



Anabelle Malamug, Age 9
James Madison Intermediate, Edison, NJ

Family Helpline
1-800-The Kids
If you are feeling stressed out, call to speak anonymously
with a trained volunteer who can listen and help.

APRIL

Help Prevent Child Abuse

Donate to the Children's Trust Fund
by checking the box on your tax return.
www.njchildrenstrustfund.org

March

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				

May

S	M	T	W	T	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes _____ _____ _____			1 April is Child Abuse Prevention Month. Reach out to another parent if you sense he or she may need your help.	2 Encourage good communication in your family by using words that show honesty and respect.	3 If your children's education is important to you, it will be important to them.	4 When you file your income tax returns, help prevent child abuse by checking the box for a donation to the Children's Trust Fund.
5 This weekend, make time for activities you enjoy.	6 Angry or frustrated with your crying baby? Never shake a baby. Call 1-800 THE KIDS.	7 Every child needs a listening ear, good advice and constant support.	8 Encourage activities that make your children feel good about themselves and their talents.	9 Passover Begins —Volunteer when you can for school activities.	10 Good Friday —Today make time for family.	11 Spend time online together with your kids to teach them the safe way to use the Internet. Monitor the sites they visit.
12 Easter —Have an Easter egg hunt—indoors or out.	13 Send kids off to school every morning with a hug and a kiss.	14 Celebrate spring with your kids! Play outdoors!	15 Tax Day —did you remember to check the box for a donation to the Children's Trust Fund on your tax returns?	16 Parenting is easier when you take advantage of the activities and services offered in your community.	17 Talk to your children about why family traditions are important to you.	18 Teach your baby simple games like peek-a-boo and pat-a-cake.
19 Spring cleaning? Encourage the kids to help by giving them a choice of jobs to do.	20 Call a loved one today with your children to let them know you're thinking of them.	21 The safest place for baby to sleep is in a crib near your bed.	22 Earth Day —Plan an environmentally friendly activity with your children. Help clean a local park.	23 Children learn in different ways—get to know and accept your child's own learning styles.	24 Arbor Day —Go to the local nursery and buy a sapling to plant with your kids.	25 Strive for balance in your life—even parents need time for fun and relaxation.
26 When hiring a new babysitter, always check references.	27 Remember, a baby will outgrow crying, but shaking a baby may cause permanent damage.	28 Share with your teen some of the fun you had when you were his or her age.	29 Encourage your children to participate in sports and regular physical activity.	30 Create and share family poetry, stories and rhymes.		

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