



# Programs & News

September 2008

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### SEPTEMBER AT A GLANCE

**Portsmouth:** Parenting classes on Tuesday evenings, Thursday evenings and Thursday mornings; Grandparents Group; groups for Parents of Children with a Chronic Illness; Parent Recharge; Living With Teens; Babytime; Toddler Playtime; Preschool Playtime; Family Fun Night; Parents' Evening Out, Saturday Play

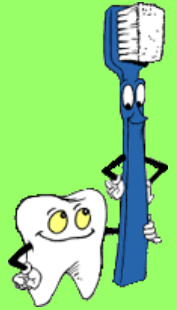
**Lower Seacoast:** Parent Recharge (Seabrook)

### Western Rockingham County:

Family Morning Out (Raymond)

## Program of the Month: Seacoast Healthy Grins

If you have children in a Portsmouth elementary school or in an early childhood program at the Community Campus, they will surely meet "Miss Cindy." That's Cindy Bishop, our dental hygienist who makes learning about oral health fun and offers free dental screenings in schools. After the screenings, children who don't have access to dental care can have their teeth cleaned and sealants placed at school, and can be seen at Families First Dental Center if needed. Seacoast Healthy Grins is administered through Families First and funded by the State of NH and the Endowment for Health. Watch for the permission forms to come home with your child during the first week of school, and please give permission for your child to have a free screening. Questions? Contact Cindy Bishop at 422-8208, ext. 138.



## New Resource for Health Center Patients

Families First Health Center strives to be a true medical home, meeting the needs of the "whole person" by integrating a broad range of health services under one roof. In August, we expanded these services even further by adding a behavioral health specialist, **Pete Fifield**, MS, to the Health Center team. Pete comes to us after holding a similar position at a community health center in Colorado. He can help patients manage conditions ranging from anxiety and depression to diabetes, hypertension, and more. He can also help with changes such as improving diet and exercise habits or reducing tobacco, drug and alcohol use. If you are a patient at Families First Health Center, you are eligible to take advantage of these services; ask your health care provider!

## Saturday Play

Playgroups are a great way to give your family a break from the routine and to let both children and adults interact with people their own age. If you haven't been able to attend our weekday playgroups, you'll be glad to know we're now offering playgroups most Saturdays, 9:30 to 11 a.m., for children up to age 6 and their parents. Cost is \$20 for a four-week session, per family. [Click here](#) for session dates for Saturday Play, as well as information on our weekday playgroups. Make sure to sign up in advance, because space is limited to 10 families, and sessions won't be held unless at least five families are prepaid by the preceding Thursday.

## Get on the Back to School Bus

*by Pam Mattingly and Tori Stanhope (published in Portsmouth Herald)*

Parents have great influence and the power to make school a place their children embrace, or a place they dread. Here are some ways that parents can be enthusiastic, encouraging, and set standards for academic achievement, while at the same time, ease children through the transition between summertime and school days . . . [Read full article](#)

## Take Steps Against Substance Abuse in September



Here are three things you can do in honor of National Substance Abuse Awareness month: 1) Take a Families First parenting class to learn how to develop protective factors that will keep your children away from alcohol, tobacco and other drugs; 2) Check out the brochures near the Family Exchange entrance for information on preventing substance abuse; and 3) Try eating dinner together regularly as a family, if you don't already. Researchers say family dinners are almost like a vaccine against drug and alcohol use! Here are [ideas on making family dinners work in your](#)

[home.](#)

## Senator, Congresswoman, visit Families First

U.S. Sen. **John Sununu** and U.S. Rep. **Carol Shea-Porter** (pictured with **Helen Taft** of Families First and **Tess Kuenning** of BiState Primary Care Association) visited Families First August 13 in honor of National Health Center Week and Health Care for the Homeless day. Check out coverage of the event in [The Portsmouth Herald](#) and [Foster's Daily Democrat](#).



## Free Breast and Cervical Cancer Screenings

On the evening of August 27, Families First will offer free Pap smears and breast exams, with referrals for mammograms, to women ages 40-64 who are uninsured or underinsured and meet income guidelines. Appointments are needed; call Jane Cummings, RN, at 603-422-8208 ext. 222.

## Drive of the Month: Baby Items

In September, Families First will be collecting new baby items, diapers, and wipes for families who can't afford to buy their own. Donations may be placed in the drop-box in the Families First lobby. Tax receipts are available. Thank you.

## Resource of the Month: Family Guide

No matter what your child's age, there are things you can do *right now* to help him or her stay mentally healthy and drug-free: Talk With Your Child. Get Involved. Set Rules. Be a Good Role Model. Teach Kids to Choose Friends Wisely. The U.S. Substance Abuse and Mental Health Administration's [Family Guide](#) tells you how.

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