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I know someone cares
about me when

My

grandma reads
to me.



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

December

S M T W T F S

Notes _____

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| 1 Proud of your children? Be sure to let them know! | 2 Use this calendar to note special holiday events your family will enjoy in the weeks ahead. | 3 Tips for holiday shopping with little ones: start early with a good breakfast, take along a few snacks and plan to be home before nap time. | 4 Even when you're very angry or disappointed with your child, consider his or her feelings when talking with them. |
| 5 Brainstorm how your family can help a less fortunate family this holiday season, then put the best idea into practice. | 6 Check the library for holiday events and craft workshops for kids. | 7 Make the holidays more relaxing. Bake just one kind of cookie and have a cookie exchange with friends. | 8 Hanukkah Enjoy the "Festival of Lights" with your family. |
| 9 Teaching good behavior takes time and practice, but it does get easier. | 10 During the holidays, relax — everything doesn't have to be perfect to be fun. | 11 Remember our four-footed friends this holiday season. Take a family outing to the local animal shelter with a donation of cat or dog food. | |
| 12 Got the blues? Call a friend — a sympathetic ear can make all the difference. | 13 Holidays create extra stress. Call 1-800-THE KIDS if you need to talk to someone. | 14 Recognize improvements in schoolwork with praise and encouragement. | 15 Your children learn empathy and respect for others by following your example. |
| 16 When children ask questions about sex, answer as simply and directly as you can. | 17 When children make a mistake, give it a positive spin by talking about what they've learned and how they'll handle the situation next time. | 18 Take time to read what your children write and give them feedback on their efforts. | |
| 19 Look for TV programs, videos and Internet sites that will help your kids learn about people and places around the world. | 20 Need a break from the holiday rush? Rent your favorite video, make popcorn and relax. | 21 At dinner tonight, ask the children to read aloud the holiday greeting cards and emails your family has received. | 22 Respect your teen's growing need for independence. |
| 23 You mean the world to your children. | 24 Catch children and teens being good — and praise them. | 25 Christmas Day A special day to share time and traditions with your family. (Don't expect perfection.) | |
| 26 Kwanzaa Begins For African-American families this holiday honors the traditional African harvest festivals. | 27 Have fun together! Make a tape recording or videotape in which everyone tells their favorite moments from the holidays. | 28 Children know you care when you express love through your words, gestures and tone of voice. | 29 A parent support group is a helpful way to share doubts, frustrations and concerns. |
| 30 Happiness is contagious — share yours with your children. | 31 New Year's Eve On the last day of 2004, talk with your children about what your family looks forward to in the new year. | | |