



October 2009

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Programs & News: 10-09

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October Programs, at a Glance

Portsmouth:

This month only:

Discipline: Talk and Action that Work ... Understanding ADHD ... "But I WANT It!!!" ... Domestic Abuse Recovery Program (**new**)

Ongoing:

Parent Recharge ... Babytime ... Toddler Playtime ... Preschool Playtime ... Family Fun Night ... Grandparenting ... Mother-to-Mother Postpartum Adjustment Group (**new**)

Lower Seacoast:

Parent Recharge ... Family Morning Out ... Family, Fun, Food and Fitness Expo ... Parenting Your Preschool/School-Age Child ... Siblings Without Rivalry ... Living with Teens and Preteens

Western Rockingham County:

Family Morning Out ... Siblings Without Rivalry

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



[Text descriptions/flyers](#)



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Program of the Month:

Community Parenting Programs

You'll always know where to find us now that our Community Parenting Programs have established permanent sites and regular schedules in the Lower Seacoast and Western Rockingham County regions.

"Family Morning Out," for children from birth to age 6 and their parents, meets at Hobbs House at Trinity Church in Hampton every Wednesday morning and at the Epping Recreation Department at Watson Academy every Thursday morning.

Sessions include playtime and parent/child group activities, as well as quiet time for adults while children play with childcare staff.

And we now offer parenting classes almost every week during the school year at two regular locations in addition to Portsmouth: At the Raymond Baptist Church's Community Building on Wednesday nights, and at Seacoast Youth Services in Seabrook on Thursday nights. Also, a "Living with Teens and Preteens" parent group meets the third Wednesday evening of every month at New Outlook Teen Center in Exeter, with guest speakers addressing areas of concern for parents of teens, and Joanna Wicklein, CFLE, facilitating. All evening programs include a pizza dinner and free childcare with advance registration.

There is now sure to be a Families First parenting program near you! [Details](#)

Mobile Health Care Program Expands

With the help of a van donated by Exeter Health Resources and federal economic-stimulus funding, Families First is expanding its mobile health care for the homeless program. Beginning September 29, our mobile health care team will be in Farmington every Tuesday. We will also be increasing our visits to the Salvation Army in Portsmouth from twice a month to weekly. [Click here for a schedule](#). Also, the program recently welcomed several new staff members: Nurse practitioners Virginia Smith and Mary Kate Smith, substance abuse counselor Irene Doyle-Gayhart, and care coordinator Diana Smith.



Children's Activity Idea of the Month: A Recycled Band

Make old Styrofoam trays into musical instruments by wrapping them with rubber bands. Decorate oatmeal containers for drum sets, and fill yogurt containers with beans to make rattles. Dress up and invite the neighborhood for added fun!

A Domestic Violence Group for Moms and Kids

Do you know a family that has experienced domestic violence? If so, please tell them about a new 12-week group for mothers and children starting October 8 at Families First. Children ages 7-13 will do activities designed to be fun and interesting, reduce the feeling of self-blame, and promote a future in a violence-free family. Meanwhile, mothers will have activities and discussion to help understand the impact on children, reduce feelings of guilt, and promote self-care and the rebuilding of their family. The group is led by a therapist and an educator, and free child care is provided for younger siblings. Presented by Families First, Seacoast Mental Health Center, A Safe Place, the NH Coalition Against Domestic and Sexual Violence, and the NH Division for Children, Youth, and Families. For information, call 603-422-8208 ext. 123.

Shop for a Cause

Families First has partnered with Macy's department store in their annual community fund-raising event. We are selling Savings Passes for \$5, which entitle the buyer to exclusive discounts at the Newington store on Saturday, Oct. 17. Please purchase your savings pass at the Families First Family Center window; the entire \$5 will go to Families First. [Details ...](#)



Enhance the Grandparenting Experience

This fall, our Grandparents group is focusing each session on a particular educational topic this fall. On **October 7 and 21**, we'll cover how to stay connected with your grandchildren no matter the distance: Creative ways to find common interests and stay in your grandchild's life, even if it's long-distance. Demonstrations of Internet programs are included!



Then, we'll bring back our popular 4-week class covering many aspects of the grandparenting experience:

- **October 28:** Roles and goals; intentional grandparenting; resources for grandparents
- **November 4:** Clarifying the grandparent/parent relationship and the grandparent/child relationship; update on child-rearing techniques
- **November 11:** Relationship with the child; spoiling; roles and goals revisited
- **November 18:** Into the teen years; ages and stages; new roles

All sessions meet from 9:30 to 11 a.m. at the Community Campus and is facilitated by a grandparent and a parent. More info here or at 603-422-8208 ext. 2.

Family Advocacy

Ever wonder what goes into making the laws that affect the day-to-day life of your family? Join Families First staff at the second annual Step Up for Kids Day on Monday, Oct. 5, 10 a.m. to noon, on the steps of the State House in Concord. There will be fun activities, a free magic show, and a parade for children as we celebrate New Hampshire's children and the programs that serve them. [More info](#)

The third annual Parent Advocacy Day is taking place Thursday, Oct. 15, 8:30 to noon at the Legislative Office Building, 33 North State St. in Concord. The day includes workshops for parents on what is happening in the state of New Hampshire, as well as a state house tour and the opportunity to meet state legislators and possibly Gov. Lynch. [More info](#)

Resource of the Month: New Generation, Inc.

New Generation, Inc., is a shelter for pregnant and newly parenting women located in Greenland. Women enter into a total program designed to lead to safe, healthy parenting and self-sufficiency. [Click here](#) for more information on the shelter's services or how you can support the shelter.

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