

POSITIVE PARENTING 2008 CALENDAR



Distributed by the California Department of Social Services, Office of Child Abuse Prevention

Funded by the State Children's Trust Fund



CDSS



Why babies cry

Adapted from: Safe Children and Healthy Families Are a Shared Responsibility: 2006 Community Resource Packet.
http://www.childwelfare.gov/preventing/toc_eng.cfm

- Babies cry for different reasons and it can be very stressful for parents.

Here are some things to check for in a crying baby:

- Is the baby sick, or does he have a fever?
Take the baby's temperature.
Call the doctor if needed.
- Is the baby hungry?
Try feeding the baby.
- Is the diaper wet or dirty?
Check the diaper.
- Is the room too hot or cold?
Change the room temperature,
add or remove clothes or a blanket.
- Is the baby lonely or afraid?
Try holding the baby and giving him or her a pacifier.
- Is the baby over-excited?
Try turning down the lights and the noise level.



JANUARY 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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What to do when the baby won't stop crying

Adapted from: Safe Children and Healthy Families Are a Shared Responsibility: 2006 Community Resource Packet.
http://www.childwelfare.gov/preventing/toc_eng.cfm

- Wrap him/her in a soft blanket and hold the baby next to you.
- Sing or hum to the baby.
- Rock the baby in a chair or swing, or gently sway your body while holding the baby close.
- Take the baby for a ride in the stroller or car. Motion often puts a baby to sleep.
- Distract the baby by making faces or quiet noises.
- Give the baby a warm bath to relax him or her.
- Use soft music or other soothing sounds to help put the baby to sleep.
- Take a break. Put the baby safely in a crib, and take a few minutes for yourself in another room.
- Call a friend or relative who will listen to your problem and be sympathetic.
- Ask a trusted friend or neighbor to watch your child while you take a short break or a brief nap.
- If you feel as though you are losing control and might hurt your child, call a hotline, such as the 24-hour National Child Abuse Hotline **(1.800.4.A.CHILD)** offered by Childhelp®.





FEBRUARY 2008

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Learning to use the potty

- Some kids are ready around age 1, while others are not ready until age 3 or older.
- A child is ready when they:
 - Can walk.
 - Go potty fewer times a day.
 - Wake up from a nap with a dry diaper.
 - Can take underwear off and on.
 - Understand words such as “peepee, poopoo,” and “potty.”
 - Can tell you what they need, like when they have to go “potty.”

How to help your child learn:

- Provide a potty chair in the bathroom or have a sturdy step stool by the toilet.
- Make toilet paper easy to reach.
- Dress them in clothes that are easy to take off.
- Watch for signs that they need to go **(for example, holding their crotch)**.
- When they go in the toilet say “That’s good!”
- Never yell or shame them for an accident.
- If they have lots of accidents, go back to diapers for a while and try again later.
- Go slowly. Potty training takes time.



MARCH 2008

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Encouraging Positive Behavior

- Set routines for bedtimes, meals and chores. This helps them feel safe because they know what parents expect.
- Young children have a hard time going from one activity to another. Warning them a few minutes ahead helps them get ready.
- Remind them of the rules.
- Say something nice to the child every time you correct them for something they do wrong.

Giving children choices is another way to encourage good behavior. Only offer choices that are acceptable to you. Here are some examples:

- Do you want to watch 5 more minutes of TV or 10 more minutes?
- Do you want to do your homework at the kitchen table or the desk?
- Do you want juice or milk with dinner?
- Do you want to wear your Big Bird pajamas or your Mickey Mouse pajamas?



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Dealing with Temper Tantrums

*Adapted from: Safe Children and Healthy Families Are a Shared Responsibility: 2006 Community Resource Packet.
http://www.childwelfare.gov/preventing/toc_eng.cfm*

- Toddlers are not able to use words to express their feelings so they will often throw temper tantrums. Especially if they are tired, frustrated or angry.
- If you think a temper tantrum might be coming, try to keep it from happening by:
 - Distracting or redirecting your child's attention to something else.
 - Using a sense of humor to distract your child. This may help you cope, too.
 - Giving your child control over small things by giving him or her a choice.
 - Taking your child to a quiet place and speaking softly to him or her.
 - Encouraging your child to express emotions and feelings with words.
 - Rewarding your child when he or she requests something without having a tantrum.
 - When a temper tantrum happens:
 - Don't give in. This teaches them that tantrums work.
 - Remain calm. Don't lose control because your child has lost control. Instead, try to show them how to be calm and controlled.
 - Hugg or hold your child until the tantrum stops.
 - Putting the child in "time out" or in a quiet place (**even strapped in to a stroller**) where he or she can calm down. Time out should be one minute for each year of the child's age.
 - Older children who throw tantrums may be seeking attention. Try ignoring them until the tantrum is over.



MAY 2008

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How do I set rules?

- Start with only a few rules. It is hard for kids to remember too many rules.
- Explain your reasons for saying no. Be sure your child understands your reasons.
- Let your kids help you set the rules. When they help make rules, they are more likely to follow them.
- Be clear about your rules and what they mean.
- Look for information to make sure the rules you set for your child are fair. **(for example t.v. specials on parenting).**



JUNE 2008

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What to do when your child breaks the rules?

- Stay calm.
- Do what is fair.
- Use these steps to help them learn to not make the same mistake again:
 - Have your child say what rule was broken.
 - Have your child come up with ideas to help them follow the rules. The more ideas the better, even if some are not good ideas.
 - Talk about the ideas together and have the child choose which idea to try.
 - Make sure the idea is one you can both accept.
 - Try out the idea. If it doesn't work, pick another idea.





JULY 2008

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Dealing with Anger

- Everyone gets angry.
- Anger is a normal human feeling.
- The ways we express our anger may be unhealthy.
- Some ways to handle anger without hurting yourself or anyone else are:
 - Stop. Take time out to calm down. Think about the situation.
 - Go for a walk or run. Work off your frustration through exercise.
 - Get away...go outside, go in another room, give yourself a little time alone.
 - Turn anger or frustration into something productive...clean house, do yard work, tackle some other job you've been putting off.
 - Tune out...turn on some music, watch TV, or read a book until you are ready to deal with the problem.
 - Talk with someone else about your feelings...call a friend or a helpline.
 - Write your feelings down on paper.
 - Don't let anger build and build. If your feelings don't go away, get help.





AUGUST 2008

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Tips for Time Out

Adapted from: Safe Children and Healthy Families Are a Shared Responsibility: 2006 Community Resource Packet.
http://www.childwelfare.gov/preventing/toc_eng.cfm

Three reasons to use time out:

1. To give the child time and space to cool off and calm down.

- Let kids know in advance that they will go to time out if they act up.
- Tell her that when she is calm and under control she may rejoin the family.
- Let them use the time in ways that do not hurt people or property **(like reading a book)**.
- Things like screaming and pounding on the door are not acceptable.

2. To give the parent time and space to cool off and calm down.

- When you feel so angry with your child that you want to scream or hit him/her.
- Say something short, like "I'm so angry, I need a minute to think."
- Then go to your room or send the child to his room so that you can calm down.

3. As a method for stopping a specific misbehavior.

- Be quick. Catch your child in the act. Waiting does not teach the child about the specific problem behavior.
- Don't overuse. Use time out for hitting, talking back, whining, or other specific problems.
- Keep calm. Your anger only adds fuel to the fire. This prevents you from being in control.
- Stick with it. Once you say, "Time Out," don't back down or be talked out of it. If you decide to use Time Out to control hitting, for example, use it every time your child hits.



SEPTEMBER 2008

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Families Working Together

By Elizabeth Pantley, author of *Kid Cooperation and Perfect Parenting* © 2002. Elizabeth Pantley, www.pantley.com/elizabeth.
Taken from: *Safe Children and Healthy Families Are a Shared Responsibility: 2006 Community Resource Packet*.
http://www.childwelfare.gov/preventing/toc_eng.cfm

- Chores help kids learn responsibility and feel like part of the family.
- Have a regular schedule for when the chores need to be done. A poster, chart or job board can help.
- When you give a new chore use four steps:
 - You do the job first with the child watching.
 - You do the job together.
 - Your child does the job while you watch and coach.
 - Your child does the job alone and you tell them things like “Thank you” or “Good job.”
- Ideas for chores:
 - Ages 2-3: Put away toys, help set table.
 - Ages 4-5: Get the mail, help with yard work, feed pets.
 - Ages 6-7: Clear table after meals, empty trash.
 - Ages 8-9: Sweep or mop the floor, do the dishes.
 - Ages 10-11: Help make dinner, mow lawn, clean kitchen.
 - Ages 12-14: Help with laundry, Clean bathroom.



OCTOBER 2008

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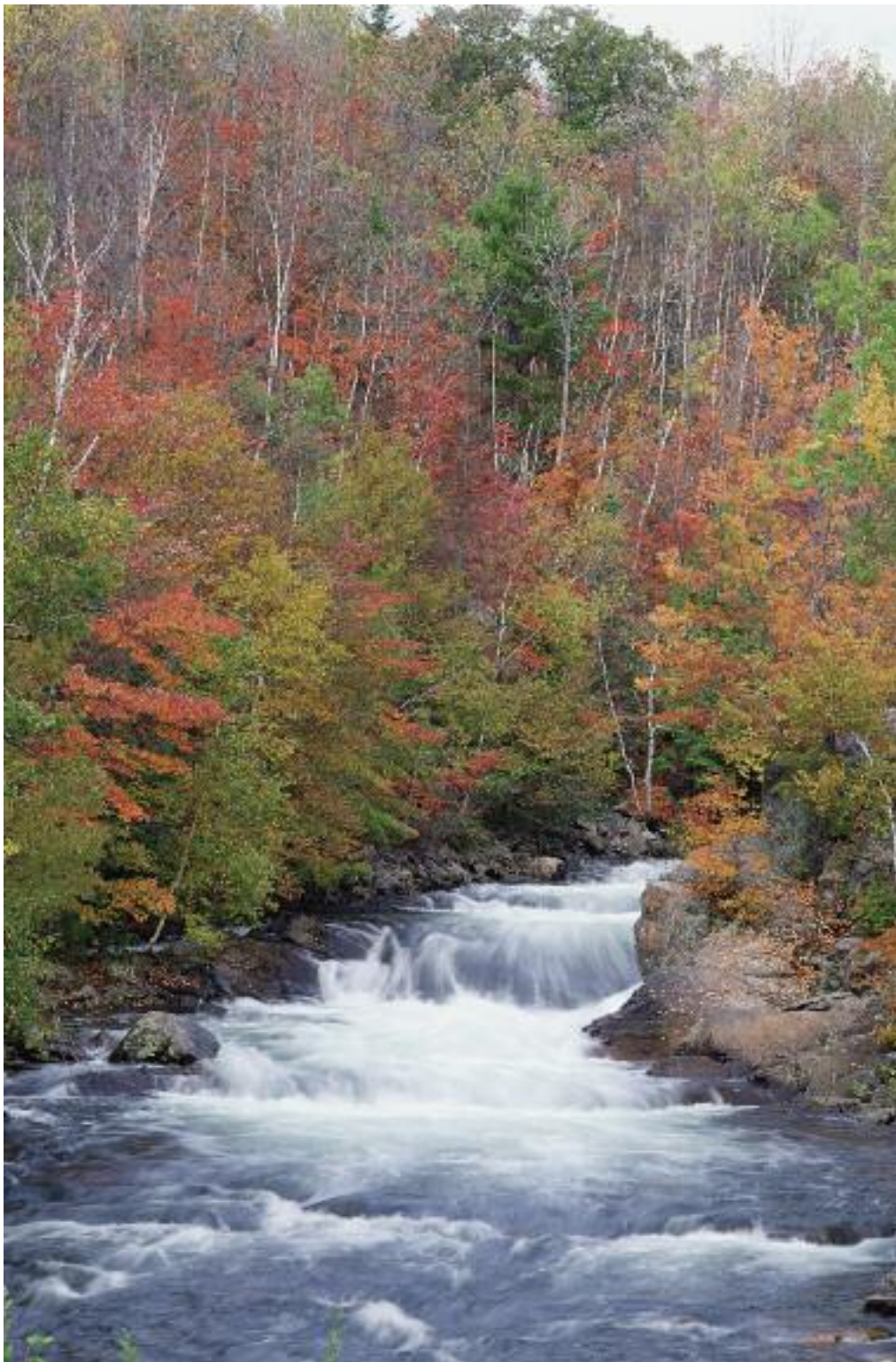
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What to do when your kids fight

By Elizabeth Pantley, author of *Kid Cooperation and Perfect Parenting* © 2002. Elizabeth Pantley, www.pantley.com/elizabeth. Taken from: *Safe Children and Healthy Families Are a Shared Responsibility: 2006 Community Resource Packet*. http://www.childwelfare.gov/preventing/toc_eng.cfm

- Let your child be alone when he wants to be away from his brother/sister.
- Do not compare one child to the other. This might make them fight more.
- When a new child comes into the family, prepare the older child for her new important role. Make her feel like it's her baby, too.
- Play detective. Watch and note when the kids are not getting along (**before dinner, in the car, before bed**) and plan separate quiet activities for those times.
- Watch how you treat each child. Make sure you are not playing favorites.
- Praise them when they are getting along or when they solve their own fights.
- Make each child feel special and important. Try to spend one-on-one time with each child every day.
- Take time out for yourself. Remember, brothers/sisters fighting is a normal and expected part of family life.



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Tips for talking with your kids

- Learn how to listen closely. Repeat what your child says so they know you heard them.
- Make eye contact.
- Get rid of distractions. Turn off the t.v., radio, etc.
- Ask questions that lead to conversation such as those beginning with “what, where, who” or “how.”
- Try not to ask questions that only need a yes or no answer.
- Talk about your ideas and feelings.
- Don’t be critical of your child’s ideas or feelings.
- Schedule time to talk on a regular basis.
- Admit when you don’t know something.
- Help kids find the answers to things you don’t know.
- Encourage them to ask questions.
- Try to answer their questions completely.



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Community Resources

Emergencies.....Dial 911

California Poison Control Network: (800) 876-4766

Child Abuse/ Child Abuse Prevention

- Child Abuse 24 Hour Hotline...1-800-540-4000
- Stop It Now! 888-PREVENT (888-773-8368)
- California Information and referral Network.....Dial 411
- Child Help® USA 1-800-4-A-CHILD (422-4453) or www.childhelpusa.org
- Baby Moses Hotline (**also known as the Safe Haven**)
- California Family Violence referral Directory www.dhs.ca.gov/epic/forefer/documents/forrefer.pdf
- California Domestic Violence Shelters Hotline by County www.bcdonline.com/sucasa/Hotline_list.pdf
- California Domestic Violence Hotlines http://safestate.org/documebnts/DV_Hotline.pdf

Drug and Alcohol Information

National Clearing House for Drugs and Alcohol Information
1-800-729-6686 or www.health.org

At-Risk Youth Teens

California Youth Hotline...1-800-843-5200
<http://www.youthcrisisline.org>

Child Care

California Child Care Program Office ...916-229-4500
<http://www.buildingchildcare.org/>

The following materials were used in writing this calendar:

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