

I Know My Family Cares About Me



When They Listen To My Problems

Shane M. Frattellone, 11  
Lanes Mill School  
Brick, 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](http://www.state.nj.us/humanservices/cap/njcap3.html)

F E B R U A R 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						

# March

A P R I L						
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	

S M T W T F S

**1 National Nutrition Month**  
Keep fresh fruits and other healthy foods handy for between meal snacks.

**2** Donate food and outgrown clothes and toys throughout the year.

**3** Your smiles and hugs always send a loving message to your children.

**4** Play is an important way for young children to learn and explore.

**5** Share child-raising tips and hints with your friends.

**6 Women's Heritage Month**  
Tell your children why you admire Amelia Earhart, Christa McAuliffe, Eleanor Roosevelt or Rosa Parks.

**7** Learn about quality, kid-friendly sites on the Web. Your local library may have suggestions.

**8** Even if you and your partner have different disciplinary styles, try to agree on a consistent set of rules for your children.

**9** This evening, treat yourself and your children to a favorite story.

**10** Start a home library with books, maps and other resources that will help your children with homework and projects.

**11** Help your children understand how unkind words may hurt others.

**12** Let the kids help you plan a visit to a local museum, aquarium or planetarium this weekend.

**13** Feeling overwhelmed? Ask your partner to help out with grocery shopping or preparing meals.

**14** When your child makes a mistake, try to take it in stride. Mistakes are pathways to learning.

**15** Tax returns are due in a month. Remember to check the Children's Trust Fund box on your state return.

**16** Try to take your kids to the library more often than to the video store.

**17 St. Patrick's Day**  
Let the kids draw and color shamrocks to decorate your windows or doors.

**18 Incredible Kid Day**  
Take the time to let your child know just how absolutely incredible you think he or she is.

**19** Schedule a break. Have a babysitter, relative or friend look after your child sometimes.

**20** When shopping, give your child some choices. For example, "Would you like pears or apples in your lunchbox this week?"

**21** Babies are listening long before they say a word. Talk to your little one all day long.

**22** Show your kids you appreciate their talents — display their artwork proudly.

**23** Choosing day care? Be sure to ask about how the center encourages good behavior and other policies important to you.

**24** Plan a special night out, just for you and your partner.

**25** Kids develop a sense of self-worth early in life. They get it from their parents.

**26** Children know you care when you provide clear rules and consistent discipline.

**27** Children are more willing to help around the house when you give them a choice of jobs to do.

**28** Things too tough for you to handle on your own? Call 1-800-THE KIDS.

**29** Remind your teenagers of their achievements and let them know you're proud of their progress.

**30** Discipline is about helping children develop self-control.

**31** A job well-done deserves words of loving appreciation.

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_