New Hampshire Relatives as Parents Project](#)

[Forward email](#)

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