

Families First

support for families...health care for all

April 2010

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April Parent & Family Programs, at a Glance

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Portsmouth

Cheap, Healthy Foods Your Kids Will Like ... Co-Parenting for the Sake of Your Kids... Helping Your Child Develop Social Skills. ... Discipline Solutions for Parents of Children 0-18 ... Helping a Child with ADHD or Similar Issues ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

Lower Seacoast

Solve It: Strategies for Bedtime, Mealtime, Homework and Chores ... The Teen Years are Coming ... Parent Recharge ... Family Morning Out ... Living with Teens and Preteens

Western Rockingham County

Family Morning Out ... Solve It: Strategies for Bedtime, Mealtime, Homework and Chores

In addition to the parenting and family programs listed above, Families First has a Health Center that is open to everyone, with affordable primary care, prenatal care and dental care.



PROGRAM OF THE MONTH: Dental Center

Families First Dental Center is booming with excitement. And patients! Drs. Groves, Homicz, Lokko and Swanson are very happy to open our new, third dental exam room (pictured), with state-of-the-art digital x-rays to follow. Funding for these improvements was provided by federal stimulus funds to enable us to see more patients and provide an even higher level of care. The Dental Center is open to all children and teens living in NH or Maine who don't have a regular dentist, and also to adults who are primary-care patients at Families First. Some Saturday appointments are available. Call 603-422-8208 ext. 1.

Unsung Heroes of Parenting

Congratulations to JoAnn Clement, Ruth Ryan and Lynne Twombly, three Families First clients who were honored by Gov. John Lynch and the [NH Children's Trust Fund](#) with an Unsung Hero Award. This award honors and recognizes parents and caregivers for their positive role modeling and the great jobs they are doing every day. Learn why they were chosen in these profiles in the [Portsmouth Herald](#) (JoAnn and Ruth) and [Hampton Union](#) (Lynne).



RESOURCE OF THE MONTH: SeacoastKidsCalendar

[SeacoastKidsCalendar.com](#) calls itself "The Parents' Help Desk for All Things Fun on the Seacoast." Check it out for online calendar and event listings, service directories, informational articles and tips, and weekly features -- all with a Seacoast focus.

KIDS' ACTIVITY OF THE MONTH: Birdfeeders

Take a walk with friends or family and collect some large, open pine cones. Have children cover the pinecones with peanut butter and then roll them in birdseed. Hang the pinecones for birds to enjoy. How many different kinds of birds come? What time of day do they come? Do they have a song they sing? Draw a picture of your observations.



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