

Parenting Basics

Here are the instructions that didn't come with your child!



What you can do to get your kids to:

- Listen
- Go to sleep
- Eat right
- Stay safe
- Be happy and easier to manage

For parents of children ages birth to 12. Facilitated by Jodi Foster.

Families First

support for families...health care for all

- Date:** Thursdays, March 4 -25, 2010
Time: 6:00-7:30pm
Place: Community Campus, Portsmouth
Cost: Free!
Child care: Free for ages 12 and under with advance signup
More info: www.FamiliesFirstSeacoast.org
Advance signup required! Call 422-8208 (press 2)



Families First Health & Support Center is a nonprofit community health center providing health care and family services. Support for parenting and family programs in Portsmouth comes from The NH Department of Health and Human Services, the Foundation for Seacoast Health, Portsmouth Regional Hospital, NH Children's Trust Fund, United Way of the Greater Seacoast, Fuller Foundation, Portsmouth Community Development Block Grants, and the Towns of Rye, Greenland and Stratham.