



# 2025

## Parenting Tips

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## CALENDAR

**Strengthening Your Family**

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

## Habits for a Healthy Lifestyle

We want the best for our children and families. Healthy habits create stronger bonds with children as they grow and can help keep parents motivated.

- Lead by example and get moving.
- There are moments when you don't feel like exercising, but even a walk around the neighborhood is better than staying on the couch.
- Choose an activity the whole family enjoys and start creating healthy habits today.



# 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	20 Martin Luther King Jr. Day	21	22	23	24	25
26	27	28	29	30	31	



Scan for more tips  
on healthy habits.

## Power of Positive Discipline

Positive discipline focuses on what you want your child to do rather than telling them what they can't do. Your child learns from everything you say and do, including how you respond to stressful moments.

- Praise good behavior. Look for opportunities to provide specific, positive feedback about your child's behavior.
- Giving detailed reinforcement on the spot helps your child take pride in good behavior.
- When your child slips up, you can discuss the right way to handle a situation.



# February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Washington's Birthday	18	19	20	21	22
23	24	25	26	27	28	

Scan for more tips  
on positive discipline.



## Ways to Calm a Crying Baby

A fussy baby can be stressful. Feeling exhausted, frustrated or guilty about feeling frustrated are all common reactions. Crying is how newborns communicate their needs. Try these tips to respond to your crying infant:

- If your baby doesn't have a dirty diaper and it's not time for them to eat or nap, try holding your baby close to you and hum or "shush" calmly.
- Provide a gentle swing, rock or bouncing motion.
- A short ride in the car or stroller also provides a soothing motion that can sometimes calm a crying baby.



**March**

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	29
30	31					



Scan for more tips  
on caring for babies.

## Boost Your Child's Confidence

Self-esteem and self-confidence means having a sense of security in who you are, that you have self-worth, and that you can handle challenges as they arise. Help set your child up for success.

- Kids learn best from tackling challenges that are appropriate for their age and ability.
- Help children attempt challenges that are just a little outside their current ability or comfort zone, but not so far outside that they will want to give up.



April

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	29	30			

Scan for more tips on boosting your child's confidence.



# Babyproof Your Home

The goal of babyproofing your home is to find and remove anything that could be dangerous to your child. We've identified some common dangers to get you started:

- **Appliances.** Move small appliances (such as toasters or coffee makers) away from counter edges and low shelves, and make sure all electrical cords are secured.
- **Cleaners and chemicals.** Keep items such as household cleaners, detergent pods and bug spray out of children's reach and in their original containers. Keep all the safety warnings and information handy.
- **Furniture.** Make sure any furniture or appliance that could tip over is secured properly.



May

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	29	30	31
	Memorial Day					

Scan for more tips  
on baby safety.



## Water Safety

If you have a pool or hot tub at home or are visiting a place to swim, consider creating family rules for water safety. Even after you talk about the rules, make sure young children and new swimmers cannot access the pool without an adult. Here are some more water safety tips:

### Do:

- Have an adult in charge of watching children swim.
- Store pool chemicals securely out of reach of children.

### Don't:

- Leave children unsupervised near a pool, hot tub or other body of water.
- Leave toys in or near a pool.



June

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 Juneteenth	20	21
22	23	24	25	26	27	28
29	30					

Scan for more tips  
on water safety.



## Managing Teen Anger, Anxiety and Stress

The demands of parenting take a new turn when your child becomes a teenager.

The challenges teens face today can be different than the ones their parents had faced as a child.

- Talk and listen. Some anxiety is common. Let teens know it's OK to feel this way and that you are always there to listen to any problem they may have.
- Encourage them to journal to understand their feelings or talk to a school counselor or another responsible adult.



# July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		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		



Scan for more tips on  
handling teen stress.

## Setting a Back-to-School Schedule

Having consistent daily routines will help everyone succeed during the school year. Knowing what to expect can also help everyone feel calmer on the first day of school and beyond.

- Build consistent morning routines by thinking about how much time you and your child will need in the morning.
- Start with the time you must be at your job or school, and work backward to make a plan so you won't be late or feel rushed.
- Don't forget to leave yourself a few extra minutes in case something unexpected comes up.



# 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	29	30
31						

Scan for more tips on getting ready for the school year.



## How to Talk About Peer Pressure

When we think about peer pressure, we usually think of teenagers. But did you know children begin to care what their peers think as young as 3 years old?

- Start correcting children when you notice they're following their peers in a way that could be dangerous or doesn't align with your family rules. This can help boost confidence in their ability to tell right from wrong.
- Remember that your words and actions matter. Being a positive role model and praising your kids for good decisions are good ways to address peer pressure.



# September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day	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				



Scan for more tips  
on peer pressure.

## Driveway and Parking Lot Safety

As a parent, your child's safety is always a top concern. Driveways and parking lots pose risks to toddlers and young children because they are small, fast and don't understand how dangerous cars can be.

- Hold hands in parking lots.
- Make a habit of carrying your toddler or using a stroller or shopping cart to keep small children out of drivers' blind spots.
- Hold hands with older children and teach them to watch for cars backing up, as drivers may not be able to see them.



October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FIRDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13 Columbus Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Scan for more tips  
on child safety.

## Helping a Child Who is Grieving

Children experience loss and grief in different ways. Some may be affected more than others by losses such as having a friend move away or passing of a pet. The following tips can help children process loss in their own ways:

- Explain loss in simple, direct terms that are appropriate for each child's age, experiences and viewpoints.
- Allow children to ask questions at their own pace and answer their questions as simply and honestly as you can.
- It's important to remember that children grieve differently than their parents and siblings.



# November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11 Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving	28	29
30						



Scan for more tips on  
helping a grieving child.

## Tips for Effective Step-Parenting

Step-parenting can have its own unique set of dynamics that can cause stress, anxiety and conflict.

- Biological parents and step-parents may have different ideas on how to raise children.
- Coming to an agreement on the step-parent's role and how to set rules and boundaries helps the adults work together more effectively. It also helps the child feel more secure and understand what is expected.



**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	20
21	22	23	24	25	26	27
28	29	30	31	Christmas Day		



Scan for more tips  
on step-parenting.

# Resources For Your Family

## PARENTING SUPPORT

Find tips, resources and support in your community at [GetParentingTips.com](https://www.getparentingtips.com).

## YOUTH & TEEN HELP

Texas Youth Helpline  
800-989-YOUTH (800-989-6884)  
[dfps.texas.gov/youth-helpline](https://dfps.texas.gov/youth-helpline)

## DIAL 2-1-1 TEXAS

Find information about resources in your community at [211texas.org](https://211texas.org) or call **211**.

## FOOD, HOUSING, HEALTH CARE

Texas Department of Housing and Community Affairs

Help with rent, emergencies, homelessness and more.

[tdhca.state.tx.us](https://tdhca.state.tx.us)

## CHILD & FAMILY SAFETY

Texas Abuse Hotline  
800-252-5400  
[TxAbuseHotline.org](https://TxAbuseHotline.org)

Maternal and Child Health  
[dshs.texas.gov/HealthyTexasBabies](https://dshs.texas.gov/HealthyTexasBabies)

## POISON CONTROL

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

Call **9-1-1** if someone is not breathing or is unconscious.

## CHILD DEVELOPMENT

Early Childhood Programs  
[CitySearch.hhsc.state.tx.us](https://CitySearch.hhsc.state.tx.us)

Learning for Infants up to 3 Years  
[littletexans.org](https://littletexans.org)

## Texas WIC

For Women, Infants and Children under 5 years old

800-942-3678  
[TexasWic.org](https://TexasWic.org)

## DRUG & ALCOHOL USE

Mental Health TX  
[mentalhealthtx.org](https://mentalhealthtx.org)

# Call 911 in Emergencies

## LEGAL ASSISTANCE

Texas Attorney General

Child Support Division

800-252-8014

TexasAttorneyGeneral.gov/cs

Texas Law Help

TexasLawHelp.org

Texas Legal Services Center

tlsc.org

## NOTES

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## NOTES

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## IMPORTANT NUMBERS

PEDIATRICIAN: \_\_\_\_\_  
DENTIST: \_\_\_\_\_  
PHARMACY: \_\_\_\_\_

HOSPITAL: \_\_\_\_\_  
EMERGENCY CONTACT #1: \_\_\_\_\_  
EMERGENCY CONTACT #2: \_\_\_\_\_

# 2025 Parenting Tips Calendar

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