

Families First

support for families...health care for all

August 2010

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August Parent & Family Programs, at a Glance

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Portsmouth

Siblings Without Rivalry ... The Kind of Play Every Child Needs ... Gearing Up for the New School Year ... Helping Kids with Stress ... 'Keeping Your Cool' Monthly Strategy Night ... Grandparenting ... Single Parents: Relaxation Techniques to Try, and Take Home ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

Lower Seacoast

Parent Recharge (Seabrook)

Western Rockingham County

Family Morning Out (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:

Child Development Screenings

Parents who bring their child to Families First for medical care are often surprised to see that we have a child development specialist on-hand at many of their children's checkups. Randy Talent, an employee of Easter Seals, attends half of all "well-child" visits at Families First to screen children in all areas of development: communication, gross motor, fine motor, personal/social, and problem-solving. And, she says, "I always focus, because it is an area of interest and often an area of concern for families, on sleep and feeding." In addition to the formal screenings she does around each child's birthday (ages 0 to 5), she does informal screenings at other visits and by appointment anytime a family has a concern or question. If she finds an area in which a child seems delayed, she works with families to get help for the child at the earliest time possible, which often makes a big difference in how much the delay impacts the



Development Specialist Randy Talent

child throughout his life. But often, her work with parents is not around problems, but simply helping educate them about everyday issues about how to read a child's cues, such as when a child is tired, or hungry, or ready to learn something new. "We provide parents with info that supports their knowledge of their children," she says. Randy has a master's degree in early intervention and a doctorate in physical therapy, as well as training in infant massage. She is part of the "Well-Child" medical team at Families First, which is led by pediatric nurse practitioner Charae Spuler. Families in our pediatric program also have access to our dental center, home visitors, nutritionist, parenting classes and more. Families First accepts Medicaid and most private insurance plans, and will help uninsured children get free or low-cost insurance. For an appointment, call 603-422-8208 option 1. [More information](#)



Dentist Appointments for Babies?

Yes, it's true: The American Academy of Pediatric Dentists says children should have their first visit with a dentist by the time they have their first tooth or first birthday. Families First has an Early Childhood Dental Program that is open to all young children, whether or not they come to Families First for their pediatric medical care. For more information, call 603-422-8208 (press 1).

Partner with Our Community Partners

Here's information on two local organizations that have stepped up to help Families First this summer, and how you can help them help us:



[RíRá Irish Pub's](#) Charity Golf Classic will benefit Families First for the second year in a row. Held on August 11 at [The Links at Outlook](#), the tournament costs \$100 per player or \$400 per team of four and includes an after-party at the pub with buffet, live band, raffle and auction. **Please [click here to register](#).**

[Seacoast Rotary Club](#) has raised \$4,300 toward its \$7,000 goal to buy 350 new winter coats and dictionaries for children at Families First through the national "Operation Warm" program. "A contribution of only \$20 buys a brand new winter coat for children in need, and that single item can have a big impact on a kid's life," says Midge Nelson, President of Seacoast Rotary. "Kids with new coats feel 'I am of value,' and it allows those families to use their resources on other primary needs such as rent, food and heating." The Rotary is asking community members to send a donation of \$20 or more to Rotary Club, P.O. Box 6674, Portsmouth, NH 03802.

KIDS ACTIVITY OF THE MONTH: Treasure Hunt



Go on a beach or woods treasure hunt. Make card pictures and words to indicate what items the children should look for. Have your child take a picture of, or draw, each item if collecting it is not appropriate. Match with the original cards.

RESOURCE OF THE MONTH: [Practicalmum.com](#)

"My 6 year old is forever getting out of bed after I put him in." ... "What do I do when I can't stand one of my son's friends?" These are just two of the questions parents have posted on Practicalmum.com recently. The website describes itself as "a community of parents helping each other. We ask when we need help, and we respond when we can help." So if you have a question about parenting, try posting it at Practicalmum.com and see what kind of response you get!

Visit Us at Hampton Farmer's Market

If you needed another reason to visit the Farmers' Market, consider making the trip to Hampton Farmers' Market, which runs Tuesday afternoons from 3-6 in the parking lot left of the Galley Hatch restaurant. Families First will be hosting a guest booth on August 17 and 24. We will have the latest information on our programs and a craft for kids, courtesy of Coldwell Banker Residential Brokerage, which has made Families First its Charity of Choice this year.



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