

**Family
Centered Early
Supports &
Services
Monthly
Newsletter for
Families**



A FRESH START Beginning the New Year

Enjoy Your Winter Wonderland!

Just because we're in the depths of winter doesn't mean the good old outdoors is off limits. A breath of fresh air, and a spot of running about, can be as welcome in the winter as it is at other times of the year. In fact, it could just be the solution for cabin fever that's reaching boiling point, after weeks of being stuck indoors.

Check out a few activities you can enjoy in the cold, along with links to help you come up with a month full of activities!

For this month's newsletter, check out winter activities you can do with your children! We also include information on great books to read aloud during the cold winter months.

Along with tips for winter parents, we've included guides to help families to support issues common in January.

Also, don't forget to check out our calendar of events for fun activities throughout New Hampshire!

Positive Solutions for Families

For Parents and Guardians of children ages 2-6

Free 6-Week Workshop

January 13-February 17, 2020
Mondays, 5:30-7:30pm

Dinner included & Childcare available

What strategies can you use to help your child learn appropriate behaviors?

Are you looking to understand your child's challenging behaviors?



How can you support your child's social and emotional skills?

Glen Lake School
251 Elm St.
Goffstown, NH

Facilitated by Jillian McPhail Purcell, M.Ed.
& Kim Philibert, EIS

Registration is required. Complete the attached form to register for this opportunity. Spaces are limited!

This is an evidence-based program from the Center on the Social and Emotional Foundations for Early Learning (CSEFEL).

Easterseals NH Family Centered Early Supports & Services | easterseals.com/nh/ess | 603.666.5982



Bring On The Snow!

We have lots of fabulously fun ideas
for January

Fill a plastic bin with snow, then add the winter fun with little people, trucks and trains find more ideas [here](#)

Learn how to make Snow Ice Cream [here](#)

[Snow Playdough](#)

Five Little Snowmen Song ([source](#))

Five little snowmen standing in a row.
(hold up five fingers)

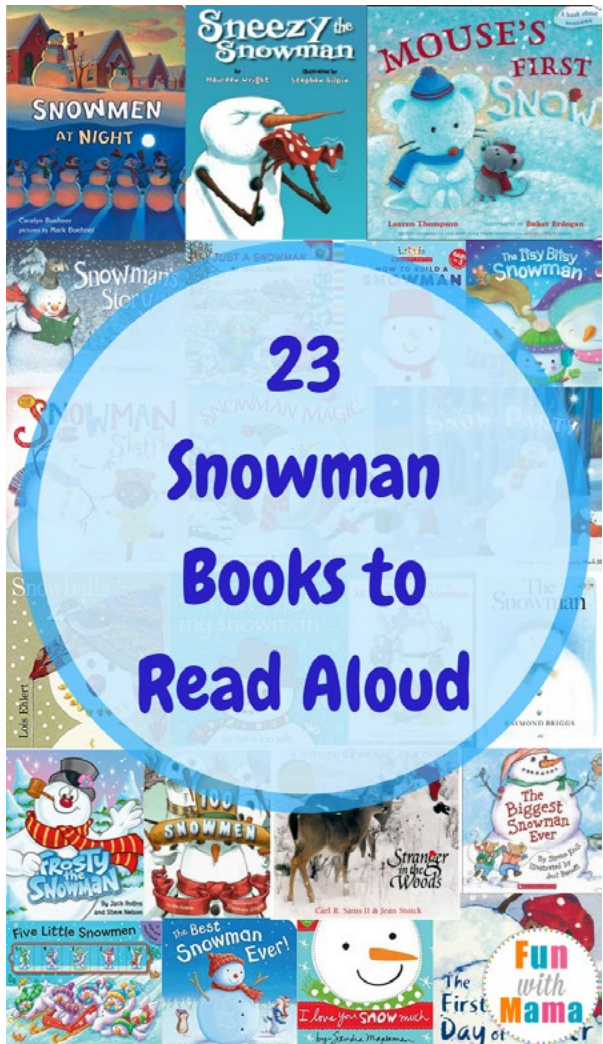
They each have a hat
(hands on head)

And a big red bow
(hands on neck)

When the sun shines,
(circle arms overhead)

Where will they go?
(shrug shoulders)

They melt, melt, melt, melt...
(sink down to the floor)



23
**Snowman
Books to
Read Aloud**



**NO-COST EYE
ASSESSMENTS
FOR INFANTS
6-12 MONTHS**

The American Optometric Association recommends scheduling your baby's first eye exam around six months of age.



NEW HAMPSHIRE LIQUOR & WINE OUTLET'S
SEVENTEENTH ANNUAL

Winter Wine Spectacular

Presented by **People's United Bank**

January 23rd
6pm-9pm

Doubletree by Hilton

TO BENEFIT
easterseals
New Hampshire

easterseals.com/nhevents



Resources for children

[Kid Safe NH](#) - Find a care seat inspection station, and find safety tips by age here

[Partnership for Drug Free Kids](#) - "Where families find answers"

[NH Family Voices](#) - A wide array of resources for children with developmental delays

[NHFV](#) - A great page to help you navigate Medicaid options for your child.

[Childcare options](#) - Find childcare here

Resources for families in need:

[New Hampshire Legal Aid](#)

For assistance in the delivery of legal services to low-income clients and providing accurate information to the community. A joint effort of the Legal Services Agencies serving New Hampshire's low-income population. We are a community of agencies dedicated to the ideal of equal access to justice.

[NH Easy Gateway to Services](#)

A fast way to apply for benefits.

[NH Housing](#)

Provides a list of apartments for rent through landlords who are willing to participate in the Housing Choice Voucher Program.

[Directory of Assisted Housing](#)

Lists rental properties that offer income restrictions or rent subsidies for low-income families and seniors, updated on a regular basis by New Hampshire Housing.

Calendar of Events

January

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|---|--|-----------|--------------------------------------|--------|-------------------------------------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 Family Game Night Manchester | 8 | 9 Disney on Ice Manchester | 10 | 11 |
| 12 | 13 Winter Autism Fun Fair Peabody | 14 Preschool Story Time Manchester | 15 | 16 | 17 | 18 Boston Pops SNHU |
| 19 World Snow Day Enfield | 20 | 21 Family Game Night Manchester | 22 | 23 | 24 | 25 Family Fun Day Concord |
| 26 Fun run Manchester | 27 | 28 | 29 | 30 | 31 | |

Family Game Night - January 7 and 21 at 5:30 p.m.
Manchester City Library

Preschool Story Time - January 14 at 10 a.m.
Manchester City Libraries Winchell Room

Taste of Bedford - January 7 at 6 p.m. Bedford

World Snow Day - January 19 Whaleback Mountain

Disney on Ice - Celebrate Memories - January 9 at 7 p.m. SNHU Ice Arena

Family Fun Day - January 25 at 1 p.m. NH Historical Society

Free NH Second Saturday - January 12 at 10 a.m.
Currier Museum

4th Annual Bob Gilman Fun Run Ski/Snowboard Race - January 26 at 10 a.m. McIntyre Ski Area

Winter Autism Fun Fair - January 13 at 10 a.m.
Boston Children's at Peabody

Toddler Story Time - January 13 at 10 a.m.
Manchester City Libraries Winchell Room