



Tierney Piercy, Age 6
St. John's Academy, Hillsdale, 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.

FEBRUARY

January

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

Safe Sleep

Make sure that baby's sleep time is a safe time.
Check out child safety tips at www.nj.gov/dcf.

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 February is Black History Month. Talk to your children about the importance of freedom and equality.	2 Groundhog Day—Tell your little ones what it means if the groundhog sees his shadow.	3 Find time to do special things with your child.	4 Teach children Internet safety: Never give out their name, address, phone number or school while on the computer.	5 Schedule quiet time for reading at your house.	6 Set a time limit for watching TV on school nights.	7 Children will learn their manners from you. Try to set a good example.
8 Read and sing to your infant or toddler everyday.	9 Every child needs unconditional love.	10 Instead of yelling at your kids, take a step back and count to ten.	11 On a cold day, take advantage of cultural or educational activities in your area with your kids.	12 Lincoln's Birthday—Tell your kids a story about how our 16th president earned the nickname "Honest Abe"	13 Try to help teens see their mistakes as learning experiences.	14 Valentine's Day—A special day to share your love with your family.
15 Kids bored? Use pictures from old magazines to make a collage about topics that interest them.	16 Presidents' Day—Challenge your kids to name the presidents	17 Spend lots of time bonding with your newborn by holding, rocking and speaking to your baby.	18 Reaching out when you need parenting help is easy—call 1-800-THE KIDS.	19 Teach children what to do in an emergency and show them how to dial 911.	20 Tell your children how pleased you are when they show kindness to others.	21 Turn on TV programs that encourage creativity and thinking.
22 Washington's Birthday—Talk to your kids about our nation's first President.	23 Ask your librarian to suggest some good children's books.	24 Remind your children to never open the door to strangers	25 Give your children new responsibilities and help them succeed.	26 Let your teens know their friends are welcome in your home.	27 Make popcorn and watch a favorite TV show or movie together tonight.	28 Let your children know that being with them is fun.

Notes
