

# Families First

*support for families...health care for all*

## September 2010

Programs & News: 9-10

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## September Parent & Family Programs

Click for info in your choice of formats:



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### Portsmouth

Keeping Your Cool: Anger Help for Everyday Parenting ... Your Child's IEP ... Keeping it Straight: Family Organization ... Parent Support and Solutions Discussion Group ... Grandparenting ... Single Parents: Time-Saving Ideas ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

### Lower Seacoast

Parent Recharge (Seabrook) ... Family Fun at Community Table (Seabrook)

### Western Rockingham County

Family Morning Out (Epping) ... 1-2-3 Magic (Epping)

*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:

### Seacoast Healthy Grins

Seacoast Healthy Grins dental hygienist "Miss Cindy" is gearing up to begin another year teaching more than a thousand children from pre-school to 7<sup>th</sup> grade about how to keep their teeth healthy for life. Seacoast Healthy Grins is a mobile school dental program, administered through Families First, that offers free oral health education and dental screenings to all children in the Portsmouth elementary schools and in early-childhood programs at the Community Campus. Dental supplies, which are funded by the Rotary Club of Portsmouth and Northeast Delta Foundation, are given to every child to help get them excited about taking care of their teeth. The program also offers in-school dental cleanings and dental sealants to eligible children (those who do not have a dental home or who have not seen a dentist in 12 months). Any child found to have further dental needs is assisted in



making appointments with [the Dental Center at Families First](#), which is open to all children and teens in NH and Maine. The goals of Seacoast Healthy Grins are to insure that the dental needs of all children are met and to teach children to care for their teeth so they will last a lifetime. For more information, please [e-mail Cindy Bishop](#).

## Two Programs for Diabetics



Families First Health Center patients who have diabetes are invited to **Cooking Well for Diabetics**, to be taught by Terri Schoppmeyer from UNH Cooperative Extension Service and held at Families First on four afternoons in late September and early October. Includes cooking demonstrations, adaptations of recipes to make them healthier, and more. To ask questions or sign up, contact Jane Cummings, RN, at 603-422-8208 ext. 222. ... Also coming up is the **4<sup>th</sup> Annual Seacoast Diabetes Expo**, scheduled for October 23 from 9 a.m. to noon at the Community Campus in Portsmouth (home of Families First). For more information, call event sponsors Portsmouth Regional Hospital (603-433-5170) or Wentworth-Douglass Hospital (603-740-2887).

## A Families First Celebration

On August 11, Families First celebrated National Health Center week and our opening of a third dental exam room with a "floss-cutting" ceremony. In addition to the new exam room, we are adding regular dental services to our mobile health care for the homeless program. Funding for the new exam room and mobile services came from federal stimulus funds and grants from Piscataqua Savings Bank and the Liberty Mutual Foundation. Read coverage of the celebration in [Seacoast Online.com](#) and [Fosters.com](#). (Photo: Rich Beauchesne/Seacoast Media Group)



## KIDS ACTIVITY OF THE MONTH: Smoothies

Have kids choose a juice and a variety of fresh or frozen fruits they would like to put in the smoothie. (Hint: Most smoothies are best with a banana!) Let them help in the preparation of the fruit. Discuss the colors of the fruit, where and how they grow, as well as the seeds and skin of each fruit. Add yogurt and/or ice for a different texture and flavor. Whirr it all up in a blender. Drink immediately, or pour into freezer-pop molds for later.

## RESOURCE OF THE MONTH: [HealthyChildren.org](#)

[HealthyChildren.org](#), a website from the American Academy of Pediatrics, has a lot of great tools not just on medical care, but family life as well. Information is organized in a variety of helpful ways - by the age of the



healthy children

Powered by pediatricians. Trusted by parents.

child and by health condition, for instance. There are great tools such as "Ask the Pediatrician" and a Symptom Checker.

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