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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.

# MARCH

### 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

## Never Shake a Baby

Don't get frustrated. Reach out for help.

### April

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		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>March is Women's History Month.</b> Help your children learn more about women who have achieved great accomplishments.	<b>2</b> Children are never too old to be told they are loved.	<b>3</b> Take time to talk to your child about daily events at school.	<b>4</b> Start your kid's day right with a healthy breakfast.	<b>5</b> Always leave your kids with a hug and a kiss goodbye	<b>6</b> Try to introduce your children to the foods and traditions of other cultures.	<b>7</b> Take time to listen to your children's dreams.
<b>8</b> <b>Daylight Savings Time Starts</b> —Have your children help you set the clocks ahead one hour.	<b>9</b> Bake a batch of cookies with your kids today.	<b>10</b> Set an example by participating in community recycling.	<b>11</b> Keep young children in sight when you're shopping. Hold hands or put them in the cart.	<b>12</b> Working parents need to schedule some time for themselves.	<b>13</b> Plan quiet time every evening for children to do their homework.	<b>14</b> Plan some special family fun for this weekend.
<b>15</b> Sunday is a good day to relax and spend time together.	<b>16</b> Say thank you to your kids when they do something thoughtful for you or for others.	<b>17</b> <b>St. Patrick's Day</b> —Help your kids pick out something green to wear today.	<b>18</b> Good nutrition makes a big difference in how kids grow, develop and learn.	<b>19</b> Letters, e-mail and phone calls help kids keep in touch with family members who live far away.	<b>20</b> <b>First Day of Spring</b> —Talk to your kids about the change of seasons.	<b>21</b> Remind teenagers of their achievements and let them know you're proud.
<b>22</b> Plan a special night out for you and your partner.	<b>23</b> Let your children know what makes them special to you.	<b>24</b> Remind your kids that stove surfaces can be hot, even when they are turned off.	<b>25</b> Schedule a break. Have a babysitter, relative or friend look after your child.	<b>26</b> Learn about quality, kid-friendly sites on the Web.	<b>27</b> It is not safe for your baby to sleep on a couch, with you or alone.	<b>28</b> Good discipline teaches children to respect parents and other adults.
<b>29</b> A job well-done deserves words of loving appreciation.	<b>30</b> Read aloud to the kids tonight. Let them choose the story.	<b>31</b> Ask your child's teacher for tips to help your children develop good study habits.	<b>Notes</b> _____ _____ _____ _____			