

In Epping

Family Morning Out

For children ages birth to six & parents



First Half: Parents and kids join together for play, circle time, creative activities, stories, and snacks.

Second Half: Children play with child care staff, while parents enjoy informal question and answer with our guest speakers.

July 15

Lamprey Health Care: Immunization information

July 22

Kathy Stanley-Berting, Epping Schools: School readiness

July 29

Heather Jones: Breathing & relaxation a mat or blanket is suggested

August 5

Dawn Huebner, PhD, psychologist and author, preschool behaviors and challenges

August 12

Open discussion



Date: Thursdays, July 15—August 12, 2010

Time: 9:30–11:00 AM

Place: Epping Elementary School
Prospect St.

Cost: Free! Snack included!

More info: www.FamiliesFirstSeacoast.org

Advance signup required! Call 603-422-8208 x2

Presented by:

Families First

support for families...health care for all

In collaboration with:

Epping Elementary School

Presented by Families First Health & Support Center in partnership with the Family Assistance Network of Western Rockingham County. Support for parenting and family programs in Western Rockingham County comes from the NH Department of Health and Human Services, the Foundation for Seacoast Health, Exeter Hospital, United Way of the Greater Seacoast, the NH Children's Trust Fund, the Fuller Foundation, the Town of Exeter and Walmart Distribution Center (Raymond).

