



Abigail Yashiro, Age 10 - New Hope School



Enjoy the Holidays!

- Plan ahead for a stress-free holiday. By preparing and following your lists, you can avoid last minute surprises.
- Share funny stories about your childhood holidays with your children.
- Include the kids on holiday preparations. Have them help make decorations or sign holiday cards.
- Relax. Don't let the holiday rush wear out you or your kids.
- Sharing happy traditions brings parents and children closer together.

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|---------------|----|----|----|----|----|----|
| NOVEMBER 2010 | | | | | | |
| 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 | | | | |

DECEMBER

| | | | | | | |
|--------------|----|----|----|----|----|----|
| JANUARY 2011 | | | | | | |
| 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 |
|--|--------|---------------------|-----------|----------|--------|---------------|
| Family Helpline - 1-800-THE KIDS <i>If you are feeling stressed out, call to speak anonymously with a trained volunteer who can listen and help.</i> | | | 1 | 2 | 3 | 4 |
| | | | | HANUKKAH | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | FIRST DAY OF WINTER | | | | CHRISTMAS DAY |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| KWANZAA BEGINS | | | | | | |