



Back to School

The following guidelines will help you prepare older children for being left alone for short periods.

- Establish house rules – this will help your child feel more secure because she will know what her limits are.
- Post important phone numbers, including numbers for your job, neighbors, doctor, 911 and poison control.
- Teach your child practical skills that will make her feel more at ease when you are away.
- Set-up emergency plans to ensure that your child reacts calmly and rationally during emergencies.

August 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	31				

SEPTEMBER

October 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
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
5	6	7	8	9	10	11
	LABOR DAY			ROSH HASHANAH		
12	13	14	15	16	17	18
GRANDPARENT'S DAY						YOM KIPPUR
19	20	21	22	23	24	25
				FIRST DAY OF AUTUMN		
26	27	28	29	30		