



Sarita Rose Sinha, Age 10
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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.

DECEMBER

November

S	M	T	W	T	F	S
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Happy Holidays!

Enjoy the holiday season with your entire family.

January

S	M	T	W	T	F	S
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Teach your children it's not right to bully or pick on anyone, anytime.	2 The holidays will soon be here. Make plans to visit family and celebrate with your kids.	3 Kids do better in school when parents are involved. Help with homework and ask what they learned today.	4 Sharing family activities helps bring parents and children closer together.	5 Instruct your kids to alert you if they're ever on the Internet and someone asks them for personal information.
6 When you're not home, set clear ground rules with teens about cooking, leaving the house or having friends over.	7 Create and share family poetry, rhymes and stories.	8 Consistency is the key to effective discipline. Stick to the consequence you've established for unacceptable behavior.	9 Build your children's self-esteem by helping them find something they are good at and keep the encouragement coming.	10 Let everyone sign holiday cards. Use different colored pens for each family member.	11 Hanukkah Begins —Celebrating holidays and happy moments together creates joyful family memories.	12 Disagreement is a natural part of life and compromise is a lifelong skill worth learning.
13 Tip for new parents—Fussy babies are often soothed by hearing your calm, loving voice.	14 Learn about other cultures with your children. Go to your local library.	15 Respect your teenager's need for growing independence.	16 Feeling overwhelmed by the holidays? Let go of unrealistic goals and lose the guilt.	17 Give the holidays extra meaning by donating food, toys or clothing with your kids.	18 The holidays can create extra pressure. Call 1-800-THE KIDS if you need someone to talk to.	19 Keep your sense of humor, even when communicating with your kids gets difficult.
20 Relax. Don't let the holiday rush wear you or your kids out.	21 First Day of Winter —Happiness is contagious—share yours with your children.	22 Honesty and respect work wonders with children of all ages.	23 Praise your children when they follow family rules.	24 A good activity for a cold winter's day—start a scrapbook with photos and stories about your family.	25 Christmas Day —Sharing happy traditions brings parents and children closer together.	26 Kwanzaa Begins —Unity is the theme of the first day of Kwanzaa. Celebrate by having a family dinner.
27 Show courtesy and concern for older members of your community and your kids will learn to do the same.	28 Find some quiet time to sit back and enjoy the holidays in your own way.	29 Have fun together—make a video in which everyone shares their favorite moments from the holidays.	30 Help your children write thank you notes for all their gifts.	31 New Year's Eve —Talk with your children about what your family looks forward to in the New Year.	Notes _____ _____ _____	