



# 2024 Parenting Tips Calendar

*Strengthening Your Family*



**Texas  
Pediatric  
Society**

The Texas Chapter of the  
American Academy of Pediatrics

Incorporated in Texas

[GetParentingTips.com](https://www.getparentingtips.com)

# Resources For Your Family

## PARENTING SUPPORT

Parenting is a tough job! Find tips, resources, and support in your community at [GetParentingTips.com](http://GetParentingTips.com)

## YOUTH & TEEN HELP

[Texas Youth Helpline](http://TexasYouthHelpline.com)

Call: 800-98-YOUTH (800-989-6884)

Text: 512-872-5777

[dfps.state.tx.us/youth\\_helpline](http://dfps.state.tx.us/youth_helpline)

## DIAL 2-1-1

Find information about resources in your community  
[211texas.org](http://211texas.org)

## POISON CONTROL

Call 800-222-1222 for  
Texas Poison Center Network.

Call 9-1-1 if someone is not breathing or is unconscious.  
[Poison.org](http://Poison.org)

## CHILD & FAMILY SAFETY

[Texas Abuse/Neglect Hotline](http://TexasAbuse/NeglectHotline.org)

800-252-5400

[TxAbuseHotline.org](http://TxAbuseHotline.org)

[Healthy Texas Babies](http://HealthyTexasBabies.org)

[dshs.texas.gov/HealthyTexasBabies](http://dshs.texas.gov/HealthyTexasBabies)

## CHILD DEVELOPMENT

[Early Childhood Programs](http://EarlyChildhoodPrograms.org)

[citysearch.hhsc.state.tx.us](http://citysearch.hhsc.state.tx.us)

[Learning for Infants to 3 Years](http://LearningforInfants.org)

[littletexans.org](http://littletexans.org)

## DRUG & ALCOHOL ASSISTANCE

[Texas Substance Abuse Hotline](http://TexasSubstanceAbuseHotline.org)

877-966-3784

[Alcoholics Anonymous](http://AlcoholicsAnonymous.org)

888-425-2666

[Al-Anon.org](http://Al-Anon.org)

[Narcotics Anonymous](http://NarcoticsAnonymous.org)

818-773-9999

[NA.org](http://NA.org)





# Healthier Parent-Child Relationships

Building any relationship takes work, and your parent-child relationship is no different and is one of the most critical ones that you'll ever form. Below are ways to help you and your child create meaningful bonds now and for years to come.

- **Encourage Open Communication.** If your child wants to talk, try to stop what you're doing and be present, even if it's to ask them to give you a minute to finish what you're doing. By giving your full attention, your child will know that they can come to you for help, and you'll make them a priority. This also teaches your child patience and makes them feel safe.
- **Make Time to Connect.** Try to check in with your child for 10 minutes every day. Bedtime is great for giving your child the opportunity to share anything they might want to talk about.
- **Deal with Big Emotions.** Emotions are a part of life. Your child will have times when they feel angry, sad, scared, and other big emotions. Help them learn to recognize the emotion they are feeling. It is important for children to know it is ok to have big emotions and they can learn healthy ways to handle them. Children learn by watching you model healthy ways to cope.
- **Say "I Love You" Often.** This one is key to building a healthy parent-child relationship! It is often implied that we love our children, but be sure to tell them every day, no matter what age they are.



Scan this QR code to read our article:

5 Steps to a Healthier Parent-Child Relationship



# January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 New Years Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# How to Deal with Anxiety as a Parent

Parenting is hard. It's hard all on its own, so when you throw in all of life's other responsibilities, it can be overwhelming at times. It's important to learn how to stay calm and deal with anxiety before reacting to a situation in a negative way.

- **Know their stressors.** Knowing your child's triggers may help prevent meltdowns. Common triggers for children include being tired, hungry, or overstimulated.
- **Learn when to walk away.** Taking a break is one of the most natural remedies for anxiety and it can happen in many forms. Taking a break mentally, emotionally, and physically, when needed, is important.
- **Say Sorry.** When a situation arises use it to understand why everyone is upset, discuss how everyone can react differently in the future, and model positive behavior by saying "I'm sorry" when needed.
- **Be Patient.** Managing your emotions in stressful situations takes time. Not everything will work the first time around but the more aware you are of your stress levels, the easier it will become to stop an eruption before it happens.
- **Self-care.** Think about what brings you joy and what recharges you. It can be something large or small. Even something as simple as taking a hot shower or spending time in nature. Taking care of yourself teaches your children healthy practices.



Scan this QR code to read our article:

Dealing with Anxiety as a Parent



# February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Groundhog Day	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 President's Day	20	21	22	23	24
25	26	27	28	29		

# Safe Sleep

Understanding the importance of safe sleep practices can give you and your baby a more peaceful night of sleep. Use the following tips for safe sleep practices at bedtime and naptime.

- **Follow the ABCs of Safe Sleep.** Babies should sleep **A**lone, on their **B**ack, in a **C**rib with a firm mattress and a tight-fitting bottom sheet, and in a cool and Smoke-free environment.
- **Safe sleep surface.** Babies should always sleep on a safe sleep surface. The recommendation for a safe sleep surface is a crib, bassinet, portable crib, or play yard.
- **Share a room not a bed.** It is recommended that parents share a room with their infant, not a bed, until they are at least six months old, and a year is even better. Once they move into their own room you can use a baby monitor to keep an eye on them.
- **Safe sleep for babies means no bumpers, toys, or extra bedding in the crib, which can lead to potential risk of suffocation, strangulation, or entrapment.**

Scan this QR code to  
read our article:

Safe Sleep



# March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Texas Independence Day
3	4	5	6	7	8	9
10 Ramadan	11	12	13	14	15	16
17 Saint Patrick's Day	18	19	20	21	22	23 Earth Day
24 Purim	25	26	27	28	29	30
31 Easter Sunday	Holi				Good Friday	

# Encourage Social and Emotional Development

Everything you do with your child brings opportunities for social and emotional development. Here's a list of a few activities that can help you nurture your child's development.

- **Sharing.** Make sharing a game! Give your child a cookie and ask them to break it in half and share it with a friend or sibling. When children experience the joy of sharing and making someone else happy (and enjoying half a cookie for themselves), they will be more likely to share again.
- **Cooperating.** Cooperation is working together for the common good instead of competing against others to try to win. What does cooperating look like for a young child? It could include patiently waiting in the grocery checkout line or putting away bath toys without complaining. When you see your child cooperating, praise their kind behavior!
- **Listening.** Listening requires giving full attention. It isn't always easy but when you do it shows the importance of listening, being present, and makes sure your child is engaged before you try to communicate something.
- **Following Directions.** Find fun and positive ways to show that following directions is important. Cooking together is a great way to practice following directions.

Scan this QR code to read our article:

Encourage  
Social and  
Emotional  
Development



# April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 April Fools Day	2	3	4	5	6
7	8	9 Eid al-Fitr	10	11	12	13
14	15	16	17	18	19	20
21	22 Passover	23	24	25	26	27
28	29	30				

# Parenting Strategies for the Busy Mom

Moms do it all. Here's a few tips for maintaining a healthy balance for moms juggling school, work, and children's emotional needs.

- **Be real with your kids.** Be as transparent as possible with your children when dealing with family changes or stressful times. Allowing yourself to be vulnerable helps children learn how to deal with and process their emotions in healthy ways too.
- **Relationship modeling.** Making sure your marriage or co-parenting relationship is strong, kind, and healthy helps the entire family.
- **Have individual time with each child.** One-on-one quality time is essential, especially when you have multiple kids. It doesn't have to be an elaborate outing; it can be as simple as having a backyard picnic or going to a park. Kids appreciate your undivided attention.
- **Mom stress is real.** Motherhood is hard and overwhelming. Fortunately, you do not have to do it alone! Find other moms to build your support system. This could be moms from your child's class, friends, family, or an online community.

Scan this QR code to read our article:

Parenting  
Strategies for  
the Busy Mom



# May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
Cinco de Mayo						
12	13	14	15	16	17	18
Mother's Day						
19	20	21	22	23	24	25
26	27	28	29	30	31	
	Memorial Day					

# Helpful Tips for Single Dads

Single parenting comes with plenty of challenges. When parents divorce or separate, dads must deal with their own feelings while also being there for their children and helping them process their feelings about some big life changes.

- **Put the kids first.** In divorced families or those with separated parents, it is important to still work together. Having both parents play a present and active role in their kids' lives helps ensure that their needs are met and that they feel more secure.
- **Support your child's experience.** Children go through a lot when family life changes. Even if it seems like kids are doing fine, they may be struggling with their feelings but not sharing them. It's important for parents to start supportive conversations.
- **Create consistencies.** Think about how you and your co-parent can be on the same team without being in the same house. Let each other know about school events and scheduling needs. Rules for homework, digital media, and bedtimes should be similar between the two homes.
- **Find reliable childcare.** When you know your children are in a safe place, it's much easier to focus on your own work or schooling. Finding affordable, dependable childcare can seem overwhelming, but it's worth it.

Scan this QR code to  
read our article:

Helpful Tips for  
Single Dads



# June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
					Flag Day	
16	17	18	19	20	21	22
Father's Day Eid al-Adha			Juneteenth	Summer Solstice		
23	24	25	26	27	28	29
30						

# Pedestrian and Bike Safety

Helping your child get ready to go out on their own—on foot or a bike—is a big step for the entire family. Practicing pedestrian and bicycle safety with your child can give you peace of mind and be lots of fun for everyone. We're here to help with tips and guidelines below.

- **Always wear a helmet.** It's important to wear a helmet at any age, whether it's on a bicycle, scooter, or rollerblades.
- **Don't blend in! Make sure you're easy for others to see.** To help drivers, other cyclists, and pedestrians see your child, have them wear brightly colored clothing, backpacks, hats, or jackets. If possible, have your child wear items with reflective materials or add reflective tape to their helmet
- **Be aware of your surroundings.** It's important to teach your child to always pay attention to what's going on around them and to watch out for moving vehicles. When you're walking or riding with your child, be sure to put away your cell phone and headphones or earbuds until you reach your destination.
- **Walk or ride where it's safe.** If you're walking, use the sidewalk. If there isn't one, walk on the left side of the road. Always walk facing oncoming traffic so you can see cars coming toward you and drivers can see you.

Scan this QR code to read our article:

Pedestrian and  
Bike Safety



# July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Independence Day	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			

# Prepare for the New School Year

Whether you're dropping off that brand-new kindergartener or waving goodbye to your teenager as they drive away, it's important to help your kids prepare for the first day of school. By helping them understand what to expect, you can reduce some of the jitters.

- **Make sure vaccinations are up to date.** Before the first day, check with your child's school and doctor to make sure they have all required vaccinations and necessary forms completed to start the school year.
- **Let Your Child Pick Out School Gear.** Prepping the gear your child will need for the year, such as a backpack and lunch kit, can help them feel like they are ready on that first day. This is especially important if you have a kindergartener or a child who has never been to school before.
- **Visit Your New Campus.** Tour your new school ahead of time so your child can learn the layout of the campus and know where they are going on the first day.
- **Send a Love Note!** On the first day of school, include a note in your child's lunchbox or backpack. It doesn't need to be long—just provide a few words encouraging them to have a good day and reminding your child that you love them. If your child can't read yet, draw a picture or even just a heart!

Scan this QR code to read our article:

Prepare for the  
New School  
Year



# August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				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

# Babyproofing Your Home

Babyproofing your house is a big job, and you're going to want to give yourself lots of time to make sure your home is as safe as possible when your little one starts exploring. We've shared some things to consider below.

- **Stairs.** If you have stairs in your home, use baby gates at both the top and bottom of the stairs. Gates that screw into the walls with mounted hardware are the safest choice.
- **Pets.** Always watch babies around pets to prevent a bad encounter from happening. It's also a good idea to keep animal food and water bowls behind a closed door and away from baby's reach since little ones will put most anything in their mouths.
- **Doors and Drawers.** Secure the oven door, fridge, kitchen drawers, toilet lid, and cabinets with babyproof latches or locks. You may also consider doorknob covers for doors that lead outside or to areas that could be dangerous for them.
- **Cleaning Supplies.** Move cleaning products, including dishwasher and laundry pods, out of reach. Be extra careful with brightly colored products that may look or smell like candy.
- **Medicine.** Keep all pills and medicine out of reach and ask for childproof lids when you pick up prescriptions.
- **Water.** Never leave young children alone in the bathtub. Always drain the tub immediately after bath time.

Scan this QR code to read our article:

Babyproofing  
Your Home



# September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Labor Day	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					

# Teen Driving Danger Zones

Your teen just got their driver's license, a milestone that is both exciting and scary. The good news is that they will develop a sense of independence. The scary part is making sure they stay safe while behind the wheel. You can help protect them and others on the road by making sure they know and follow the laws and rules that come with this new privilege.

- **Before you even put the car in gear make sure everyone is wearing a seat belt—front seat and back.** Seat belts save lives, yet studies show that teens and young adults are the least likely to use them. Seat belts are the best defense against motor vehicle injuries and fatalities.
- **Let only one passenger ride with you.** Peer pressure is strong in the teen years, and it can lead to dangerous distractions when it comes to driving. You can protect your teen by limiting the number of passengers they are allowed to have in their car.
- **Put away your phone before starting the car. No exceptions.** Phones, food, friends—all of those take any driver's mind off the road. But the risk of an accident is higher for teens because they're much less experienced drivers.
- **Never drive after drinking alcohol or taking any drug that affects your reflexes or judgment. Arrange for a safe ride instead.** Talk to your teen about having a code word or phrase that they can use to let you know if they ever do not feel safe and need a ride.

Scan this QR code to read our article:

Teen Driving  
Danger Zones



# October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Rosh Hashanah	4	5
6	7	8	9	10	11	12 Yom Kippur
13	14 Indigenous People's Day	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Halloween		

# Car Safety Tips for Every Trip

Driving with young children takes planning and patience. You can't always stop kids from fussing or squabbling in the car, but you can take steps to keep yourself calm and in control.

Here a few car safety habits that can make every trip more pleasant.

- **Plan ahead for your trip.** Have the items you need while driving close at hand, so you don't have to reach for anything.
- **Don't use a mobile device while driving.** Texting and talking can wait. If you use your phone to stream music while you drive, set it up before you drive off.
- **Pull over and stop in a safe location if you need to tend to a child.** Never turn around or reach to the back seat while driving.
- **Find fun activities to do when driving.** Travel games like visual scavenger hunts, road trip bingo, exploring shapes, I spy, and the license plate game are great travel games to encourage family time on the road.
- **Pack healthy snacks!** Letting kids help pick out their snacks may help reduce tantrums on the go. Aim for two food groups in each snack like apples and peanut butter or cheese and carrots.

Scan this QR code to  
read our article:

Car Safety Tips  
for Every Trip



# November 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Election Day	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Day	29 American Indian Heritage Day	30

# Planning Your Family's Budget

Dealing with family finances is not always easy, which is why we often put it on the back burner. Setting a family budget is a great way to agree on how money is spent, saved, and it can help reduce the frustrations that come with worrying about money. Use these tips to start planning today.

- **List your income.** Write down all sources of your family's monthly income. This could include paychecks, automatic deposits, income from contract work, interest from savings, or investment income like stock dividends.
- **List your monthly bills.** Write down all the payments you make each month. These could include your mortgage or rent, utility and phone bills, insurance premiums, groceries, and transportation expenses (car maintenance, gas, bus fees, toll fees). Then write down all the extra items that you spend money on such as eating out, entertainment, and TV or streaming subscriptions.
- **Set the budget.** Start by creating a budget for one month to get a feel for how it's working for your family. Keep notes about what works and what doesn't and make any necessary adjustments to the amounts you set.
- **Stick with it.** Getting the hang of budgeting may take time so expect some bumps along the way. Budgeting is not only a great way to gain control of your finances, but you can teach your children this important skill early in life by helping them create an age-appropriate budget.

Scan this QR code to read our article:

Planning Your Family's Budget



# December 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
						Winter Solstice
22	23	24	25	26	27	28
		Christmas Eve	Christmas Day Kwanzaa Hanukkah			
29	30	31				
		New Year's Eve				

# 2024 Parenting Tips Calendar

Each month of this calendar contains topics with tips on raising happy, healthy kids.

Please visit [GetParentingTips.com](https://www.GetParentingTips.com) for more information and resources.

For tips and resources throughout the year, visit our page on Facebook!

<https://www.Facebook.com/GetParentingTips>



[GetParentingTips.com](https://www.GetParentingTips.com)



The Texas Chapter of the  
American Academy of Pediatrics

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