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# Families First

support for families...health care for all

## September 2011

Families First Programs/News

Issue 9  
9-11

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### September Parent & Family Programs

In Portsmouth ([click for details](#))

(Groups don't meet August 29th through September 5th.)

Set Your Parenting Goals ... Give Your Child a Successful School Year ... Working with Schools ... Who's in Charge in YOUR Home? ... Keeping Your Cool: Anger Help for Everyday Parenting ... Postpartum Group ... Parent Recharge ... Family Fun Night ... and playgroups for infants, toddlers, two-year-olds and preschoolers, with their parents.

In Epping ([click for details](#))

Family Morning Out

... or click one of the icons below for the same info in printable PDF or Google calendar format.



Also, click these links for info on [primary care](#), [prenatal care](#) and [dental care](#) at Families First. They are affordable and open to all!

### Help Your Child Have a Great School Year



We've all heard how important it is for kids to show up at school with a good night's sleep and healthy breakfast under their belts. But sometimes parents forget how much *their own attitudes* can influence children's success in, and enjoyment of, school. **Some tips:**

Catch your children learning, catch them



problem- solving, catch them being curious.

Don't let your kids catch *you* complaining about their school. Let them know you approve of and value the education they will receive.

Come to one of our classes designed to help your family get the most out of their school while encouraging children's academic success at home. [Info on classes...](#)



### PROGRAM OF THE MONTH: School-Based Dental Program

Seacoast Healthy Grins dental hygienist "Miss Cindy" is gearing up to begin another year teaching more than a thousand children from pre-school to 7th grade about how to keep their teeth healthy for life. This mobile school dental program, administered through Families First, offers free oral health education and dental screenings to all children in the Portsmouth elementary schools, Newington public

school and early-childhood programs at the Community Campus. To help get children excited about taking care of their teeth, we give them dental supplies, which are funded by the Rotary Club of Portsmouth and Northeast Delta Foundation.

Following the classroom presentations and screenings, Seacoast Healthy Grins offers in-school dental cleanings and dental sealants to children who do not have a dental home or who have not seen a dentist in 12 months. And we help children who have further dental needs access ongoing care at Families First Dental Center, which is open to all children and teens in NH and Maine. For more information, please [e-mail Cindy Bishop](#).

### Can You Donate These Items to Help Our Clients?



Clients in our [home-visiting programs](#) have been asking about donations of **back-to-school supplies**. They need new backpacks, pens, pencils, notebooks, lunch boxes, glue, crayons, markers and department-store gift cards. [Email us with questions.](#)

Our [Health Care for the Homeless program](#) is looking for donations of **personal hygiene products** including shampoo, toothpaste, toothbrushes, soap, lotion and deodorant. Our patients who are homeless really appreciate having these items! [Email us with questions.](#)

Please bring either type of item to the Family Center window in the lobby at Families First in Portsmouth ([directions](#)).

### KIDS' ACTIVITY OF THE MONTH: Bake Something Seasonal



Make a seasonal snack together. Go to a local farmer's market,



if possible, and buy blueberries to make muffins, or zucchini to make zucchini bread. Allow time for asking questions and learning about the farm. When baking, let your child measure, add and mix the ingredients, and read the directions to the recipe if they are able. Have some friends over and enjoy a picnic together.



### PARENTING TIP OF THE MONTH:

#### Build a Bank of Shared Positive Experiences

Practice communication through sharing daily activities and feelings. Choose activities that you enjoy together. Having a lot of shared positive experiences with your child will help foster communication when difficulties do arise.



### RESOURCE OF THE MONTH:

#### Parent Information Center

The Parent Information Center of NH guides and encourages families in supporting the unique learning potential of their children, including children with disabilities. Resources for parents include training, consultations, and resources related to both general and special education. [Visit the Center's website ...](#)

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Families First Health & Support Center | 100 Campus Drive, Suite 12 | Portsmouth | NH | 03801