



2026

Parenting Tips

CALENDAR

Strengthening Your Family

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

Dealing with Life Changes

Changes both big and small can affect regular routines and children's emotions.

- Prepare by helping your child understand what to expect and how things may look with the change.
- Try to stick with family routines such as set mealtimes, playtime, bath time and bedtime.
- Help your child find coping skills, such as listening to music, writing or drawing in a journal or going for a walk.



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 Martin Luther King Jr. Day	19	20	21	22	23	24
25	26	27	28	29	30	31

Scan for more tips on
dealing with life changes.



Tips for a Good Night's Sleep

Did you know that sleep is essential for a child's mental and physical development? Children who get plenty of sleep are more alert during the day, which helps their memory development, ability to concentrate, and other cognitive skills.

- Avoid caffeine and sugar later in the day because it can reduce sleep quality.
- Daily outside playtime and sunlight help kids' bodies produce melatonin, which is a natural sleep aid.
- Have an early dinner. Eating too late can cause kids to be more alert and have difficulty falling asleep.



February

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

Scan for more tips on
getting a good night's sleep.



Ways to Help Your Baby's Brain Grow

Your baby's brain grows rapidly until about the age of 3. During this critical time, parents can do many things to promote healthy baby growth, including positive brain development.

- Increase your baby's word count by talking, singing and reading to her as much as you can.
- Babies respond to voices, body language and facial expressions. Looking into your baby's eyes provide what her brain needs most — the presence of a caring person.
- Between 0-9 months, a baby's vision can be improved by showing toys that are different sizes, colors, shapes and textures that she can touch.



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 baby brain development.

Positive Parenting Techniques for Teens

Parenting teens can be challenging. Consistent and calm communication is your greatest tool to maintain positive and effective discipline and help teens learn from their mistakes.

- Be predictable by setting clear expectations and consequences.
- Look for opportunities to praise your teens to improve their confidence.
- Be a good role model by demonstrating the skills you want your teens to learn, such as keeping a commitment when you make one.



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 positive parenting for teens.



Setting Healthy Screen Time Limits

Children learn and grow through unstructured playtime and physical activity. It's easy to spend a lot of time in front of a screen, but screen time should be an add-on rather than a replacement for these important activities.

- Kids spend hours sitting at school desks and doing homework, so choose fun activities that get kids up and moving.
- Use screen time to interact with your child.
- Designate media-free zones during mealtimes, family outings, and at least an hour before bedtime.



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
	Memorial Day					

31

Scan for more tips on
setting screen time limits.



Tips for Water Safety (Open Water)

Texas has many bodies of water that offer opportunities to make fun family memories. Before you go to an outdoor water area, talk with your children about water safety.

- **Always** swim with a buddy — that goes for adults, too.
- **Don't** let kids of any age roughhouse in water.
- **Always** stay within the designated swimming area.
- **Don't** let kids swim in murky water or near drop-offs.
- **Always** wear a life jacket when on a boat or swimming in open water.
- **Don't** let kids swim around boats or other watercraft.



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.



Expert Tips for Potty Training

While a potty-trained child is something all parents look forward to, potty training itself can be something many parents dread. Timing is important. Begin potty training when life is as normal as possible and no major changes are taking place.

- Choose a two- to three-day period to introduce the basics of potty use.
- Have at least one parent who can focus solely on your child and his potty habits. Have some fun activities planned to do with your child so he stays engaged with you.
- Accidents happen when potty training. Never scold or shame your child for having an accident. Instead, put all your focus on his good potty behaviors.



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 potty training.

Help Your Teen Prepare for Adulthood

Helping kids become responsible adults is a parent's goal. Parenting teens takes patience, consistency, discipline and love. It's important that you give grace where you can and are consistent when teaching responsibility and life skills that will prepare them for life after high school.

- Laundry is something kids can do on their own by age 10. Your teen's chores could include washing clothes, folding, ironing, and keeping dirty clothes in a laundry bin instead of on the floor.
- Knowing how to interview for a job is another life skill your teen will need, from writing a resume to how to make a good first impression.



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 helping
a teen prepare for adulthood.

Strategies for the Single Parent

As a single parent it's common to feel overwhelmed sometimes. No matter how you came to be a single parent, you're not alone on this journey. You'll find your rhythm in single parenting and be OK!

- Surround yourself with people you trust and can lean on for support. Don't be afraid to ask them for help when you need it.
- Take time to do meaningful and fun activities with your children on a regular basis by reading books, playing games, or letting them help you cook dinner.
- Self-care is essential when you are a parent. It may seem like a luxury, but taking care of yourself is something every parent needs to find time to do.



September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Labor Day	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
single parent strategies.

Encouraging Healthy Sibling Relationships

Many siblings are competitive with each other, and healthy competition in children is developmentally appropriate. It's the parents' job to notice when healthy competition turns into sibling rivalry.

- Treat your children as unique individuals and avoid showing favoritism, as it can lead to jealousy and fighting between siblings.
- Allow siblings the opportunity to resolve their conflicts. Be sure to recognize their efforts and praise them when they find a solution.
- Spending quality time with each child can be important in minimizing sibling rivalry. Try creating a special activity with each child that includes one-on-one time.



October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FIRDAY	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



Scan for more tips on healthy sibling relationships.

Cooking Safety for the Whole Family

Making family recipes with your children can keep family traditions alive and create new ones. As children get older and learn basic kitchen safety, they can start to have more responsibility in the kitchen.

- Be very clear that things in the kitchen aren't toys, such as knives, the stove, and the oven.
- Don't hold a child while you are standing at the stove, using a knife or handling hot items.
- Every child is different, and only you will know when your child is ready to use certain kitchen tools. Take things slow and be sure to supervise at all times.



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 Thanksgiving	27	28
29	30					



Scan for more tips on family cooking safety.

Tips for a Growing Family

Whether through childbirth or adoption, adding a child to your family can be joyful and challenging. Here are some tips for integrating a new member of your family.

- Establishing daily activities and using a planner or calendar can help the whole family.
- Make sure children feel special and a part of their family by getting them involved in planning, including letting them pick out clothes, toys and books for the new sibling.
- Maintain your children's routine as much as possible. Eating, playing and napping at the usual times can help your children feel secure even with all the changes in your growing family.



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
					Christmas Day	
27	28	29	30	31		



Scan for more tips
on a growing family.

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

DIAL 2-1-1 TEXAS

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

FOOD, HOUSING, HEALTH CARE

Texas Department of Housing and Community Affairs

Help with rent, emergencies, homelessness and more.

tdhca.texas.gov

CHILD & FAMILY SAFETY

Texas Abuse Hotline

800-252-5400

[TxAbuseHotline.org](https://www.txabusehotline.org)

Maternal and Child Health

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://www.citysearch.hhsc.state.tx.us)

Texas WIC

For Women, Infants and Children under 5 years old

800-942-3678

[TexasWic.org](https://www.texaswic.org)

DRUG & ALCOHOL USE

Mental Health TX

[mentalhealthtx.org](https://www.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

NOTES

IMPORTANT NUMBERS

PEDIATRICIAN: _____

DENTIST: _____

PHARMACY: _____

HOSPITAL: _____

EMERGENCY CONTACT #1: _____

EMERGENCY CONTACT #2: _____



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

