



Victor Rodriguez, Age 11
Dane Barse School, Vineland, 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.

AUGUST

July

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	

Summer Safety!

Not even for a minute, never leave
a child unattended in a car.

September

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			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes _____						1 Plan summer day trips or a vacation with your kids.
2 Mistakes can be pathways to ideas—take your kids' mistakes in stride	3 Heading to the beach? Don't forget the sunscreen and lots of cold drinks.	4 Plan a relaxing day by inviting your friends and their kids over for an ice cream party.	5 Tip for new moms: Visitors may be welcome, but don't let them interrupt your alone time with the new baby.	6 Losing control? Step back and count to 10, or call 1-800-THE KIDS for help.	7 Always lock your car and secure the keys so that kids can't get to them.	8 Tips for new dads: Spend lots of time caring for and playing with your baby.
9 Join with other parents to organize and supervise activities for teenagers in your neighborhood.	10 A weekly allowance can help children learn about saving and spending wisely.	11 Warn your children about playing in and around cars.	12 Build your children's self-esteem by teaching them to think positively.	13 Be willing to talk to your kids about family rules and the reasons for them.	14 Help build family communication and avoid shaming, nagging or blaming.	15 Make it a family rule to swim only where there's a lifeguard on duty.
16 Did you make your children feel appreciated today?	17 Focus on improvement, not perfection—for your children and yourself.	18 Visit a farmer's market and select a new fruit or veggie for your kids to try.	19 Kids bored on a hot summer's day? Make cold drinks and popcorn and tell stories.	20 Install a trunk release mechanism so that kids can't get trapped inside the car.	21 Sort through clothes for the coming school year with your kids. Make donation bags for those that no longer fit.	22 Tell your kids you're proud to be their Mom or Dad.
23 Let the kids help make ice cream sundaes for a special treat after dinner.	24 Back-to-school shopping is a great way to help kids with math and managing money.	25 Make appointments to get the kids' physicals and immunizations up-to-date before school begins.	26 Begin to adjust a bedtime schedule for back-to-school.	27 Share your children's joys when things go their way.	28 Patience takes daily practice—keep practicing.	29 Let your children choose a new backpack for school.
30 Encourage your children to always follow their dreams.	31 Children laugh as much as 400 times a day...share some laughs with your kids!					

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