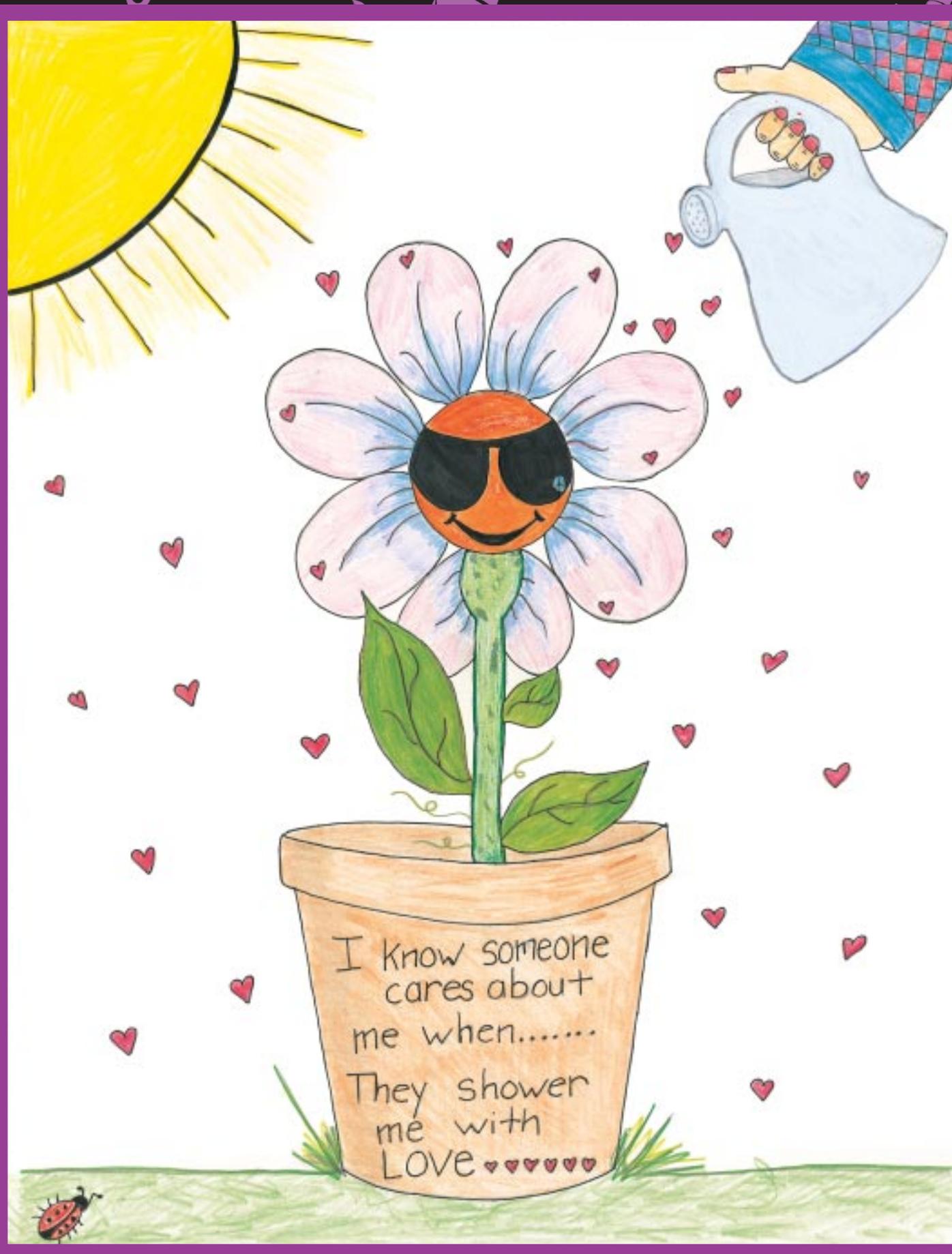


Joanna Davino, 11
Troy Hills
Elementary School
Parsippany, NJ



FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.state.nj.us/humanservices/cap/njcap3.html

M	A	R	C	H		
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April

M	A	Y				
S	M	T	W	T	F	S
		1				
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

S

M

T

W

T

F

S

Notes _____

1 Child Abuse Prevention Month
A Person Who Cares Can Prevent Child Abuse. Call 1-800-THE KIDS.

2 Positive parenting is about giving children clear expectations for their behavior.

3 Spring cleaning? Encourage the kids to help by giving them a choice of jobs to do.

4 Daylight Saving Time Begins
"Spring Ahead" by setting clocks ahead one hour — and change the batteries in your smoke detector(s).

5 Passover Begins Throughout
Passover, make time for family togetherness.

6 If your child brings home a disappointing report card, make a plan for improvement with your child's teacher and your child.

7 Children know you care when you give them loving guidance and good examples.

8 Promise yourself you'll practice patience every day.

9 Good Friday
Celebrating holidays together connects your children to the traditions of your family and faith.

10 Have fun coloring and decorating hard-boiled eggs today.

11 Easter Sunday
Build children's self-esteem by listening carefully to what they have to say.

12 Little ones bored? Show them how to trace their hands or make handprints with finger paint.

13 Parenting is easier when you take advantage of the activities and services offered in your community.

14 Build your kids' vocabulary by talking about unusual or interesting words you see on signs.

15 Tax returns are due today. Filing early can help reduce stress.

16 Don't hurt the ones you love. Call 1-800-THE KIDS.

17 Take a "spring break" with the kids at a local park. Listen for a bird's song and look for the first spring flowers.

18 Celebrate your family's history. Start a video or audio-tape of your relatives' stories and memories.

19 It helps to remember that parents aren't always perfect.

20 Give your child encouragement with each step of a challenging task.

21 Positive parenting teaches children to understand the consequences of their actions.

22 Barter with another parent to watch the kids. You'll all enjoy the break.

23 Consistency is the key to discipline. Stick to the consequence that has been established for a broken rule.

24 Celebrate spring with your kids! Play outdoors!

25 When you talk to your kids about drugs and alcohol, give them facts, not threats.

26 Help your teenager learn how to budget money now, so he or she can budget larger amounts when in college or working.

27 Be flexible — as your children grow, they're ready for expanded rights and changes in rules and limits.

28 Never leave your child unattended in a stroller, shopping cart, around water or in a car.

29 Teach your baby simple games like peek-a-boo and pat-a-cake.

30 If children repeat a prejudiced remark they've heard, be sure to tell them why the comment is unfair and unkind.