



Brendan Mulvihill, Age 10
Valley Road Elementary School, Clark, 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.

JUNE

May

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 Time!

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Need a break? Rent your favorite movie, make popcorn and relax.	2 Share your values with your children. Teach them to be honest, reliable and responsible.	3 Tip for new moms: Get as much rest as possible.	4 Count with young children and help them sort shapes and colors.	5 Review report cards with your children when they bring them home.	6 Good parenting is about giving kids clear and consistent rules to follow.
7 Use this weekend to work with your kids on their bikes for summer—be sure their bikes operate safely. Don't forget the helmet.	8 Encourage good communication in your family by reminding everyone not to interrupt when others are speaking.	9 Get to know your teen's friends and be aware of where they are and what they're doing.	10 Swimming season is here. Be sure your children are always supervised around water.	11 Sign your children up for swimming lessons.	12 Review bicycle safety rules with your kids and make sure they always wear their helmets.	13 Appreciate the uniqueness of your child.
14 Flag Day —A great craft idea would be to make American flags together.	15 Stressed out? Don't be afraid to call for help at 1-800-THE KIDS.	16 At graduation, tell your kids how proud you are.	17 Can your children identify poison ivy? Teach them how to spot and avoid this plant.	18 Never hang toys with long strings, cords, loops or ribbons in cribs or playpens. Babies may become tangled and choke.	19 NEVER leave children alone in a car, not even for a minute.	20 Always have an ADULT supervising young swimmers.
21 Father's Day —A special day for everyone to share their love with Dad.	22 Make sure the bikers, skaters and skateboarders in your family always wear helmets.	23 Keep in touch with other parents so you'll know your children's activities are always well supervised.	24 Empty all buckets, pails and bathtubs completely after each use.	25 Children should always ride restrained with a car seat or seat belt in the back seat.	26 Use caution with outdoor grills when children are present.	27 Apply sunscreen, even on cloudy days and reapply every 2-3 hours.
28 Help your children understand how unkind words can hurt others.	29 Be sure your child is never alone around water.	30 Take lots of pictures this summer. You'll treasure the memories in years to come.	Notes _____ _____ _____			

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