



Programs & News

November 2008

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NOVEMBER AT A GLANCE:

Portsmouth:

This month only: Reasonable Expectations for Your Kids, Anger Management for Everyday Parenting, Co-Parenting After Divorce or Separation, Getting Kids to Go to Bed and Stay There, Survival Tips for Solo Parents.

Ongoing: Parent Recharge; Grandparenting; Life with Teens; parent/child activity groups.

Lower Seacoast:

Parent Recharge

PROGRAM OF THE MONTH: Parent & Family Groups

Have you ever looked at a list of Families First parenting programs like the one above and wondered what you would find if you came to one? First of all, they are full of all kinds of parents and caregivers. They are young and old, living in every kind of situation, with many different views on parenting. They are single, they are married, they are blended, they are grandparents. They may be looking to solve one problem -- like tantrums, sleeping through the night or teen attitude -- or looking for a whole new approach to parenting, because theirs is not working for them. Maybe they are looking for other parents to get to know and a new place to hang out. Or they need 90 minutes of adult sanity while their kids are involved in a wonderful program right next door. But mostly, **you'll find a place where everyone is welcoming and accepting and can relate to your job of raising kids.**



During the program, the facilitator presents ideas to discuss, activities, demonstrations, and parenting strategies to try with your kids. There is a lot of laughing and connecting through common issues (*Your kid does that too!??*). Every parent comes with ideas and in need of new ones. At Families First, we believe parenting goes best when you have a community of supportive people to give and take with. So come and try one, two, or two dozen of our parenting and family groups. We offer about a dozen different parenting classes, parent groups and family programs every week! Our staff and participants are looking forward to getting to know your family.



Videoconferencing with Grandpa

Families First's bimonthly Grandparents Group invites all parents and grandparents to a demonstration of how to have free video conversations over the Internet using a free software called Skype. Wednesday, Nov. 5, 9:30 to 11 a.m. at Families First. Includes free child care if you sign up in advance: 603-422-8208 ext. 2.

Events Where You Can Learn More About . . .

- **Good Toys, Books and Activities for Your Child:** Get great ideas suited to your child's age and developmental stage, while we entertain the kids. Monday, November 10, 4:30 to 6:30 p.m. at the Community Campus. Cosponsored by Families First and Portsmouth Regional Hospital's CATCH program. [Flyer](#)
- **Diabetes:** Seacoast Diabetes Expo includes information on diabetes and oral health provided by Families First, plus diabetes product displays and samples, a cooking demonstration, speakers and raffles. Saturday, Nov. 8, 9 a.m. to 12:30 p.m. at the Community Campus. Sponsored by Portsmouth Regional Hospital and Wentworth-Douglass Hospital.
- **Special Education:** Does your child need a little extra help in school or some modifications to help him or her succeed? A series of workshops designed to strengthen your family/school relationship, demystify the special education process and help your child be academically successful begins with [a workshop on New Hampshire's IEP/504 laws](#). Wednesday, Nov. 12, 6 to 8 p.m. at the Community Campus, preceded by pizza at 5:30. Child care available. Registration is required. Call the Parent Information Center at 603-224-7005 or 1-800-947-7005. Also, check out RESOURCES OF THE MONTH, below.
- **Family Finances:** Citizens Bank presents two free financial education workshops, one on keeping track of your money (October 30) and one on understanding homeownership and a strategy for saving for a home (November 13). Workshops meet from 9 to 11 a.m. at Seabrook Public Library. Child care provided with advance sign-up. To register, contact Lisa Michaud at 603-474-2044 or by [email](#).



We're All About Voting

Between now and Election Day, the Families First lobby is all about voting! Stop by to see our sample voting booth and sample ballots, and pick up information on how to register, where to vote, candidate positions, stickers and games for the kids, and absentee-ballot applications. Avoid long lines on Election Day by voting early in the day and registering beforehand. First-time voters: We would love to

hear your voting stories! Share them in a Families First group or contact Susie Bright at 603-422-8208 ext. 314 or by [e-mail](#). Also, read Susie's [article on why it's important for parents to vote, and how to do it](#).

End-of-Year Gifts

Happy Holiday Season! It's the last quarter of 2008, and our 2009 *Artists of the Seacoast* calendar and notecards are now for sale. They are particularly beautiful this year and make great gifts! Why not buy one for yourself and everyone on your gift list? Click here to [see the artwork and where to buy the calendar](#). We are also accepting end-of-the-year cash, check, credit card and [online donations](#) and would be happy to provide you with a receipt for your 2008 taxes.



Two Events This Saturday (Oct. 25) Benefit Us

Fall Festival at [Philbrick's Fresh Market](#), noon to 4 p.m.

Halloween Party at [Piscataqua Saving Bank](#), 9-11 a.m. Kids should come in costume. Kicks off the bank's Spirit of Giving Campaign, a drive to collect donations of outerwear, baby items, food and toiletries, cash and gift cards for Families First through the end of the year.

DRIVE OF THE MONTH: Gift Cards

November is a month of gratitude and thanksgiving. While you are out about, why not pick up a gift card for a family in need? Gift cards for fuel, groceries, haircuts, department stores and family entertainment such as bowling and the movies will be gratefully accepted in November. Please bring them to the Family Center window in our lobby.



RESOURCES OF THE MONTH

New Hampshire-specific resources that support linking family, school and community:

[NH Parents Make the Difference](#)

[Parent Information Center](#)

[NH Family Voices](#)

[NH Connections](#)

[Family Resource Connection of the NH State Library](#)

Share Your Thoughts on Child Support

UNH researchers are holding a listening session to hear comments from interested citizens regarding the guidelines for NH Child Support. Citizens' input will be used in a report to the NH Department of Health and Human Services. Meets Wednesday, Nov. 19, 5:30 to 7:30 p. m. at the Community Campus. Can't attend? Send your comments to nhchildsupport@gmail.com.

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