

# Families are PRIMARY

Volume 1, Issue 1

November 15, 2007



Keeping children safe and families

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## Please join us:

Please join the New Hampshire Children's Trust Fund as we set out on a new venture. It is all about families because we all know Families are PRIMARY. What exactly does that mean? Well I came up with a few ways of looking at families:

**Families are Primary**

**An essential piece of the puzzle**

**Magnitude of knowledge**

**Influential, input is instrumental**

**Leaders, local network**

**Inspirational, invaluable**

**Excellent resource**

**Support system**

I would like to use this newsletter as a easy way to communicate between parents. We will post letters, comments, recipes and a kids corner where kids can share their voices. After all, kids are a part of the family. This will also be used as a community bulletin for events and upcoming workshops.

Please take a few minutes out of your busy schedule and enjoy.



## Unsung HEROES—Parents recognizing Parents

**Deadline January 15, 2008**

February is Parent Leadership Month. **We are looking To recognize 29 parents for the 29 days in the month.**

These are parents that are just great parents. They do not need to be the head of the PTO or the volunteer of the year, just caring parents that

have shown dedication and love for their families. We are looking to **honor parents** all over the state.

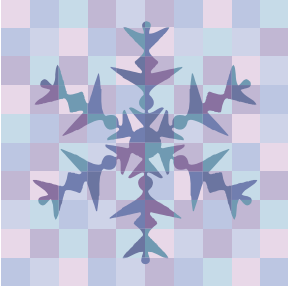
The media often focuses on what parents do wrong. These awards will focus on what parents do right. Please

send us any story about why you think that a parent should be recognized.

Please send it to :

NHCTF  
Attn: Julie Day  
95 North State Street, #3  
Concord, NH 03301  
jday@nhctf.org

## It's Winter in New Hampshire



Are you ready for the cold days ahead? As we all know the cold weather brings shorter day light. This is a perfect time to start a **Game Night** with your family. After dinner sit down as a family to play cards, Uno, Sorry or a game your family made up. There are so many games out now we just need to find the time to play them. At my house we have a game called Peanut Butter and Jelly Sandwich and the best part of the whole game for the kids is to

gang up on Mommy and Daddy. It is fun for us to watch their faces every time they get us. This is an easy game for kids ages 5 and up and can be found at Imagination Village.

Are you ready to get down and play? Game night is your opportunity to have a great connection with your kids that they will never forget.

Here are a few different websites you could browse for dif-

ferent ideas:

[www.askevelyn.com/family-game\\_night.htm](http://www.askevelyn.com/family-game_night.htm)

[www.boardgames.com](http://www.boardgames.com)

For some tips on game night visit: [www.amazingmoms.com/html/article\\_family-game-night.htm](http://www.amazingmoms.com/html/article_family-game-night.htm)

*Easy to make things  
with your children*

## Cooking with Kids

I enjoy cooking with my kids and I sometimes find kid friendly recipes on [www.FamilyFun.com](http://www.FamilyFun.com)

Here is a quick and easy meal to make with your family:

### Cheesy Baked Ziti

Serves 6

Preparation Time: 20 minutes

Baking Time: 25 minutes

1/2 pound dried ziti

15 or 16 ounces ricotta cheese  
3 cups shredded mozzarella cheese

3 cups (or 26 ounce jar) spaghetti sauce

1/2 cup Parmesan cheese

### **Step 1**

Heat oven to 350 degrees. Boil ziti as directed on box. Drain

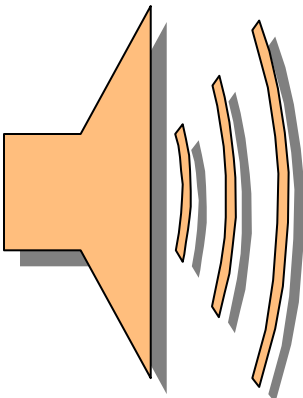
### **Step 2**

Place ziti in large bowl. Mix with ricotta and half of the mozzarella. Grease a 9 x 13 casserole dish. Spread half of the spaghetti sauce on the bottom of the pan. Add ziti mixture and cover with remaining sauce. Sprinkle with parmesan and the remaining mozzarella.

### **Step 3**

Bake uncovered for 20-30 minutes, until the casserole bubbles

## The importance of your voice



How many times have you questioned a law, but felt powerless to change it? In fact you have all the power. Laws are made and changed when people make their voices heard and advocate for change. This is why we often see laws implemented after tragic events—

those events make people speak up. At NHCTF, we will be offering workshops to support parents in making their voices heard. Email us with workshop topic ideas at [jday@nhctf.org](mailto:jday@nhctf.org)

Check out our calendar of events to find a workshop near you.

**You have the  
power come  
learn how to  
use it.**

## Different ways to make someone SMILE

Did you know it take less muscle to smile than it does to frown? With the busy holiday season fast approaching there will be many people out there stressed out trying to figure out how to accomplish all the things they have to do. I was reminded the other day about simple things we can do to achieve some of these things:

1.) Hold the door open at a store as someone is coming either with their hands full of

merchandise, children or groceries.

2.) Offer to watch someone's children so they can go and get some holiday errands done.

3.) Support local retailers who give back to the community by supporting it. Return the favor and support them with your holiday shopping.

4.) Invite someone over for coffee.

5.) Take time for yourself.

You deserve it.

*Adopt a good deed for the holiday season. It will make you feel better. It will bring a smile to your face and maybe even the other person as well.*

## Why should you vote?

I had the opportunity to go and hear one of NH State Representatives talk to a group of students about the importance of voting. She brought her son along to talk as well. She did not say you should vote for this person or that person. She was there to tell us why she votes and why it is important to her.

I was quite impressed by the message that she gave. She stated that "Voting was a Gift." And you should vote for what

is important to you. Voting is about making change. You should vote for people that believe in the same things you believe in. If you want to make a difference for children, healthcare, or education you should find the candidate that has a strong stance on those issues as well. You should get information from three different sources to get a well rounded idea about an issue whether it is the newspaper,

television, or internet. There is plenty of information out there. One of the most important things is to be an informed voter.

Her son's message was that he had been involved in voting since he could remember. It is a family tradition. Voting is your opportunity to elect someone that has the same passion and desire that you have for an issue.

*"Voting is a gift. And you should vote for what is important to you."*

## Kid's Corner

Here is an opportunity for kids to let us know how they feel about different issues. Please let your child answer this question in his or her own words. Also give them the opportunity to come up with a question of their own for the next issues. I will post as many responses as I

can in the next issue to the following question:

*"If you were the President of the United States what is the most important thing that you would do?"*

Please send their responses to:

NHCTF  
Attn: Julie Day  
95 North Main Street, #3  
Concord, NH 03301  
jday@nhctf.org



## NH Children's Trust Fund

95 North State Street #3  
Concord, NH 03301

Phone: 603-224-1279

E-mail: [JDay@nhctf.org](mailto:JDay@nhctf.org)

Visit us on the Web  
at [www.nhctf.org](http://www.nhctf.org)

*Strong healthy families grow  
strong healthy communities.*

### *Unsung Heroes*

*We are looking for 29 parents to recognize for the 29 days of February because February is Parent Leadership Month. Please take a moment to think about a parent that you know that you consider a role model. Then just jot down a paragraph or two telling us why you think that this parent should be honored. Is this parent non-judgmental or recognizes the struggle of others and does something about it. These are just a few examples of criteria you might use. Please see the article on the front cover to find out where you send the information. Thank you for taking the time to honor a parent.*



## Calendar of up coming events

Upcoming workshops:

November 28 –Franklin—Navigating Special Education. Presented by Angela Keef Education Specialist for the State of NH

December 4—Nashua Adult Learning Center—The Importance of Your Voice. Presented by Annie Farnsworth Ph. D.

Dec 12—Franklin—The Importance of Your Voice. Presented by Annie Farnsworth Ph. D.

For fun activities to do with your family here are a few fun websites to check out:

[www.parentingnh.com](http://www.parentingnh.com)

[www.wzid.com](http://www.wzid.com)

[www.wmur.com](http://www.wmur.com)

[www.familyfun.com](http://www.familyfun.com)

Check out our website [www.nhctf.org](http://www.nhctf.org) for an up-to-date list of workshops near you. If you are interested in attending a workshop or hosting a workshop, please contact Julie Day at [jday@nhctf.org](mailto:jday@nhctf.org)

If you are looking for information on school issues check out the FREE workshop offered by the Parent Information Center at [www.picnh.org](http://www.picnh.org)

Enjoy the holidays and remember to take a moment to enjoy quality time with your family.