



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

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November

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	<p>1 Let your children know they mean the world to you.</p>	<p>2 It's more fun when everyone pitches in to rake the leaves! Even little ones can help.</p>	<p>3 Give your baby unlimited tender loving care.</p>	<p>4 You are your child's best example. Always say "please" and "thank you."</p>	<p>5 Looking to share the challenges and rewards of parenting? Visit an online chat room to communicate with other parents.</p>	<p>6 All children love to color, paint and draw. Join them and share the fun!</p>
<p>7 A big hug helps a hurt or disappointed child feel better.</p>	<p>8 Avoid slapping or spanking your kids. Teach them it's never okay to hit people to solve problems.</p>	<p>9 Remember to check your child's homework.</p>	<p>10 Children know you care when you plan family outings or special times together at home.</p>	<p>11 Veterans Day Honor those who have fought for the freedom we enjoy in the U.S.A. Visit a memorial park with the kids.</p>	<p>12 If your child is in a school or sports activity, try to attend.</p>	<p>13 Stressful day? Take a break and take turns with your child leading a simple exercise routine.</p>
<p>14 Believe in your children wholeheartedly — and they'll learn to believe in themselves.</p>	<p>15 Reward good behavior. Let your kids know you enjoy being with them when they're well-behaved.</p>	<p>16 You're not alone if you think you need help with parenting. Call 1-800-THE KIDS.</p>	<p>17 Remind young children frequently about traffic safety rules.</p>	<p>18 Help teens learn decision making; sometimes they need to make mistakes in order to learn.</p>	<p>19 When the family's schedule seems too hectic, simplify. Choose the activities and invitations you'll really enjoy and say no to the rest.</p>	<p>20 Broaden your children's world with visits to the zoo, a plant nursery, the fire station or children's museum.</p>
<p>21 Get to know the parents of your children's friends. Keep in touch to share ideas and support.</p>	<p>22 Plan the Thanksgiving Day menu with suggestions from everyone in the family.</p>	<p>23 You take good care of your kids — take care of yourself, too! Eat well and make time for exercise and relaxation.</p>	<p>24 When children are upset or angry, encourage them to express how they are feeling.</p>	<p>25 Thanksgiving Day Let everyone in your family say what they are thankful for on this special day.</p>	<p>26 Fill your family life with simple things that make you feel content.</p>	<p>27 Link consequences to behavior. For example, loss of bicycle privileges for a week for riding without a helmet.</p>
<p>28 Don't let cold weather keep you indoors. Bundle up for a trip to the park and bring along a thermos of hot chocolate to share.</p>	<p>29 Cooking with your children helps them learn about measurement, sequence and fractions.</p>	<p>30 Remember that anger triggers anger. When you speak to children angrily, they're likely to respond in the same way.</p>	<p>Notes</p> <hr/> <hr/> <hr/> <hr/>			