



Danielle Mandile, Age 11
Mountain Park School, Berkeley Heights, 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.

NOVEMBER

October

S	M	T	W	T	F	S
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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

National Adoption Month

Learn how you can adopt or foster a child.
Call 1-800-99-ADOPT or 1-877-NJ-FOSTER.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time Ends—Have your kids help you set the clocks back one hour.	2 November is National Indian Heritage Month. Ask your librarian to recommend a book about Native American culture.	3 Election Day—Remember to vote—and to share with your children why it's important to cast your ballot.	4 Try to attend all your child's school performances and sporting events.	5 Leave your children notes of encouragement and affection in their book bags.	6 Help your kids cope with bullies and speak to their principal or teacher right away if they report trouble with a bully.	7 When kids need encouragement, remind them of their strengths and successes.
8 When children break your rules, stay calm, and try to do what is fair.	9 Today, tell each of your children they're special to you.	10 Look for interactive family activities like playing a board game or charades.	11 Veterans Day—Talk to your kids about family members or famous people who have served our country.	12 Encourage your kids to exercise regularly and join them to stay healthy.	13 Get involved in what your kids are learning by connecting their lessons to current events.	14 Read a good book. Doing so will show your kids the enjoyment of reading lasts a lifetime.
15 Enjoy your baby. In a blink of an eye he or she will be a toddler.	16 Don't expect to be perfect; parenting is a difficult job.	17 Take an imaginary journey with your kids by going to the library and reading travel books with them.	18 Keep a smoke-free environment for your children.	19 Thank your child's teacher when she's doing a good job.	20 Teach your children the importance of helping and caring for our family members.	21 Happiness is contagious—share yours with your children.
22 Make a special breakfast and start the day with some time together.	23 Talk to your kids about the dangers of smoking cigarettes.	24 Today, think about everything you love and cherish about your children.	25 Talk to your kids about your family's values and other important issues.	26 Thanksgiving—At your family dinner have each child talk about what they're thankful for.	27 Remind young children frequently about traffic safety rules.	28 Soon you'll be busy with holiday preparations. Today, take some time for yourself and relax.
29 Fill your family life with simple things that make you feel content.	30 Babies each have their own time clocks, especially for the first several months.	Notes _____ _____ _____				