



Nicholas Santonastasso, Age 11
Berkeley Township Elementary School, Bayville, 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.

MARCH

February

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

Never Shake a Baby

Don't get frustrated. Reach out for help.

April

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
1 March is Women's History Month. Help your children learn more about women who have achieved great accomplishments.	2 Children are never too old to be told they are loved.	3 Take time to talk to your child about daily events at school.	4 Start your kid's day right with a healthy breakfast.	5 Always leave your kids with a hug and a kiss goodbye	6 Try to introduce your children to the foods and traditions of other cultures.	7 Take time to listen to your children's dreams.
8 Daylight Savings Time Starts —Have your children help you set the clocks ahead one hour.	9 Bake a batch of cookies with your kids today.	10 Set an example by participating in community recycling.	11 Keep young children in sight when you're shopping. Hold hands or put them in the cart.	12 Working parents need to schedule some time for themselves.	13 Plan quiet time every evening for children to do their homework.	14 Plan some special family fun for this weekend.
15 Sunday is a good day to relax and spend time together.	16 Say thank you to your kids when they do something thoughtful for you or for others.	17 St. Patrick's Day —Help your kids pick out something green to wear today.	18 Good nutrition makes a big difference in how kids grow, develop and learn.	19 Letters, e-mail and phone calls help kids keep in touch with family members who live far away.	20 First Day of Spring —Talk to your kids about the change of seasons.	21 Remind teenagers of their achievements and let them know you're proud.
22 Plan a special night out for you and your partner.	23 Let your children know what makes them special to you.	24 Remind your kids that stove surfaces can be hot, even when they are turned off.	25 Schedule a break. Have a babysitter, relative or friend look after your child.	26 Learn about quality, kid-friendly sites on the Web.	27 It is not safe for your baby to sleep on a couch, with you or alone.	28 Good discipline teaches children to respect parents and other adults.
29 A job well-done deserves words of loving appreciation.	30 Read aloud to the kids tonight. Let them choose the story.	31 Ask your child's teacher for tips to help your children develop good study habits.	Notes _____ _____ _____ _____			