

# Families First

support for families...health care for all

## May 2010

Programs & News: 5-10

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## May Parent & Family Programs, at a Glance

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### Portsmouth

Anger Help for Everyday Parenting ... Helping Kids Whose Tempers Flare ... Teeth Tips with "Miss Cindy" ... Understanding IEPs ... Grandparenting ... Postpartum Group ... Parent Recharge ... Toddler Playtime ... Family Fun Night ... Babytime ... Preschool Playtime

### Lower Seacoast

Raising Girls, Raising Boys ... The Teen Years are Coming ... Parent Recharge ...

### Western Rockingham County

Family Morning Out ... Siblings Without Rivalry

*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](#).*

## Welcoming a New Pediatric Provider

Charae Spuler, PNP-BC, a board-certified pediatric nurse practitioner with more than 10 years of experience, has joined the primary care team at Families First Health Center. She is now the lead provider in Families First's Well Child Program -- a series of routine checkups, examinations and immunizations for children and teens -- as well as providing sick care. She is also certified to provide gynecological care for young women up to age 21.



Charae Spuler

"I feel excited to be here, in a place where people who can't afford medical care are treated in a dignifying and respectful way," she says. "I always wanted to work for a not-for-profit; it just took me 10 years to get here." She adds that she likes being part of a team where people from different disciplines -- such as a child development specialist, nutritionist, dentist and home visitors -- are working together, so that patients don't have to go outside the practice to receive many services they need.

A graduate of the MGH Institute of Health Professions (where she is now a part-time faculty member), she worked at Children's Hospital in Philadelphia and at private pediatric practices in the Boston area before joining Families First. Her philosophy of practice is based on T. Berry Brazelton's "Touchpoints Theory. Touchpoints aims to reduce stress in the family system by helping parents anticipate the predictably challenging phases of early-childhood development while focusing on their strengths and their children's strengths. Her clinical interests also include helping children identify ways to maintain a healthy weight and stay fit.

FamiliesFirst Health Center is open to all men, women and children -- insured or uninsured -- living in NH or Maine. Call 603-422-8208 ext. 1 or [click here](#) for more information.



### Local Artwork Needed (by Friday!!!)

Local artists are invited to submit a digital photograph of an original painting, drawing or collage to be considered for publication in the 2011 *Artists of the Seacoast* calendar, a fundraiser for Families First. The deadline to submit is **this Friday, April 30!** Shown here: "Portsmouth Icon" by David Lopatich, the cover of the 2010 calendar. [How to submit artwork ...](#)

### PROGRAM OF THE MONTH: First Steps

Having a baby changes lives forever, and is a very exciting time! The First Steps program is designed to offer support and education, and to share in the excitement of bringing new life into the world. The program is offered to pregnant women who receive their prenatal care at Families First, and it continues through the baby's first year of life. Home visitors Eliza Seavey and Melodie Evans teach parents about infant growth and development, help safety-proof homes, 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 staff at Families First or read the [First Steps brochure](#).



Eliza Seavey



### KIDS' ACTIVITY OF THE MONTH: Sponge Painting

Cut sponges into different shapes and then dip them into bright-colored paints to be stamped onto contrasting paper.

Make them into cards for birthdays or other occasions.

### RESOURCES OF THE MONTH

- **Seacoast Veterans Conference.** Learn about state, federal and community resources, VA health care and VA benefits. Held May 13 from 8 to 4:30 at Pease Air National Guard Base in Portsmouth. The event is free, but registration is required; contact Linda at 1-800-852-3345 x 8560 or [by e-mail](#).
- **Free Family Night at [The Children's Museum of NH](#).** On May 7 and

June 4 from 5:30 to 8 p.m., the museum, in Dover, will be open to all families at no charge.

- **"Shooting Beauty."** A film, reception and photo exhibit about the experience of living with an extreme disability at York Public Library. Film is May 8 at 3 p.m.; photo exhibit runs through May. [More info](#)

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