

# Families First

*support for families...health care for all*

## January 2010

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**Happy New Year  
from Families First Health & Support Center!**  
Hoping for a more-enjoyable, less-stressful family life in 2010? Try these programs:

#### Portsmouth

##### This month only:

Using the 1-2-3 Magic System ... Solve It Now! Your Child and Sleep ... Helping Children with ADHD or Similar Issues ... Learn from the Holidays: A Plan for Your Family ... Teaching Children About Money ... Dealing with Kids Worries and Fears ... Grandparenting (Sharing Stories with Future Generations)

##### Ongoing:

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 that Works (series) ... Living with Teens and Preteens

#### Western Rockingham County

Family Morning Out ... Discipline that Works (series)

*For more about these programs, click below for information in your choice of three formats:*



[Text descriptions/flyers](#)



### PROGRAM OF THE MONTH: Early Childhood Dental Program

Did you know that the American Academy of Pediatric Dentists says a child should be seen by a dentist by the time they have their first tooth or first birthday? This is to ensure that the oral health and overall health of your child gets off to a great start.



At Families First, children ages three months through three years are referred to the Early Childhood Dental Program. During these visits, which are scheduled every three months, children don't sit in a dental chair but in a parents' lap, for a knee-to-knee exam (as shown in the photo). A hygienist examines the child and applies fluoride to strengthen the teeth. Parents are also taught about the importance of not putting their baby to bed with a bottle and feeding nutritious foods. A dentist also examines the child's mouth.

Taking care of your child's teeth begins before they've erupted. Infants' gums should be gently wiped with a damp cloth daily. Once teeth appear, a small fingerbrush or toothbrush can be used twice a day to remove the germs that can cause tooth decay.

Babies, children and teens can receive dental care at Families First whether or not they receive their health care at Families First, and regardless of whether they have insurance. Remember, the health of your baby's teeth is part of their overall health. To make an appointment, call 603-422-8208 and press 1.

### Do You Have Your 2010 Calendar Yet?

If not, consider purchasing an "Artists of the Seacoast" calendar, a fundraiser for Families First Health and Support Center. The calendars, as well as matching notecards, are sold at stores in Portsmouth, North Hampton, Exeter and Kittery. To find out where to buy the items, or to order them through Families First, [click here](#) or call (603) 422-8208 ext. 126. Nancy Hubbe's "First Night" represents January in the 2010 calendar.



### RESOURCE OF THE MONTH: Live Your Life Well

[Live Your Life Well](#) is a website from Mental Health America designed to help you cope better with stress and create more of the life you want.

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