

# October 2022



## Parenting Tips

October 1

Spend time with your children. Feelings of affection and trust may be your children's strongest allies. Give them a hug. Let them know you love them.

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## Parenting Tips

October 2

Always be looking for ways to improve your parenting skills. Check with churches, civic groups and community agencies for parenting classes.

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## Parenting Tips

October 3

When traveling by car, try planning a stop at each state welcome center. Free regional coupon booklets and travel brochures listing special discounts are usually available.

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## Parenting Tips

October 4

Each and every day give each of your children a hug and say "I love you." The years fly by and we only have a short time to have a positive influence on them.

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## Parenting Tips

October 5

Teach your children social skills, such as: good manners, sharing, listening and respecting others' needs, opinions and differences.

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## Parenting Tips

October 6

Tell your child about something funny that happened to you when you were a child. Encourage your parents to tell their grandchildren stories about your childhood also.

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## Parenting Tips

October 7

Limit your child's TV viewing. Children who are watching television are not playing outside, thinking or being creative. When possible, watch television with your child. Help them make smart viewing selections and talk about what they have just seen.

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## Parenting Tips

October 8

Know your child's friends. Encourage your child and his/her friends to spend time at your house. This may help you have a better idea of what is going on in your child's life.

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## Parenting Tips

October 9

Thank your children's teachers for their efforts throughout the school year. If you feel they did an exceptional job, write a note to the principal explaining their exertions with your child.

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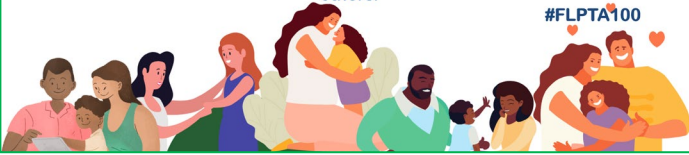


## Parenting Tips

October 10

Volunteer to help a charitable organization for a few hours each month. Look in the yellow pages under "Social Service Organizations." Look for ways that your children can help you help others.

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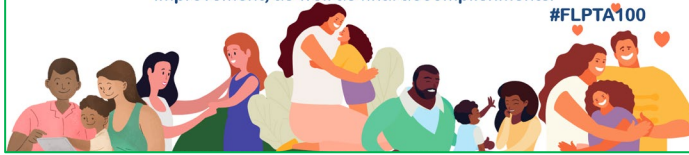


## Parenting Tips

October 11

Do not restrict your compliments to completed tasks. By systematically encouraging your children's *efforts*, rather than just achievements, you can help your child see value in work and improvement, as well as final accomplishments.

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## Parenting Tips

October 12

Help children learn responsibility by being responsible yourself. Call if you are going to be late.

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## Parenting Tips

October 13

Some parents find it helpful to have an alarm clock for a child who is not a morning person. This can also help him or her be more responsible for their own schedule.

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## Parenting Tips

October 14

Praise your children for their first attempts at writing. It may not look that good at first, but be assured that it will develop as the child practices.

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## Parenting Tips

October 15

Making and using puppets is an easy way to help children express their feelings. Sock puppets can be made by sewing on buttons for eyes. Your child creates the mouth by putting a hand inside.

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## Parenting Tips

October 16

Even if your child does not ask questions, initiate conversations about sex. Studies show that teenagers who talk with their parents about sex are more likely to postpone sexual activity.

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## Parenting Tips

October 17

A young child needs about ten hours of sleep a night. Set a regular bedtime for your child and stick to it.

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## Parenting Tips

October 18

Plan to attend Open House at each of your children's schools. This is a time to become more familiar with your child's surroundings, not to have a conference about your child's progress. Set up a separate appointment to discuss each child's achievements.

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# October 2022



## Parenting Tips

October 19

Make contact with a parent of one of your child's classmates. Agree to chat every few weeks about how school is going. You will find many ways to support each other.

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## Parenting Tips

October 20

It is important to help children recognize appropriate ways of expressing their feelings about death. Try using books, games, puppets and photographs to help them talk about their loss and share memories.

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## Parenting Tips

October 21

Parents seeking to instill patience in their children are way ahead of the game if they are able to display patience themselves.

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## Parenting Tips

October 22

Everyday ask yourself, "Do I pay more attention to my children when they are bad than when they are good?"

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## Parenting Tips

October 23

Say "I love you" often. Be sure to say it in the morning before they go to school and the last thing they hear at night.

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## Parenting Tips

October 24

If you or your children ride your bicycle at night, make sure you have a proper headlight, a red rear reflector and side reflectors. Wear white or reflective clothing.

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## Parenting Tips

October 25

Children remember things better when they discover them on their own. Encourage independence by allowing your children to try new things within reasonable guidelines for their age.

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## Parenting Tips

October 26

Be a tourist in your own town. Pack a picnic lunch, invite some friends, bring a camera and take advantage of local museums and parks.

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## Parenting Tips

October 27

Your children will learn more about how to show respect by watching the way that you respect them, other family members, co-workers and your friends.

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# October 2022



## Parenting Tips

October 28

Show your children your love by sharing your time, listening and being involved in their activities. Children spell love - TIME.

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## Parenting Tips

October 29

On your next trip to the library, look up the history of your area. Find out who were the first people to live there. Find out what makes this area unique.

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## Parenting Tips

October 30

Remember to drive as you wish your kids would drive. Children are great imitators and will notice if you speed or drive recklessly.

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## Parenting Tips

October 31

Parents need a support network as a source of strength. Talk with family and friends often. Share your concerns and ask for help when you need it. Offer your support to them as well.

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