

Families First

support for families...health care for all

February 2010

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Remember: In addition to the parenting and family programs listed below, Families First has a Health Center that is open to everyone, offering affordable [primary care](#), [prenatal care](#) and [dental care](#).

Portsmouth

Setting Children Up for Success ... Getting Kids to Be Healthy Eaters ... Handling Your Child's Anger ... CoParenting After Divorce or Separation ... Helping Siblings Get Along ... Parent Recharge ... Babytime ... Toddler Playtime ... Preschool Playtime ... Family Fun Night ... Grandparenting ... Mother-to-Mother Postpartum Adjustment Group ... Make It and Take It

Lower Seacoast

Parent Recharge ... Family Morning Out ... Discipline Series ... Living with Teens and Preteens

Western Rockingham County

Family Morning Out ... Discipline Series

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: Parenting Classes and Groups



Have you ever looked at a list of Families First parenting programs like the one above and wondered what you would find if you came to one? Well, you would find all kinds of parents and caregivers attending -- younger and older, living in every kind of situation, with many different views on parenting. They are single, they are married, they are blended, they are grandparents. They may be looking to solve one problem -- like tantrums, sleeping through the night, or teen attitude -- or seeking a whole new approach to parenting, because theirs is not working for them. Maybe they are looking to get to know other parents or for a new place to hang out. Or they need 90 minutes of adult sanity while their kids are involved in a wonderful program right next door. But mostly, you'll find a place where everyone is welcoming and accepting and can relate to your job of raising kids. During the

program, the facilitator presents ideas to discuss, activities, demonstrations, and parenting strategies to try with your kids. There is a lot of laughing and connecting through common issues (*Your kid does that too!!??*). At Families First, we believe parenting goes best when you have a community of supportive people to give and take with. So come and try one, two, or two dozen of our [parenting and family groups](#). Our staff and participants are looking forward to getting to know your family.

Click daily to help Families First win \$20K

Families First is one of 16 finalists, nationwide, for five \$20,000 grants from Tom's of Maine! Winners will be chosen based on an online vote. [Please click here to vote](#), learn about how we'll use the grant to expand dental care for homeless people, and *sign up for an email reminder to vote daily through March 12*. (We really need our supporters to vote every day if we are going to get enough votes to compete with the big-city organizations that are also finalists. Your email will not be shared or used for any other purpose.) . . . And if you're on Facebook or Twitter, visit [our Facebook page](#) to see a sample announcement that you can post or tweet. Thank you!



KIDS' ACTIVITY OF THE MONTH: Found Objects

1) Gather cereal boxes, bottles, paper towel rolls, foam trays, or similar items that you have around the house. 2) Add duct tape, hot glue, string and plenty of imagination. 3) Create a castle, airplane or anything else you can think of. 3) Add more imagination, and play!

New Parents' Tea

Please join Families First for a welcoming get-together for new parents on Tuesday, February 16, 10 to 11:30 a.m. If you have a new addition to your family (aged newborn through 12 months), come enjoy light refreshments and the company of other new parents and learn about the resources and programs offered at Families First. We'll even care for your baby's older siblings (up to age 12) in a playroom right next door, free of charge, if you register in advance at 603-422-8208 ext. 2. For more information, [e-mail Parkie](#).



Classes for Grandparents, Single Parents

Local therapist Irene M. Tomkinson, MSW, will offer two programs at Families First this winter. On Feb. 3 and 17 at 9:30 a.m., she visits our regular Grandparenting group to offer a "Enhancing Your Relationship with your Adult Child." Then, on Wednesdays, March 10-31 at 6 p.m., she offers "Single Parents: Create Your Future." Ms. Tomkinson is the author of *Not Like My Mother: Becoming a Sane Parent after Growing up in a Crazy Family*. For more information on the classes, call 422-8208 ext. 2.



Antique and Collectible Appraisal Benefit

Wondering if some of those items in your attic might be valuable?

Come to Hampton Academy Junior High on Saturday, Feb. 6, noon to 4 p.m., for an Antiques and Collectibles Appraisal, sponsored by Coldwell Banker Residential Brokerage to benefit Families First. Local antiques professionals will give opinions of the value of your jewelry, coins, furniture, stamps, currency, dolls, glassware, art, books, maps, sports and military memorabilia, toys, quilts and more. The \$5 per item (or \$20 for five items) that you pay will be donated to Families First. For information and weather cancellations, [e-mail Ann Rainsford](mailto:Ann.Rainsford@familiesfirstseacoast.org) or call her at (603) 247-3220.

Eat, Save and Give

[I Eat Locally](#), a website featuring half-price gift certificates to Seacoast restaurants, will donate 30% of its proceeds to Families First during February! For example, for just \$12.50, you'll get a \$25 gift certificate to a local restaurant like Robert's Maine Grill or Rudi's, and Families First will receive \$3.75.

You can print out your certificate or email it to a friend as a gift. So, eat, save and give -- all at the same time!



RESOURCES OF THE MONTH

Oral Health Topics

Families First dentist Rebecca Groves, DMD, recommends the [American Dental Association's Oral Health Topics page](#). "It is an A-Z guide for the public regarding topics in dentistry including baby bottle decay, fluoride, dental procedures, and tooth eruption," she says. "I think it is easy to use and informative."

Challenger Baseball

Registration for the 2010 season of Challenger Baseball, a division of Little League for kids with physical, developmental and mental challenges, will be February 7 at the Greenleaf Recreation Center in Portsmouth. The Challenger Division is open to boys and girls 5-18 (or up to age 22 if still in school) from Rockingham, Strafford and York counties. For more information, visit the [Portsmouth Little League site](#) or call Sean Correll at (603) 436-7852 or Doug Wood at (603) 778-8904.

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