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Families First

support for families...health care for all

May 2011

Families First Programs/News

Issue 5
5-11

In This Issue

[New Recognition](#)

[Before & After](#)

[Program of the Month](#)

[Child Health Q&A](#)

[Parenting Tip of the Month](#)

[Kids Activity of the Month](#)

[Dinner at Robert's](#)

May Parent & Family Programs

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

Parent Support & Solutions Discussion Group ... Q&A with Our Pediatric Nurse Practitioner ... Cyberspace: What Are Your Kids Doing Out There? ... More 1-2-3 Magic ... Planning for Summer ... Postpartum Group ... Parent Recharge ... Family Fun Night ... Parent/Child Playgroups for infants, toddlers, 2-year-olds and preschoolers.

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

Family Fun at Community Table ... Family Morning Out

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!

Quick Links

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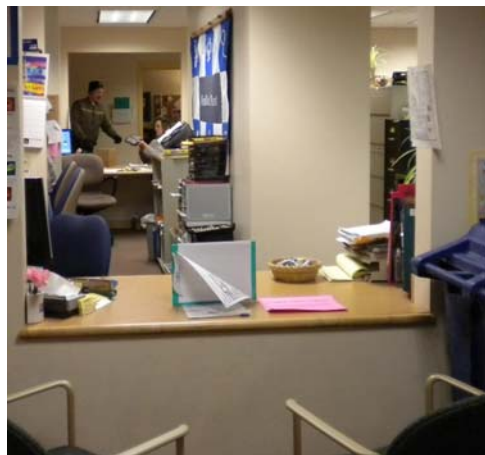
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We've Been Recognized!

The National Committee for Quality Assurance recently awarded Families First Health Center and its five providers the highest level of recognition as a [Patient-Centered Medical Home™](#). To earn this national recognition, we had to prove that we meet standards for systematic, patient-centered, coordinated care that supports access, communication and patient involvement. "We at Families First have always thought of ourselves as a true 'medical home,' due our broad range of medical, dental, behavioral and supportive services; use of electronic medical records to promote quality and continuity of care; and care coordinators who help patients access all the services they need," says Families First Executive Director Helen Taft. "Now, we have the national recognition to back up that claim."



Before and After



We thank our patients for their patience while we remodeled portions of our Health Center. The project is almost complete! The biggest change patients might notice is at checkout, which now offers more privacy and more space for staffing to help checkout go quickly. (See Before and After photos, above.) The remodeling also improves patient traffic flow, gives our staff a better view of the waiting room, and adds an office for counseling.

Curious about our Health Center? Learn more [here](#), or call 603-422-8208 ext. 1.

PROGRAM OF THE MONTH: Prenatal Care

Did you know that *babies are more likely to be healthy if their mother gets prenatal care as soon as she knows she is pregnant?* If you or someone you know is pregnant and doesn't have medical care yet, consider Families First's [Prenatal Program](#). We provide affordable medical and supportive services tailored to each family's needs and preferences, regardless of ability to pay or insurance status.



Physicians and a nurse practitioner from [Harbour Women's Health](#) provide obstetric care on-site at Families First and deliver babies at [Portsmouth Regional Hospital](#). Meanwhile, Families First staff provide nutrition education; breastfeeding support; mental health and substance abuse counseling; help obtaining financial assistance for prenatal care as well as other benefits and services; and home visiting during pregnancy and the baby's first year. To make it easy to use our services, we also provide translation, free child care during appointments, and some transportation assistance.

For more information call Marcy at 603-422-8208 ext. 142 or [send an email](#).

Do You Have Questions About Your Child's Health?

Do you have questions about childhood illnesses, summer-safety issues such as sun exposure and ticks, or whether your child is developing normally? On **May 17 from 6-7:30 p.m.**, Pediatric Nurse Practitioner Charae Spuler, the leader of [Families First's Pediatric Program](#), will answer parents' questions about these and other child-health topics. The Q&A session is free and open to the public, and will be held at Families First. To sign up, call 603-422-8208 ext. 2, or [send an email](#).



PARENTING TIP OF THE MONTH: Family Rituals



The more rituals the family has, the better members will work together as a team and the stronger the family unit will be. Plan activities that foster the development of everyone in your family, as well as activities where all can come away with a sense of mastery and competence. Family rituals can be as simple and inexpensive as a weekly game night.

KIDS ACTIVITY OF THE MONTH: Children's Day

This Sunday, May 1, is Children's Day in downtown Portsmouth. Enjoy the child-friendly atmosphere and activities from noon until 4 p.m. If you go, please stop by Families First's table to say hello and do a fun craft. You'll find us on Pleasant Street, near North Church. [More info](#) ...



Dine at Robert's and Help Families First

Every Tuesday, Robert's Maine Grill in Kittery offers a Community Supper, with a three-course meal for only \$12 and a portion of the proceeds donated to a local non-profit. Menus for Community Supper are in Robert's style - Maine comfort food with an updated twist - and the regular dinner menu is also available. **Please consider having dinner at Robert's on May 17 or May 24**, when Families First will be the grateful beneficiary. Community suppers begin at 5 p.m., and reservations are recommended.

[Upcoming Community Supper menus, links for directions, etc.](#)

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