

*From the Executive Director,
 Greg Burdwood*

Your Country and Your Family Need You on November 4th



Does it feel like the country has been in presidential-campaign-mode for the last 3+ years? It feels that way to me, but I'm always fascinated by it all—the strategy, the campaign ads that want to influence how you think about the other guy, the media coverage—all of it. Call

me a sucker for punishment and I won't argue. I just find that there is some entertainment value in the whole show.

But it's serious, too. There is a lot at stake for families in the coming four years. The office holders we send to Washington, Concord and our communities will be setting policy on how we address healthcare, safety, energy, education and, yes, also how we choose to assist families who have the fewest resources and need the most support as they strive to raise healthy children in caring homes.

So we ask you to participate in the democratic process by voting on November 4th. When you do vote, keep in the forefront of your mind the needs of your family and the families with whom you share a community. The candidates have been talking about these issues for months, even years. If you haven't had the chance yet, take a few minutes to find out what they want to do to meet the challenges that will affect our families. You will discover that they have a lot to say, far beyond the cheesy campaign commercials.

If you are not registered to vote, stop in at your city or town hall and they will assist you. It is a quick and painless process and you will find out where to go and what to do on Election Day.

And remember, by voting you will be setting a positive example for your children, who will also be asked one day to fulfill their civic duty by helping to elect our nation's leaders.

Reading is Fundamentalat the HUB

The HUB Family Resource Center is pleased to announce the receipt of the Reading is Fundamental (RIF) grant to bring books to children throughout Strafford County.

Founded in 1966, RIF is the oldest and largest family nonprofit literacy organization in the United States. RIF's highest priority is reaching underserved children from birth to age 8. Through community volunteers, RIF provides 4.5 million children with 16 million new, free books every year.



RIF programs combine three essential elements to foster children's literacy: reading motivation, family and community involvement, and the excitement of choosing free books for each child to keep.

The HUB and parent volunteers will be distributing over 950 books in the coming school year, to children at Farmington, Milton, Rochester, Somersworth and Dover early learning centers.

Everyday...we're helping families to raise healthy children in caring homes.

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**Fall 08 calendar enclosed...over 8 parenting classes....
 10 support groups...something for EVERY family!**

**The HUB
Family Resource Center**
23 Atkinson St., Dover, NH
603-749-9754
www.hubfamilies.org

The HUB Family Resource Center is a private 501(c) 3 non-profit organization founded in 1994. It is funded through community contributions, state and federal grants, and public and private foundations.

The HUB is committed to the belief that the family is a child's first and most important teacher and provides families with educational programs and support services which enhance their ability to raise healthy children in caring homes.

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Show your support of the HUB!

For a limited time, businesses in Strafford County have the opportunity to purchase a 2008/2009 HUB decal to show their support of the HUB. This decal can be displayed in a store or business window and announces to customers that the owner cares about local families. In addition, participating businesses will receive special mention on both the HUB website as a preferred business, and will be listed in this very newsletter — **which reaches over 2,000 families throughout the area.**

What better way to both promote your business and an important local family service organization?

Of course, if you want to show you are a proud supporter of the HUB personally, you can purchase a sticker for your car, bike or stroller and tell the world that you value your local family resource center!

Decals are just \$35 and all proceeds benefit the educational programming offered by the HUB Family Resource Center.

For details, or to purchase your HUB decal today, please call Greg Burdwood at 749-9754 ext. 22.

The HUB Wish List

We are very appreciative of donations from individuals or companies.

Some of our current needs:

- ▶ Pens
- ▶ Laminating sheets
- ▶ Printer Ink-HP
- ▶ Wal-Mart gift cards
- ▶ Grocery gift cards
- ▶ Plain drawing pads for kids
- ▶ White glue & glue sticks
- ▶ Seasonal Stickers
- ▶ Thank you note cards
- ▶ Paper plates, cups, napkins and plastic utensils
- ▶ Color copier
- ▶ Office copier
- ▶ Size 4 diapers
- ▶ Memory sticks

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- Stay & Play is conveniently located in downtown Dover at 23 Atkinson Street.
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**Free Registration (\$30 value) when registered
by September 12th!**

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Visit us online at www.hubfamilies.org**

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Opportunity Knocks!

Did you know that the HUB Family Resource Center is actively seeking creative, caring individuals for volunteer service? If you have a desire to support the HUB's mission—to help families raise healthy children in caring homes—please consider serving in one of our critical need areas: dinner preparation for evening groups and classes, childcare for groups and parenting classes, building maintenance and fix-up, community outreach, database management, newsletter distribution, special event assistance, and fundraising and development. Getting involved is as easy as 1-2-3!

1. Email the volunteer coordinator at tlytle@hubfamilies.org and say you'd like to volunteer, or call her at 749-9754 ext. 10.
2. Fill out a simple volunteer application.
3. Find out if your talents and interests are a match with our current service needs!

We encourage all people who wish to make a positive contribution to families in their community to apply for a volunteer position. The HUB would not be the successful organization it is today without your ongoing support.

The HUB also has great internship opportunities for college students interested in the human service field. The HUB is pleased to welcome UNH interns Sara and Brenna to our organization in September.

Learn the Signs - Act Early

Parents need to know about developmental milestones to track their child's development. The earlier children with a developmental delay receives help, the better chance they have of reaching their full potential

During their child's early years, parents are keenly aware of changes in physical development, such as height and weight. But there are also important milestones children should reach in terms of how they play, learn, speak, and act. Smiling for the first time, making eye contact, and pointing are a few of these developmental milestones.

Parents need to know about developmental milestones as they are an important way to track a child's overall development. Also, the earlier a child with a developmental delay receives help, the better chance the child has to achieve his or her full potential.

The Centers for Disease Control and Prevention (CDC), in collaboration with a coalition of national partners, recently launched a public awareness campaign, "Learn the Signs. Act Early." The campaign is designed to educate parents about childhood development, including early warning signs of autism and other developmental disorders, and promote early action among parents and health care professionals.

"By recognizing the signs of developmental disorders early, parents can seek effective treatments that can improve their child's future," said CDC Director Dr. Julie L. Gerberding.

As of now, about half of children with developmental disorders are not diagnosed until school age. Many signs of delay can be easy to see. For example, a two-year-old should be able to:

- Point to an object when asked
- Use two- to four-word sentences
- Follow simple instructions

Every child is different and develops at his or her own pace, but most children reach major milestones within a certain range of time. Parents should learn the milestones, but recognize that their child might develop some skills earlier and some later than other children of the same age.

If parents suspect a delay, the first step is to consult the child's doctor or health care professional. Sometimes a parent's concern might be resolved by the passage of time, but in many cases taking a "wait-and-see" approach could delay opportunities to take helpful action.

If after talking with a health care professional, parents still have concerns, they can seek a second opinion. They could ask a pediatrician specializing in child development or another qualified professional. Parents may also contact their local early intervention agency or public school.

How To Find Out More About CDC's "Learn the Signs. Act Early."

Parents and health care professionals can receive FREE materials, as well as other resources and referral information in their local area by visiting:

<http://www.cdc.gov/ActEarly>.

In Strafford County, contact the Early Supports and Services program at Community Partners: 749-9754.

Are you in need of space for meetings or conferences?

The HUB Family Resource Center is now renting conference room space at its McConnell Community Center location in Dover.

• Space is available with comfortable living room style seating and a conference table.
• Seating can accommodate up to 25 people in an air conditioned, well-lit space. Catering is available through The Green Bean, the McConnell Center's in-house catering and lunch service. A/V equipment is available. Rates vary according to non-profit or for-profit status, starting at \$25/hour.

• Organizations reserving the HUB's space must provide an insurance rider prior to rental.

• For information about the HUB's rental space or to rent the HUB's space, please call Taryn Lytle at the HUB at 749-9754, or email her at tlytle@hubfamilies.org.