



Brandon Hund, Age 7  
Frank K. Hehly 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.

# SEPTEMBER

### August

S	M	T	W	T	F	S
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## Back to School

Don't be a bully, be a friend.

### October

S	M	T	W	T	F	S
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Compile a scrapbook of summer photos with your kids.	2 Help manage stress by eating well and getting enough sleep.	3 Take some time today to check that clothes and supplies are ready for school.	4 Make it a point to meet your child's teacher at the start of the school year.	5 Compliment, praise and encourage your children every day.
6 Not even for a minute, NEVER leave your children alone in the car.	7 Labor Day—Enjoy the holiday with family before school begins.	8 All teens study differently. Let your teenager discover what works best.	9 Give your children the responsibility of helping someone else.	10 Try to juggle busy back-to-school schedules so you can have family dinners together.	11 Join the PTA at your child's school so you can have a voice in decision-making.	12 Grandparents Day—Plan a visit to grandma or grandpa's house.
13 Attend parent/teacher conferences regularly to chart your children's progress.	14 When hiring a new babysitter, let your kids spend some time with the sitter while you're home so they can get comfortable with the caregiver.	15 Hispanic Heritage Month Begins—Help your kids appreciate the achievements of Hispanic people.	16 Tip for new moms: Take care of yourself too by getting plenty of rest and eating right.	17 Encourage your kids to take up a musical instrument or try a sport.	18 Attend parent/teacher conferences regularly to chart your children's progress.	19 Rosh Hashanah—The Jewish New Year—Shalom (peace)!
20 There are many ways to volunteer at your kids' school—get involved!	21 Bring books and nutritious snacks when going places with the kids where you'll have to wait, like the doctor's office	22 First Day of Autumn—Plan a fun day outside with the kids raking leaves and doing yard work together.	23 Better connect with your child when disciplining by getting down to their eye level and talking to them calmly, yet assertively or firmly.	24 Parenting isn't about perfection, it's about loving well.	25 Mark this calendar with dates for school pictures and other important occasions.	26 Give teens a voice in day-to-day matters.
27 Yom Kippur—The Jewish Day of Atonement. Teach your kids about other religious customs.	28 Show that you love and value each member of your family.	29 Teach your kids a valuable lesson by dealing with problems positively and constructively.	30 Some give-and-take is needed in every family.	Notes _____ _____ _____		