

The Texas Department of Family and Protective Services Presents:

Once Upon a Time

Parenting:

The Beginning of a Great Story

2013 Calendar



Building Communication in Your Family

Young children:

- **Make time.** Find 15 minutes to stop and give full attention to your child. Sit down, turn off the TV, and look at your child while you talk about the day. Read a story aloud together.
- **Show empathy.** If your child is upset, hug them to show you understand their feelings. Don't tell them what to think or feel. Let them express their feelings.
- **Be a role model.** Set a good example with your words and tone of voice.
- **Talk about your feelings.** It will help your child learn to do the same. You could say, "It makes me feel sad when you do not listen while I am talking."
- **Respect their feelings.** Don't say, "It's silly to feel that way," or "You'll understand when you get older." Their feelings are real and should be respected.

Teenage children:

- **Share "ordinary time."** Turn common tasks into time to talk with your teen. Use the time you spend driving or walking the dog to talk about what's on their mind.
- **Listen up.** Just listen without judging or criticizing. Resist the urge to give advice or try to solve your teen's problems. When you listen you'll make it clear you care about their ideas, feelings, and experiences.
- **Get involved, be involved, and stay involved.** Go to games or practices when you can. Ask about your teen's homework and school projects.

Source: 2012 Resource Guide.
Preventing Child Maltreatment and
Promoting Well-Being: A Network for Action.
U.S. Department of Health and Human Services.



Rapunzel

January 2013

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

All Babies Cry

Jack and the Beanstalk

Tips for Soothing Your Baby

- 1. Feed baby.** Babies will cry when they're hungry.
- 2. Burp baby.** Babies need your help to get air out of their stomachs.
- 3. Give baby a lukewarm bath.** Warm baths can be soothing, but remember to never leave your baby alone in the bathtub.
- 4. Massage baby.** A gentle massage on your baby's back, arms, or legs can be very comforting.
- 5. Make eye contact with baby and smile.** Making eye contact with babies can help distract and comfort.
- 6. Kiss baby.** Kissing can help calm a fussy and crying baby.
- 7. Sing softly.** Lullabies and soothing sounds can calm crying babies.
- 8. Hum in a low tone against your baby's head.** Holding your baby close and humming can help soothe.
- 9. Run a vacuum cleaner.** White noise, like the sound from a vacuum or fan, produces a similar sound to what babies heard in the womb.
- 10. Go for a drive.** The vibrations from a car can help your baby fall asleep. Always make sure your baby is secure in a rear-facing car seat in the back seat.

It's normal to feel frustrated or even angry at your baby's crying. But, if you feel yourself getting to a point of frustration or anger where you could potentially hurt your baby, put your baby down in a safe place and call the Child Help Hotline: 800-422-4453 (800-4-A-CHILD). The Child Help Hotline is a 24/7 toll-free number that you can call to talk with a trained counselor. You can get help for how to deal with your infant's crying and ask other questions you might have about your growing baby.

Source: Period of Purple Crying website. PurpleCrying.info



February 2013

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27	28	29	30	31	1	2
						Groundhog Day
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Tet-Vietnamese New Year Chinese New Year		Lincoln's Birthday Mardi Gras	Ash Wednesday	Valentine's Day		
17	18	19	20	21	22	23
	Presidents' Day				Washington's Birthday	
24	25	26	27	28	1	2
						

Temper Tantrums

Aladdin

Temper tantrums are part of a child's development and most kids outgrow them by age 4.

Preventing a tantrum:

- Direct your child's attention to something else. For example, "Wow, look at that shiny car!"
- Give choices. For example, "Do you want to brush your teeth now or after you put your socks on?"
- Follow a daily routine. Have set meal times and set bedtime and a bedtime routine.
- Praise your child when they express their feelings with words.

Dealing with a tantrum:

- Tell your child how you expect them to behave.
- Remain calm and speak softly. Act how you want your child to act. You are a role model.
- Take your child to a quiet place where they can calm down.

2012 Resource Guide. Preventing Child Maltreatment and Promoting Well-Being:
A Network for Action U.S. Department of Health and Human Services.

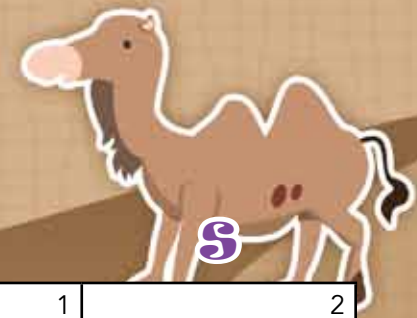
"No!"

"Mine"

"Do it Myself"



March 2013



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24			26	27	28	1	2
3	4	5	6	7	8	9	Texas Independence Day
10	11	12	13	14	15	16	
Daylight Savings Begins @ 2am							
17	18	19	20	21	22	23	
St. Patrick's Day			First Day of Spring				
24	25	26	27	28	29	30	
Palm Sunday	Passover				Good Friday		
31	1	2	3	4	5	6	
Easter Sunday							



Help Prevent Child Abuse

Snow White

Nurture your child.

- Make sure your child knows you love them even if they did something wrong.
- Ask for your child's opinion and ideas. What makes a good friend? Where is a place you would want to travel someday?

Help families under stress.

- Offer to babysit.
- Help a family member or friend with chores, errands, or lend a listening ear.

Know where to get help.

- Don't feel like you have to "do it all." Let your friends, family, or neighbors help. Don't be afraid to ask for help. We all need help sometimes.
- Look at the back of this calendar for resources or visit HelpAndHope.org. Share the information with a friend who might need help.

Protect your child.

- Listen to your child if they say they don't feel comfortable around someone.
- Tell your child to say "no" and "get away," and to tell you right away if anyone tries to touch or hurt them.
- Abusers often tell their victims to keep what they do a "secret." Teach your child the difference between a good secret, like a surprise party, and a bad secret, like something that makes them feel bad or uncomfortable. Make sure your child understands that it's OK to tell you "bad secrets."

April is Child Abuse Prevention Month. Get involved! Visit HelpAndHope.org this month to learn about activities in your area. Source: Prevent Child Abuse America and HelpAndHope.org



April 2013



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31	1 April Fool's Day	2	3	4	5	6
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14	15	16	17	18	19	20
21	22 Earth Day	23	24	25	26 Arbor Day	27
28	29	30	1	2	3	4



Watch Kids Around Water

Actively watch kids around water.

Do not leave kids alone near water, even for a second.

Water safety outside:

- Never leave children alone around water, whether it is a pool, wading pool, beach, pond, or lake.
- Constantly watch children who are swimming or playing in water. They need an adult or certified lifeguard to keep a constant watch and be within reach.
- Block access to swimming pools. Use fences with self-closing and latching gates.
- Store water toys away from the water when you're not using them.
- Keep emergency telephone numbers handy and learn CPR.

Inside your house:

- Never leave small children alone near water. This includes toilets, tubs, and mop buckets.
- Keep bathroom doors closed and put a lid lock on your toilet.
- Never leave a baby alone in a bath. Get the things you need before turning on the water. If you must leave the room, take your child with you.
- Lock doors so that small children cannot leave the house and get into pools or hot tubs. Be careful if you have a pet door because small children can leave your home through them.

Learn more: WatchKidsAroundWater.org



The
Little Mermaid



May 2013

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



8 Ways to be a Better Dad

Make a difference
in your child's life.

1. Respect your child's mother. Speak kindly toward your child's mother and listen to her opinions and thoughts, even if they are different than yours.

2. Listen to your child's ideas. Listen to your child and encourage them to share their thoughts and ideas.

3. Discipline with love. Remind your child of the consequences of their actions and provide meaningful rewards for good behavior. Example: Because you picked up your toys, you can play outside for 15 more minutes.

4. Be a good role model. When you make a mistake, apologize and admit the

mistake so your child learns everyone makes mistakes.

5. Be a teacher. Teach your child to throw a baseball, tie their shoelaces, do a push-up or any other fun skill.

6. Eat together as a family. Use this time to talk about your and your child's day.

7. Read to your children. Reading a book to your child can be a great part of the bed time routine.

8. Show affection. Tell your child you love them. Children like to know they are wanted, loved, and accepted by their family.

National Fatherhood Initiative: Fatherhood.org

Hansel and Gretel



June 2013

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23 Father's Day	24	25	26 Juneteenth	27	28 First Day of Summer	29
30	1	2	3	4	5	6



Let's Have Some Fun: Family Activities

The Three Little Pigs

- Bake a batch of cookies and share them with friends or neighbors.
- Check your local paper for festivals, outdoor concerts, and family events.
- Start a reading list. Ask the librarian to help pick out good books.
- Eat a picnic at the park and tell family stories. Make sandwiches and lemonade.
- Cut pictures out of magazines and make a collage on a topic that interests your child.
- Color with them.
- Play water balloon catch with milk jug catchers. Cut the bottom out of the milk jugs and you have yourself a wacky and wet game of catch.
- Go to a museum in your area. Check for times that you can get in for free.
- Rent a DVD to watch together and make popcorn. Talk about the movie after it's over.



July 2013

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21	22	23	24	25	26	27
28	29	30	31	1	2	3

Independence Day

Ramadan



You Are Important:

Take Care of Yourself

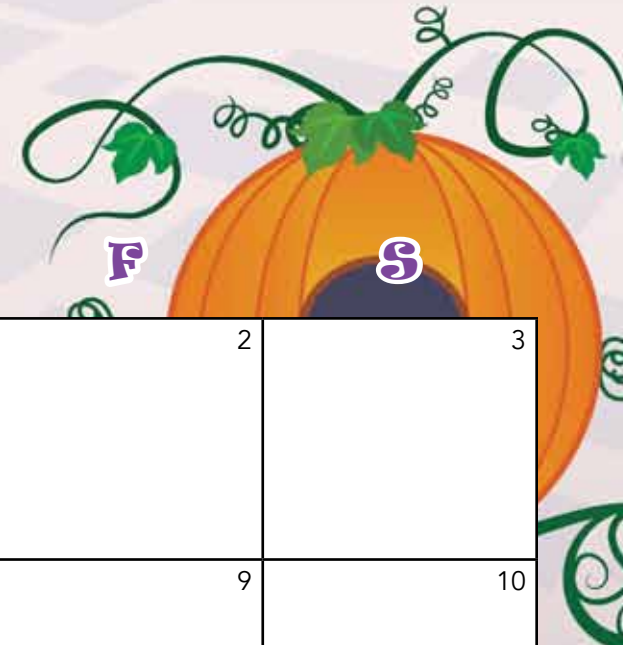
Being a parent can be stressful and you may feel like you don't get a break. Taking care of yourself helps you take care of your child.

- **Focus on your health.** Eat healthy, exercise, and drink a lot of water!
- **Find sources of support.** Talk openly to your spouse, friends, family, counselors, clergy, etc.
- **Find out what stresses you.** Talk about it and make a plan for change.
- **Have fun.** Take a break, go out for dinner, laugh, or start a new hobby!



Cinderella

August 2013



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		Lyndon B. Johnson Day				

Eating Healthy on a Budget

Eating enough fruits and vegetables promotes good health and can reduce your risk of certain diseases.

The Little Red Riding Hood

Plan

- Make a grocery list and stick to it.
- Check for sales and coupons in your local newspaper or online.
- Have a snack before you go to the grocery store. You may end up buying food you don't need because you're hungry.
- Make time to go. You'll stick to your list and budget if you don't feel rushed.

Purchase

- Choose fresh fruits and vegetables that are in season.
- Good low-cost items available all year:
 - ◆ Protein: beans (garbanzo, black, cannellini), eggs, canned tuna, chicken breast
 - ◆ Vegetables: carrots, greens, potatoes
 - ◆ Fruit: apples, oranges, bananas
- Buy store brands, if they're cheaper.
- Buy vegetables and fruits in their simplest form. Pre-cut, ready-to-eat, and processed foods are convenient, but often cost more.
- For picky eaters, puree vegetables and add them to your recipes. Broccoli, spinach, cauliflower, and carrots are easy to puree. Most kids and adults won't notice if they are added to their favorite dishes!

Try this recipe: Cauliflower Mac and Cheese

1 lb. penne (wheat) 1 cup milk (2% or skim) 1 lb. shredded cheddar cheese ½ head cauliflower florets ¼ cup parmesan cheese 1 tablespoon chopped parsley salt and pepper to taste.

- Bring salted water to a boil and cook the pasta until al dente. In the meantime, cook the cauliflower until soft and transfer to a blender to puree.
- In a medium sized pan, add the pasta and the cauliflower puree. Add the milk, cheese and season to taste. Sprinkle chopped parsley.

Serve immediately. Serves 4 or more.

Source: United States Department of Agriculture. For more info and recipes go to ChooseMyPlate.gov



September 2013

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1	2	3	4	5	6	7
	Labor Day		Rosh Hashanah			
8	9	10	11	12	13	14
Grandparents' Day					Yom Kippur	
15	16	17	18	19	20	21
22	23	24	25	26	27	28
First Day of Autumn						
29	30	1	2	3	4	5

Look at Me, I'm Growing Up Fast



Pre-school (ages 3-5)

Children in this age group are curious about things around them. They are learning to dress themselves, play with other kids and remember parts of their favorite stories. Let your child make simple choices, like letting them pick out what to wear.

- Keep reading to your child. Take them to the library.
- Encourage your child to play with other children. They'll learn to share and make friends.

Young Child (ages 6-8)

Children in this age group will start showing more independence from their parents and family. They want to be liked and accepted by their friends.

- Talk with your child about school, friends, and things they look forward to.
- Help your child learn to be patient by letting others go first or by finishing a task before going out to play. Encourage them to think about possible consequences.

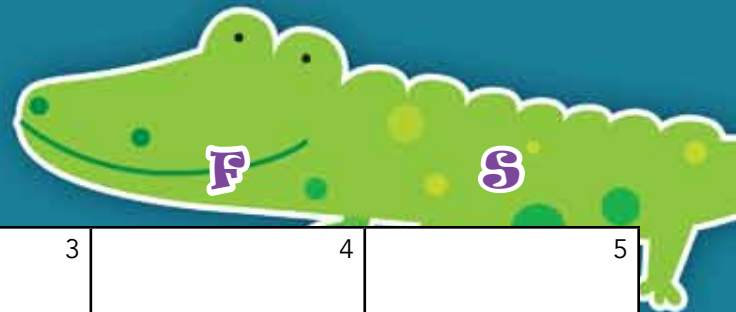
To learn more about developmental milestones, warning signs of possible developmental delays, and information on how to help your child's development, visit the "Learn the Signs. Act Early" campaign website cdc.gov/ncbddd/actearly/index.html



Peter Pan



October 2013



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13	14 Columbus Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween	1	2





Praise Your Child



Praising your child helps build their self-esteem and Confidence

- **Praise your child for their effort and hard work, not the outcome.** For example, when your daughter practices for weeks and finally learns to ride a two-wheel bicycle, tell her how proud you are of all of her hard work!
- **Be specific.** For example, say, "You did a great job of sharing your toys with Jacob today."
- **Be genuine.** Mean what you say! Kids know when your praise is sincere and when it's not.
- **Ways to Praise Your Child:**
 - I'm proud of you.
 - Wow, you did it!
 - Good work!
 - You've figured it out.
 - Way to go!
 - Fantastic.
 - I trust you.
 - You make my day.
 - You're on top of it.
 - You are being very responsible.
 - Nice work.
 - I knew you could do it.
 - What an imagination!
 - Well done!
 - Give a hug, smile or pat on the shoulder.



Frog Prince



November 2013



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24	25	26	27	28	29	30

Daylight Savings Time Ends

Election Day

Veteran's Day

Hanukkah

Thanksgiving Day

Staying Calm Even When it's Tough

Pinocchio

Be prepared. Lots of things can go wrong each day, be ready for them. For example, bring extra clothes for an outing in case of spills or accidents.

Decide how you will deal with a situation before it happens. If your child starts to scream at the mall, will you be ready to walk out to the parking lot?

Stop. Think. Then speak. Remember to keep your emotions under control. If you're starting to get angry, don't pick up your baby or toddler. Ask for help or wait until you're calm.

Consciously lower your voice. Yelling can scare a young child and make them feel angry and defensive. A soft tone says you're in control. Here are some simple things you can do when you feel overwhelmed:

- Take a deep breath and count to 20.
- Call a friend.
- Go for a walk.
- Try to relax and calm yourself.
- Take some time for yourself and leave your child with a responsible adult.



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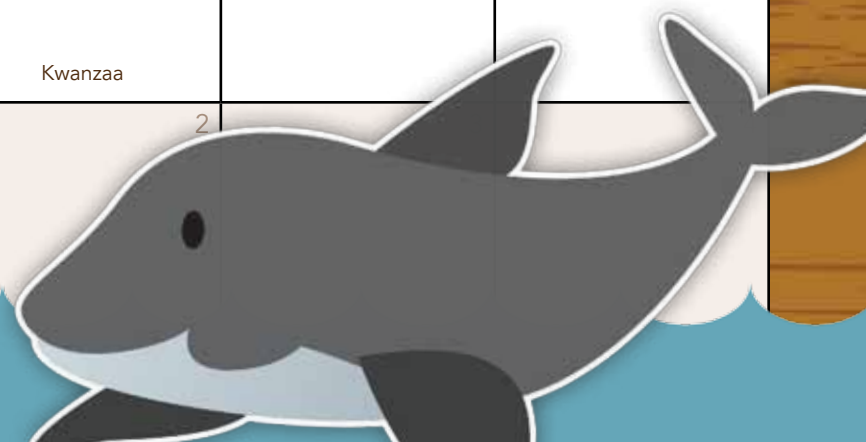
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1	2	3	4	5	6	7 Pearl Harbor Remembrance Day
8	9	10	11	12	13	14
15	16	17	18	19	20	21 First Day of Winter
22	23	24 Christmas Eve	25 Christmas	26 Kwanzaa	27	28
29	30	31 New Year's Eve	1	2		



Community Resources

For You and Your Family

Emergencies:

Dial 911.

WIC:

Provides nutrition assistance for low-income pregnant and breastfeeding women and for infants and children up to age five. 800-WIC-FOR-U (800-942-3678)

Child and Family Safety

- Texas Abuse/Neglect Hotline: 800-252-5400 or TxAbuseHotline.org
- Childhelp® National Child Abuse Hotline: 800-4-A-Child (800-422-4453)
- National Domestic Violence Hotline: 800-799-SAFE (800-799-7233) or TheHotline.org
- Texas Baby Moses Hotline: 877-904-SAVE (877-904-7283)
- Texas Water Safety: WatchKidsAroundWater.org
- Texas Infant Safe Sleep: BabyRoomToBreathe.org

Child Care

- Texas Child Care Search: 800-862-5252 or TxChildCareSearch.org

Texas Information and Referral Network:

Dial 211. No matter where you live in Texas, you can dial 211 and find information about resources in your local community. 211 is the number to call when you don't know who to call.

Child Development Information

- Born Learning: BornLearning.org
- Texas Early Childhood Intervention: 800-628-5115

Drug and Alcohol Information

- Texas Substance Abuse Hotline: 877-9-NO-DRUG (877-966-3784) or dshs.state.tx.us/mhsa-sa-help
- Alcoholics Anonymous: 212-870-3400 or aa.org
- Alanon and Alateen: 888-4AL-ANON or al-anon.alateen.org
- Narcotics Anonymous: 818-773-9999 or na.org

Texas Poison Control Center Network:

Call 800-222-1222 in a poison emergency. Do not wait for the victim to look or feel sick. If victim is collapsed or not breathing call 911. More information: PoisonControl.org

Texas Workforce Commission:

Offers career development information, job search resources, training programs, and, as appropriate, unemployment benefits. Career Information Hotline: 800-822-7526 twc.state.tx.us

At-Risk Youth/Teen Help

- Texas Youth Hotline: 800-98-YOUTH (800-989-6884) or TexasYouth.org
- Texas Runaway Hotline: 888-580-HELP (888-580-4357) or TexasRunaway.org

Legal Assistance

- Texas Attorney General Child Support Division: oag.state.tx.us/cs/ or 800-252-8014
- Texas Law Help: TexasLawHelp.org
- Texas Legal Services Center: tlsc.org





January 2014



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For more information and to give us your feedback visit: HelpAndHope.org			New Year's Day			
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
	Martin Luther King Jr.'s Birthday					
26	27	28	29	30	31	1



2013 Calendar

This calendar was made to support parents. Each month contains tips about a different parenting topic, as recommended by you, the parents that use the calendar. We want to continue to provide parents with useful resources, so please tell us what you think about the 2013 calendar by visiting HelpAndHope.org. Thank you!

January	Building Communication in Your Family
February	All Babies Cry: Tips for Soothing Your Baby
March	Temper Tantrums
April	Help Prevent Child Abuse
May	Watch Kids Around Water
June	8 Ways to Be a Better Dad
July	Let's Have Some Fun: Family Activities
August	You are Important: Take Care of Yourself
September	Eating Healthy on a Budget
October	Look at Me, I'm Growing Up Fast
November	Praise Your Child
December	Staying Calm Even When it's Tough
January 2014	Community Resources for You and Your Family

