



Nora Li, Age 8
Menlo Park School, 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.

JANUARY

December

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			

Help Prevent Child Abuse

Donate to the Children's Trust Fund.

www.njchildrenstrustfund.org

February

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						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes _____ _____ _____				1 New Year's Day —A good day to share goals for the coming months.	2 Mark the New Year's calendar with family birthdays and special occasions.	3 Use positive reinforcement—teaching, helping and guiding your children toward appropriate behavior.
4 Post emergency numbers near the phone where everyone can see them.	5 Get to know your children's friends and their parents. Exchange phone numbers.	6 Keep lines of communication open with your teen by taking a sincere interest in his or her interests and concerns.	7 Seek parenting support if you feel you need it. Call 1-800-THE KIDS.	8 Kids need to be well rested to learn. Make sure your child is getting enough sleep.	9 Being a good parent depends on taking care of your own physical and emotional health.	10 Strong, loving family relationships help children grow up feeling confident and secure.
11 Keep your home computer in an area where you can monitor children's on-line activity.	12 Put child-safety latches on doors and drawers that are within young children's reach.	13 Take a walk in the park. Bring along a thermos of hot chocolate.	14 Plan a special dinner; let the kids decide the menu.	15 Notice when your kids are good and praise them.	16 Prepare some snow-day projects for days off from school.	17 Take time to get to know your children's friends.
18 Remember to check your child's homework.	19 Martin Luther King Day —Talk to your kids about why we celebrate Martin Luther King's life.	20 Let your children know they are loved.	21 Have fun with your children outdoors today.	22 Teach young children their full name, address and phone number.	23 Let kids help set the table for dinner.	24 Instead of TV, read to your children.
25 Let your children know they mean the world to you.	26 Praise your children when they share with others.	27 All children love to color, paint and draw. Join them and share the fun.	28 Share your special talents and interests with your children.	29 Encourage kids to share news from school with the family.	30 Do your best to create a safe home and community for your child.	31 Good parenting is about rewarding your children's positive behavior.

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