



Trevor Melnyk, Age 7
Hooper Avenue Elementary School, Toms River, 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.

OCTOBER

September

| 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 | | | |

Internet Safety!

Monitor the sites your children visit.

November

| 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 October is Fire Prevention Month. Have a household drill to show children what to do in case of a fire. | 2 Take time to develop your interests this fall. Sign up for a class or exercise group. | 3 Volunteer whenever possible for school activities. |
| 4 All teens study differently. Let your teenager discover what works best. | 5 Every child needs the security of a safe environment at home, at school and in the community. | 6 Babies have their own time clocks, especially for the first six weeks or so. | 7 Listen to your children's hopes and dreams for the future. | 8 Send a treat or a loving note in your child's lunchbox today. | 9 When you learn something new, share it with your children. You'll show them learning is a lifetime process. | 10 Once in a while, have a special family dinner by candlelight. | | | | | | | | |
| 11 If you don't already have smoke detectors in your house, install them now and test them monthly. | 12 Columbus Day —Teach your kids about Christopher Columbus and his adventures. | 13 Check regularly to make sure homework is completed on time. | 14 Decorate your house or yard for Halloween. | 15 Fussy babies are often soothed by hearing your calm, loving voice. | 16 Share child-raising tips and hints with your friends. | 17 Tell your child how special he/she is today. | | | | | | | | |
| 18 Give your child the freedom to talk about his or her feelings. | 19 Nurture your adult relationships. Make time for activities with your friends. | 20 If your child is having academic or behavior problems, meet with his or her teacher to come up with a solution. | 21 Visit a local orchard and bring home a basket of crisp, juicy apples. | 22 As a new parent, if you have questions, build a support group of family or friends to call for advice. | 23 If your child is having difficulty at school talk to their guidance counselor about getting them a tutor. | 24 United Nations Day —Find a picture of the front of the United Nations building in NYC. Name the flags with your kids. | | | | | | | | |
| 25 Praise yourself and each other when the family works out a problem together. | 26 Accept and forgive. Once you've disciplined your child, leave the incident behind you. | 27 If you have toddlers, learn about ways to make your house a safe place. | 28 Let your kids guess when the year's first snowfall will be and mark their guesses on the calendar. | 29 Encourage your kids to keep trying when they face difficulty. Your support means a lot to them. | 30 Positive discipline shows love and understanding, not power and control. | 31 Halloween —Partner with another parent and always accompany the children when they are trick or treating. | | | | | | | | |

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