



Lindsay Spitzer, Age 8
Taylor Mills School, Manalapan, 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.

MAY

April

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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| 26 | 27 | 28 | 29 | 30 | | |

Prepare for a safe summer in the water

Never leave your children unattended around water.

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 | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|---|
| Notes _____ _____ _____ | | | | | 1 Listen to your child. Express your willingness to talk about anything. | 2 Laugh at your child's jokes—you'll both feel wonderful. |
| 3 Find a few moments every day to make each child the center of your attention. | 4 A good time to review bicycle safety with your kids and make sure they always wear their helmets. | 5 May is National Physical Fitness & Sports Month —Encourage everyone in your family to have an exercise routine. | 6 Messages tucked in your children's lunches will brighten their day! | 7 Do something today just for yourself. | 8 Seek parenting support if you feel you need it. Call 1-800-THE KIDS. | 9 Teach responsibility by sharing household chores with your children. |
| 10 Mother's Day —This is a good day to relax and enjoy your children's love and attention. | 11 Plan a special family meal to introduce children to foods from around the world. | 12 Planning a family project? Include tasks for everyone, so even the little ones can help. | 13 Help your children set goals. Then encourage them to achieve these goals. | 14 Prepare for a safe summer in the water. Sign your kids up for swimming lessons at the Y or local pool. | 15 Help your kid's team to get along with others. | 16 Don't let your children be the target of your anger. Call 1-800-THE KIDS for help with stress you're feeling. |
| 17 Let your teens know that you value and care about them. | 18 Summer will soon be here! Review bicycle safety tips with your children. | 19 Tell your children they mean the world to you. | 20 Have fun together! Jump rope and learn a new skipping song. | 21 Seek help if your child's behavior overwhelms you. | 22 Let your children know they can always come to you with their problems. | 23 Monitor your children's activities. Know where they are and who their companions are. |
| 24 Take the family to enjoy a parade in your community this weekend. | 25 Memorial Day —Fly the flag proudly today. | 26 Enjoy the long holiday weekend by picnicking or barbecuing with your family. | 27 Smile at your children often. | 28 Swim Season is here! Be sure to review water safety rules at www.njredcross.org | 29 Make time for family fun! | 30 Help teens research the summer jobs available in your community. |
| 31 When your children are kind to others, tell them you're pleased. | | | | | | |

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