



## July Programs & News

July 2008

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### July Program Information

Please click the links below for program information in your choice of formats:



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#### Preview of July programs:

**Portsmouth:** How to Talk So Kids Will Listen; "Go to Sleep!!"; Operation Military Kids; Midsummer Parent Social; Living With Teens; Solo Parenting; Parent Recharge; Babytime; Toddler Playtime; Preschool Playtime; Family Fun Night; Parents' Evening Out; Dads of Kids with Chronic Illnesses

**Lower Seacoast:** Parent Recharge

#### Western Rock. County:

Family Morning Out (in Epping and Raymond)

## Program of the Month: First Steps Home Visiting

Having a baby changes lives forever, and is a very exciting time! The First Steps program is designed to offer support, education, and to share in the excitement of bringing new life into the world! The program is offered to pregnant women receiving prenatal care at Families First, and it continues through the baby's first year of life. Home visitors (like Eliza, pictured at right) provide education about baby growth and development, aid parents in safety proofing their home, discuss and provide support regarding postpartum depression, help parents get ready for labor and delivery, connect families to community resources and much more! For more information, contact any member of the prenatal team at Families First or read the [First Steps brochure](#).



## How Listening Gives Parents Power

by Joanna Wicklein, Parent Program Coordinator

We don't generally associate listening with power, do we? But in fact, listening can tremendously increase the power we have with our children (and adults, for that matter). The most persuasive example of this is when your kids are being argumentative or belligerent. While "talking at" them or arguing with them will fuel their fire, listening will disarm them. Here is an example:

**Ryan (age 10):** Dad, When can I get the new Need For Speed game?

**Dad:** When you have the money and can show me the rating, just let me know and we can arrange a time to go.

**Ryan (voice rising):** But I don't have all the money and I need it today! [Read on to see how Dad handles this.](#)



## At Home with Bob

On Father's Day, the *Herald Sunday* newspaper profiled Bob Pavlik, an at-home father of three girls who also happens to be a volunteer parent educator at Families First. [Read the article here](#), and also check out Bob's funny blog, [At Home With Bob](#). (While you're there, check out all the blogs and resources at [SeacoastParentsConnect.com](#).) Bob's next class at Families First is ["Go to Sleep!!!"](#) on July 2.



## Just for Military Families!

Does your family have an active, reserve or retired member in the military? If so, join us at the Community Campus on July 13th from 1-4 pm for activities, free ice cream and a chance to hang out with other military families. The Operation Military Kids Mobile Technology Lab will be on hand to help families connect with military family members around the world. And you'll be introduced to the Community Campus, with its hiking trails, playgrounds, gymnasium and rec hall with foosball, pool and Ping Pong. Register by July 8th at (603) 422-8208 (press 2) or with Bonnie Rice, Family Readiness Coordinator at (603) 430-3545. [Program flyer](#)



## Drive of the Month: Christmas in July

During July, Families First will be collecting new toys for children of all ages, bed and bath items and gas cards. Items may be placed in the donation drop box located in the Families First lobby. Thank you!

## 'De-Clutter' or Shop to Help Families First

Atrio Properties GMAC Real Estate at 725 Portsmouth Avenue in Greenland will hold a yard sale on Saturday, July 19 from 7 to 3, with all proceeds going to Families First. If you have lightly used furniture, appliances, toys, books and knick-knacks to donate, please drop them off at Atrio any Monday through Friday from 9 a.m. to 5 p.m., before July 16. (No clothing, please.) For more information, call Atrio at (603) 433-1555.

## Resource of the Month: Guide to the Teen Brain

From mood swings to risk-taking, "normal teenage behavior" can appear to be anything but normal to parents and other bystanders. To learn what's normal and what's not, check out [A Parent's Guide to the Teen Brain](#) from The Partnership for a Drug-Free America.



## 'Taking Care' Newsletter Is Here

The summer edition of our "Taking Care" newsletter - for donors, funders and friends of Families First - is out, with articles about our volunteer dentists and doctors, Grandparenting group, and more. [Read it online here.](#) To receive future issues by snail mail or email, send your contact information to [Laura Keller.](#)

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