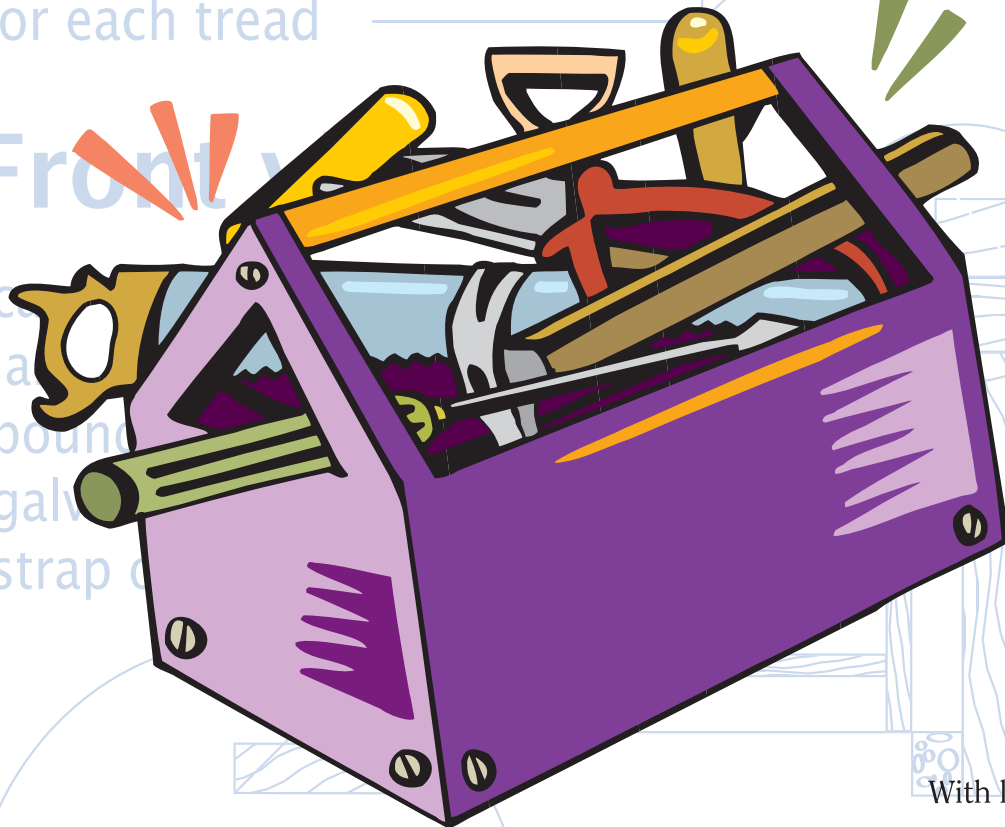


The Texas Department of Family and Protective Services presents....

The Parenting Toolkit: Building Strong Families

Endorsed by: Texas Pediatric Society,
and the Texas Chapter of the
American Academy of Pediatrics



Communication
Creating Routines
Understanding your Child
Positive Parenting
and more...

2009 Calendar

With listings for Federal and State of Texas Holidays (and Popular Observances)

Free. Not for individual sale.

Safety First!

CPR For Babies and Children

What do you do if you think your child has stopped breathing? Tap him on the shoulder or shout out his name. If he doesn't react, remember your ABCs.

Airway:

Put your child on his back. Open his airway by tilting back his head and lifting his chin. Do not tilt his head too far.



Breathing:

Babies younger than 1:

+ Cover his nose and mouth with your mouth and give 2 short, gentle breaths.

Children 1 and older:

+ Pinch his nose and cover his mouth with yours and give two breaths.

Compressions:

Babies younger than 1:

+ Put your middle and index fingers in between your baby's nipples.

Children 1 and older:

+ Use the heel of one hand and push straight down, quickly and smoothly. Do this 30 times. Breathe 2 more times and repeat compressions.

If you are home alone, do this for 2 minutes first, then call 911.

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King, Jr. Day	20	21	22	23	24
25	26 Chinese New Year	27	28	29	30	31



For more information on where to learn Cardiopulmonary Resuscitation (CPR):
<http://www.redcross.org/where/chapt.asp> or call 1-800-733-2767 or 1-800-257-7575 (Español)

Caution! Tantrum Ahead

Prevent Tantrums Before They Happen

- ! Distract your child by offering an activity or something new to look at.
- ! Pick your battles. Stand firm on safety issues, but try to give some freedom where possible.
- ! Get silly. You can both feel better if you laugh together!
- ! Less talking, more actions. Gently lead your child to a timeout chair, or just hold your child until he calms. Avoid lecturing.
- ! Offer a snack. Sometimes a tantrum means your child is just hungry. A little snack can distract your child and improve her mood.
- ! Forgive and forget. Once the tantrum is over, give a hug and move on to the next activity.



FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day
15	16 Presidents' Day	17	18	19	20	21
22	23	24 Mardi Gras	25 Ash Wednesday	26	27	28



**Make your house a place where your child can move safely and freely.
Put away breakables until your child is older.**

Reference: Joni Levine, Mommy Rescue Guide Tantrums: Lifesaving Techniques and Advice for Coping When Your Child Can't...

Do Your Snacks Measure Up?

Tips for Healthy Eating

When kids eat healthy foods, they feel and behave better!

Here are some ideas for quick and healthy meals and snacks for all ages:

- Keep healthy snacks on hand that are easy to grab, such as crackers, cheese cubes, apple slices, yogurt, baby carrots, nuts, granola bars, and hard boiled eggs.
- Pop your own popcorn. Your child will love to watch the party in the popper!
- Let your child help make his own snacks. Try freezing grapes, making fruit smoothies, or a fruit salad. Kids are more likely to eat what they prepare themselves!
- Even fruit juices can be hard on kids' teeth. Give your child lots of water and milk to keep him healthy!
- Cut down on sugars by limiting soda and juices.
- Replace potato chips, pretzels, and cheese crackers with tortillas, rice cakes, or cereal bars.



MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Texas Independence Day	3	4	5	6	7
8 Daylight Savings Time Begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20 First Day of Spring	21
22	23	24	25	26	27	28
29	30 Cesar Chavez Day	31				



Instead of buying fast food, take snacks with you on errands so there is always a healthy and inexpensive solution for a hungry child!

Reference: Center for Science in the Public Interest http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf

Holding Things Together Under Pressure

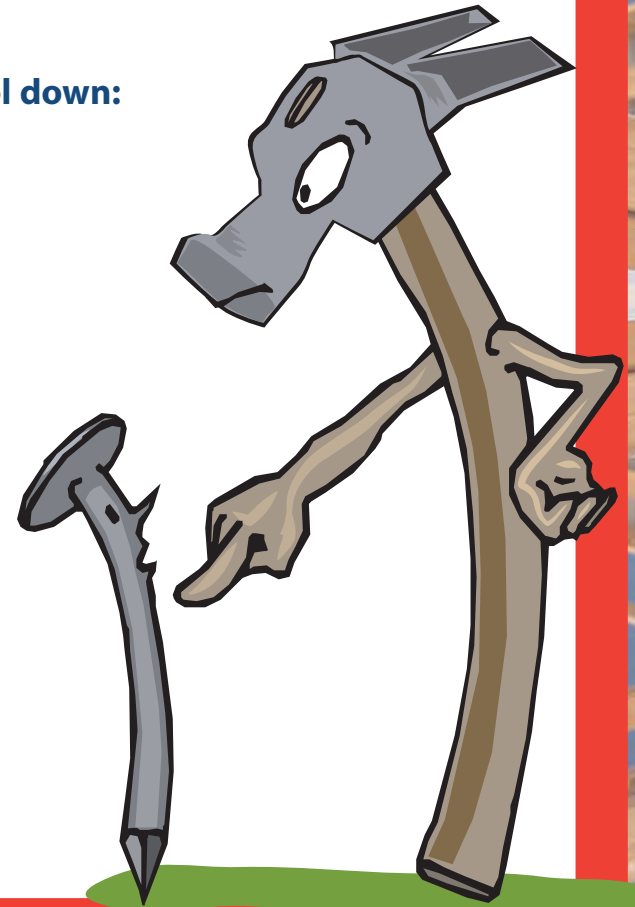
How to Keep Your Cool

When you get angry at your child, yelling can make the situation worse. Next time your child makes you angry or stressed—**Stop, Exit, and Think:**

- ➔ **Stop!** When you're about to get angry, stop talking and breathe, before you say or do something you'll regret later.
- ➔ **Exit!** Leave the situation. Put your child somewhere safe like a crib or someone else's arms. Take a few moments to calm down
- ➔ **Think!** Think calmly about the situation. Decide how to deal with the situation before you return to your child.

Some things you can do to cool down:

- ✓ Exercise
- ✓ Clean the house
- ✓ Write down your feelings
- ✓ Talk to someone you trust
- ✓ Read a book or listen to music
- ✓ Call a helpline
- ✓ Think of an activity you can do with your kids later



APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 Passover	17 Good Friday	18
Easter	19	20	21	22	23	24
25	26	27	28	29	30	



Everyone gets angry. If you feel yourself losing control, get help.

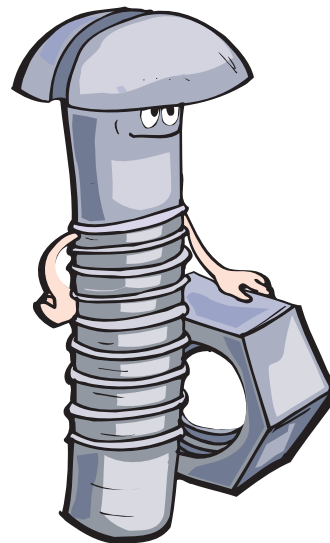
Reference: Elizabeth Pantley. Understanding Your Child's Temperament. <http://parentzone.babyzone.com/loadpage/article.asp?u=y&contentid=498&pg=1&ppge=t>

The Nuts And Bolts Of Communication



Here are some tips for talking to your child—and getting your child to want to talk to you!

- ◆ Look each other in the eye. Crouch down to your child's level if you have to.
- ◆ Be careful not to embarrass your child in front of others. Show respect and your child will respect you.
- ◆ Ask your child lots of questions about herself. Ask about the best thing and the worst thing that happened today.



- ◆ If you are upset, tell your child why you feel the way you do. "When you run away from me in the store, I feel worried because I'm afraid you might get lost."
- ◆ Give positive feedback. Even if your child has done something wrong, also say what he has done right! "I liked that you told the truth about breaking the toy."

Show that you are interested in your child's thoughts and opinions and she will share more with you!

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		Cinco de Mayo				
10	11	12	13	14	15	16
Mother's Day						Armed Forces Day
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Memorial Day					



Reference: Child Development Institute, Orange, CA:
For more help about communicating with your child, go to:
<http://www.childdevelopmentinfo.com/parenting/communication.shtml>

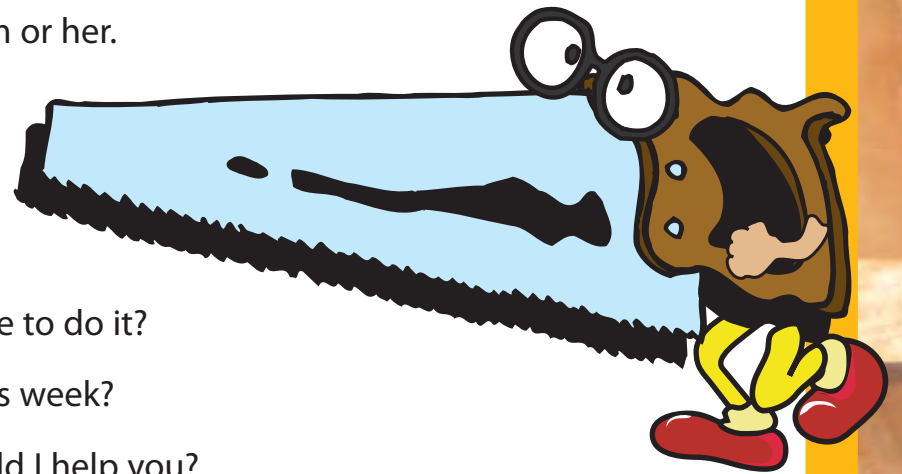
Just Not Cutting It Get Rid Of The "NO!"

**When a child learns to say "No," it quickly becomes a favorite word!
Giving your child choices can help you stay in control.
Use these guidelines to get rid of the No's.**

1. Never give a choice on something that might cause a problem for you or someone else.
2. For each choice, give only two options. Both options have to be OK with you.
3. If your child doesn't decide in 10 seconds, decide for him or her.
4. Only give choices that fit with your values.

Examples of Choices:

- ▼ Would you like to wear your coat or carry it?
- ▼ Do you want to put on your shoes or would you like me to do it?
- ▼ Are you going to clean your room or mow the lawn this week?
- ▼ Do you want to clean up your toys by yourself, or should I help you?
- ▼ Will you be home at 10:00? Or do you need an extra half hour with your friends?



JUNE

26" →

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Flag Day					Juneteenth	
21	22	23	24	25	26	27
Father's Day First Day of Summer						
28	29	30				

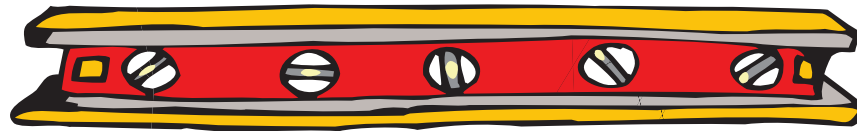


A child should say “No” when he needs to protect himself. Help your child understand when “No” is the right answer!

Reference: Love and Logic Institute, Inc. <http://www.loveandlogic.com/pages/sharingcontrol.html>.

Setting It Straight

Limits Keep Things Level



Limits are guidelines and rules for children to follow.

- Set limits that are realistic and fair. Is your message specific and clear? Is your child old enough to do what you are asking?
- Explain the reasons for your limits. When your child understands that the rule is good for her, she is more likely to follow it.
- Offer choices as much as you can. A little choice can mean everything to your child. Even small choices help him feel important and confident.

When children know what is expected, they feel secure and safe.

- Involve your child in making the rules. Ask your child what rules make sense. If she makes the rules, she'll follow the rules!
- Be consistent! Stick to your limits and follow through with the consequences if your child breaks the rules.
- Praise your child when he follows the rules. Catch your child being good!

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JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11 Independence Day
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



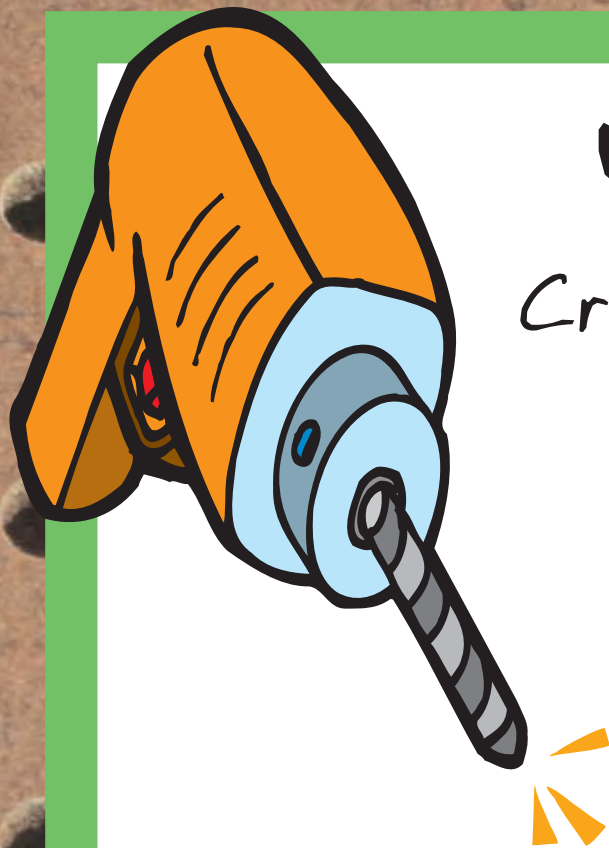
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Give your children choices so they can learn to think for themselves.

Reference: Judith A Myers-Walls, Ph.D., and Rajeswari Natrajan, Purdue University School of Consumer and Family Sciences,

<http://www.ces.purdue.edu/providerparent/Guidance-Discipline/HelpingParentsSetLimits.htm>





You Know The Drill

Create Routines and Structure

Having a structured, daily routine helps keep children focused and on-track. Here are some ideas for creating routines:

- Sing little songs or count your child's toes while changing his diapers or feeding him
- Make set times and places for homework and other chores. Set up her workspace so she has what she needs.
- Have a regular bedtime ritual. Bath, story, bedtime song, goodnight kiss—children love to know what to expect.
- Chores are a great way to create routines at any age:

Ages 2-3: Give your toddler little chores like putting toys away, putting dirty clothes in hamper

Ages 4-5: Preschoolers can help set the table, help make cookies, feed the dog

Ages 6-8: School age kids can sweep the floor, take out the trash, clear the table after meals

Ages 9-12: Preteens can fold laundry, wash dishes, wash the car, or help out with dinner

Ages 13-17: Teenagers can do laundry, mow the lawn, clean the house



AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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	Ramadan 29
30	31			Lyndon B. Johnson Day		



Knowing what to expect every day helps keep kids feel safe and secure.

Cleaning Up The Attitude

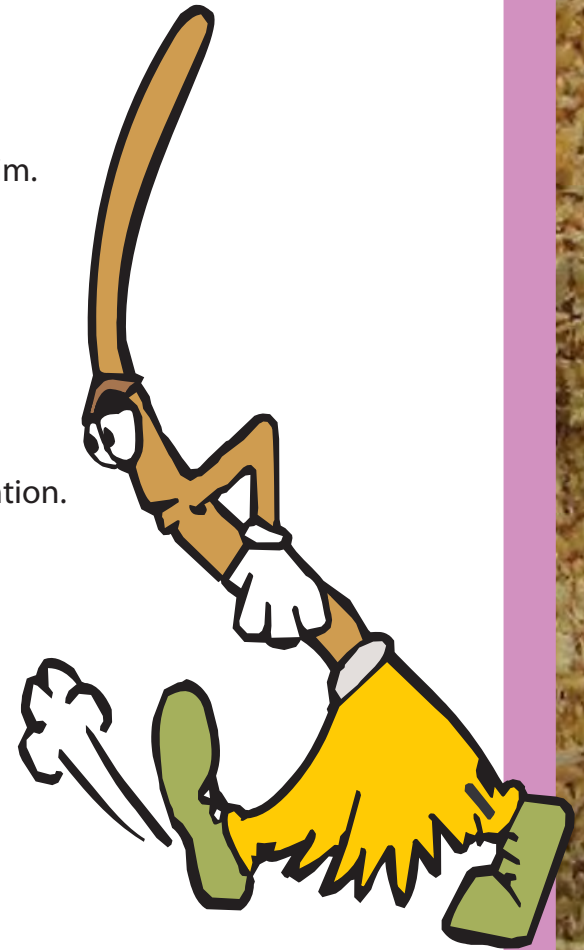
Show And Teach your Child Respect

**When you show respect to your child, he learns how to respect others.
Here are some things you can do to show your child respect:**

- **Be Honest.** If you do something wrong, admit it and apologize.
- **Be Positive.** Focus on the good things he does. Don't make fun of or embarrass him.
- **Be Trusting.** Let her make choices and take responsibility for them.
- **Be Fair.** Listen to his side of the story. Don't jump to conclusions.
- **Be Polite.** Say "please" and "thank you." Give her privacy. Knock before you come in the room.
- **Be Reliable.** Keep your promises and mean what you say.
- **Be a Good Listener.** Look him in the eye when you speak. Give him your full attention.
- **Be Caring.** Show your concern for others. You can help out a friend, be kind to an animal, pick up your trash.

Remember:

- Toddlers can say "please" and "thank you".
- Preschoolers are old enough to know about rules and consequences.
- Elementary aged children show more respect to adults who make fair rules.
- Middle and High-school aged children need to feel trusted, independent, and responsible.



SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13 Grandparent's Day	14	15	16	17	18	19 Rosh Hashana
20	21	22 First Day of Fall	23	24	25	26
27	28 Yom Kippur	29	30			



Secondary joist with

Treat your child the way you would like to be treated!

Reference: Steve McChesney. *Respect-how to teach it and how to show it.*

<http://www.teach-nology.com/tutorials/teaching/respect/print.html>

Step-by-Step Guide for Shopping With Young Children

Shopping with young children doesn't have to be stressful. Here are some ideas to make shopping trips faster and more fun for everyone.

- Are you or your child too tired or hungry to shop right now? If so, postpone the trip to a time when you are both rested and ready to go.
- Tell your child your expectations for him before you go. You can tell him, "You need to keep one hand on the cart," "Use your inside voice," "If you are helpful, you can choose a special treat before we leave the store."
- Let your child help with shopping choices. You can ask her, "Should we get red apples or green apples today?"
- Help your child count the items being placed in the cart.
- Bring some small snacks along for when your child gets restless.
- Be sure to praise good behavior. Tell your child, "You are such a big help to me!"



OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween



For you, shopping may be a chore, but for your child it is an adventure. Keep things fun for your child, and you'll have fun too!

Reference: Prevent Child Abuse America, http://www.preventchildabuse.org/publications/parents/downloads/shopping_w_kids.pdf

Carrying A Heavy Load

Keep Your Support Tools Handy!

**Being a parent is hard work. When things get tough, remember you are not alone!
When you feel like you don't know where to turn for help, you can:**

- ✿ Call a friend and talk until you feel better. Everyone needs help sometimes!
- ✿ Dial 211 to find help with just about everything: housing, food, summer camps, child care, counseling, legal assistance, government benefits, emergency assistance, to name just a few.
- ✿ Your local library has free activities for families as well as information about parenting groups in your area.
- ✿ Join the PTA or become involved with your child's school to meet other parents in your area.
- ✿ Get to know your neighbors and community. Car pool, schedule play dates, or just talk with a trusted neighbor; learn what activities are available at your local YMCA, community center, or place of worship such as after-school sports activities, summer camps, and other free events in your area.



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time Ends	2	3	4	5	6	7
8	9	10	11 Veteran's Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30					



See the back of this calendar for more resources when you need some help.

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Remember What Makes Life Colorful: Show The Love!

**Show your child every day how important she or he is to you.
Catch yourself saying something from this list every day!**

- I love you
- I'm proud of you
- I'm happy to see you working like that.
- You're doing a good job!
- Good thinking!
- Please
- Thank you
- I trust you
- I've never seen anyone do that better!
- I'm impressed with you!
- I knew you could do it!
- You make me very happy!
- What a good boy/girl you are!



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DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Hanukkah
20	21	22	23	24	25	26
27	28 First Day of Winter	29	30	31 New Year's Eve	Christmas Day	Kwanzaa



When your child is angry is a great time to give her a big hug and a smile!

THE BIG PICTURE

Maintain a Happy and Safe Family

- ▲ Take care of yourself! Do things you enjoy. Take a break for yourself!
- ▲ Keep in mind what you love about being a parent, especially during challenging times. Happy parents usually result in happy children!
- ▲ Establish family routines like reading bedtime stories, eating dinner together, doing homework together, game night (without the TV on).
- ▲ Have regular family meetings to talk about what is going on and to fix any problems. Teach your kids that communication is important.
- ▲ Be a role model for your children and practice what you preach.
- ▲ If you make a mistake, apologize. An apology shows your child to respect others' feelings. It also shows him that sometimes people make mistakes, even you.
- ▲ Get out into the community with your kids. Find community activities that you can all enjoy together.
 - ▲ Be patient. Don't be discouraged if you have to teach the same thing over and over again. This is a normal part of a child's learning process.
 - ▲ Seek help when you feel like you need it.



JANUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King, Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30
31						



Remember your children are young for only a short time—enjoy them!

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Community Resources



- ❖ **Emergencies**...Dial 911
- ❖ **Texas Poison Center Network**...1-800-222-1222
www.poisoncontrol.org
- ❖ **Texas Information and Referral Network**...Dial 211
(Provides information on a wide variety of support services available throughout Texas such as childcare, food banks, job training, counseling, etc.)

Child and Family Safety

- ❖ Texas Council on Family Violence...
1-512-794-1133 or www.tcfv.org
- ❖ Child Help USA...1-800-4-A-CHILD (422-4453) or
www.childhelp.org
- ❖ National Domestic Violence Hotline...
1-800-799-SAFE (7233) or www.ndvh.org
- ❖ Baby Moses Hotline...1-877-904-SAVE (7283)

Drug and Alcohol Information

- ❖ Texas Department of State Health Services Substance Abuse Hotline...
1-877-9-NO-DRUG (966-3784) or
www.tcada.state.tx.us/treatment
- ❖ National Clearing House for Drug and Alcohol Information...1-800-729-6686 or www.health.org
- ❖ Alcoholics Anonymous...1-212-870-3400
http://www.aa.org/US_CtrOffice/tx.html
- ❖ Alanon...1-888-425-2666 (1-888-4AL-ANON)
<http://www.texas-al-anon.org>

At-Risk Youth/Teens

- ❖ Texas Youth Hotline...1-800-210-2278 or
www.texasyouth.org
- ❖ Texas Runaway Hotline...1-888-580-HELP (4357) or
www.texasrunaway.org

Child Care

- ❖ Search for Texas Child Care...1-800-862-5252 or
www.txchildcaresearch.org

Child Development

- ❖ Born Learning...www.bornlearning.org
- ❖ Developmental stages...
<http://www.bornlearning.org/default.aspx?id=19>

Disabilities and Special Education

- ❖ Early Childhood Intervention...1-800-628-5115
- ❖ Texas Education Agency Office of Special Education...
www.tea.state.tx.us/special.ed

Legal Issues

- ❖ Texas Law Help...1-800-252-9690 or
www.texaslawhelp.org
- ❖ Texas Legal Services Center...www.tlsc.org

For more information and to give us your feedback visit www.itsuptoyou.org