



Sarah Jurimas, Age 6  
Millbridge Elementary School, Delran, 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.

# JULY

### June

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				

## Summer Safety!

Teach your kids proper water safety.  
Never leave them unattended around water.

### August

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					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes</b> _____ _____ _____			<b>1</b> Start summer reading lists for you and your kids.	<b>2</b> <b>July is Ice Cream Month.</b> Enjoy your favorite flavor with your children.	<b>3</b> How safe is your home? Be alert for hazards that could injure you or your children.	<b>4</b> <b>Independence Day</b> —Enjoy a picnic and the fireworks as a family!
<b>5</b> Store prescription medication in a locked cabinet or drawer to avoid accidental poisoning.	<b>6</b> Never depend on screens to keep children from falling out of windows.	<b>7</b> Focus on building closeness and trust with your child.	<b>8</b> Never leave your children alone in a car, not even for a minute!	<b>9</b> Let the kids use the camera to take photos of summer fun.	<b>10</b> Always supervise kids on play equipment.	<b>11</b> Let your children know you trust them to do the right thing.
<b>12</b> Make a point to talk with your teen every day, even when there's not a problem.	<b>13</b> Keep rescue equipment and a telephone number near the pool.	<b>14</b> Hot summer days can mean extra pressure. Call 1-800-THE KIDS if you need someone to talk to.	<b>15</b> Enclose pools completely with a self-locking, self-closing fence.	<b>16</b> Praise your children when they follow family rules.	<b>17</b> Nothing makes your child feel as important as having your undivided attention.	<b>18</b> Hugs say more than words!
<b>19</b> Always reward positive behavior with a positive remark.	<b>20</b> Make regular visits to the library this summer to keep kids reading skills sharp.	<b>21</b> Positive parenting is about love and understanding, not about power and control.	<b>22</b> Be sensitive to your child's need for private one-on-one talks.	<b>23</b> Relax and enjoy children's love.	<b>24</b> Practice and encourage forgiveness in your family.	<b>25</b> Always place your baby to sleep on his or her back.
<b>26</b> Never stop telling your children you love them.	<b>27</b> Children do as you do, not as you say.	<b>28</b> Make each of your children feel valued and special, especially those who are close in age.	<b>29</b> Be sure your infant receives all her immunizations and visits the doctor when necessary.	<b>30</b> Check your local paper for festivals, outdoor concerts and other fun family events.	<b>31</b> Teach your child to swim at an early age.	

This project is supported in part through a grant from *Johnson & Johnson*