



May Programs & News

May 2008

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Coming Up in May

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

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Preview of May programs:

Portsmouth: Handling Parenting Advice and Criticism, Getting Kids to Respect You, Helping Preschoolers Get Along, Grandparenting, 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:** How to Talk So Kids Will Listen, Communicate Without Arguing or Attitude, Parent Recharge **Western Rockingham County:** Family Morning Out, Using 1-2-3 Magic

Program of the Month

Pediatric Care

The pediatric program at Families First is designed to take care of your child in sickness and in health. The "well child" part of the program is a series of regular checkups, screenings and immunizations to help your child stay healthy. But if your child does get sick or hurt, we'll get him or her in to see us within 24 hours - usually less. Our pediatric nurse practitioner, Eileen McCarthy (in photo), has more than 20 years' experience providing health care for children of all ages, which has given her a great understanding of children and of family issues. Ms. McCarthy, who came to Families First in November from a private practice in Pennsylvania, says, "The nice thing about Families First is that you have all the supports right here." For instance, child development specialist Randy Tallent does regular developmental screenings to identify any problems and get help for children as early as possible. And families in our pediatric program 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. Call today for an appointment: 603-422-8208 option 1.



Children's Day ... And Mother's Day



Families First will be participating in Children's Day on Sunday, **May 4**, in downtown Portsmouth, from noon until 4. Stop by our booth to make a wind stick and say hi to our fabulous staff and volunteers! And on **May 9**, mothers are invited to stop by Families First on Friday for a special treat!

How to Get Respect from Your Kids



Parents often lament that they wish their kids showed more respect. To some, respect means that their child will "jump to" on command, follow directions without question, never express a contrary opinion, and never give any "attitude." Other parents think children should have an equal say in family matters, with their ideas, feelings and needs given center stage. If parents pursue either of these goals, they will likely get some outcomes that are the opposite of what they wanted. The first parents may

find themselves with a rebellious or fearful child, who is poised to show that same kind of unquestioning respect to their teenage peer group. The second may find their children struggling with the weight of tasks they aren't ready for and lost when it comes to making room for others. So how do you get kids to show respect? [Click here to read the rest of the article.](#)

Does Your Child Need a Dentist?

Families First Dental Center is open to all New Hampshire children and teens who have NH Healthy Kids Gold insurance, or who are uninsured and do not have a regular dentist. Call now for an appointment: 603-422-8208 x 140.



Resource of the Month: ParentLine

ParentLine is a free, confidential service in which parents can pose questions to a counselor from Child and Family Services about any parenting concern. Parents are invited to ask questions by calling 1-800-640-6486; writing to CFS, ParentLine, P.O. Box 448, Manchester, NH, 03105; or by [email](#). [More information](#)



Drive of the Month: Get Active!

During May, Families First will be collecting jump ropes, sidewalk chalk, and all other outdoor activity and sports equipment. Warm weather is coming! Help kids get active!

Experiencing Technical Difficulties?

Does this e-newsletter look clean and neat in your e-mail viewer? If not, please [send an email](#) and let us know what browser you use. One reader told us that if you use Eudora, the newsletter will not look right unless you set it to use the Microsoft Viewer (in the tools/options/viewing mail menu). We welcome any other feedback about this newsletter too!

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