



2018

# Pingu's English Calendar



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# January

M	T	W	T	F	S	S
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				

Tips for  
Parents

## Schedule daily special time.

Let your child choose an activity where you hang out together for 10 or 15 minutes with no interruptions. There's no better way for you to show your love.

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February

M	T	W	T	F	S	S
			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				

Tips for  
Parents

## Talk about what it means to be a good person.

Start early: When you read bedtime stories, for example, ask your toddler whether characters are being mean or nice and explore why.

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March

M	T	W	T	F	S	S
			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	



Tips for  
Parents

## Set up a “gratitude circle” every night at dinner.

Go around the table and take turns talking about the various people who were generous and kind to each of you that day. It makes everyone feel good.

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April

M	T	W	T	F	S	S
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						

## Eat at least one meal as a family each day.

Sitting down at the table together is a relaxed way for everyone to connect, a time to share happy news, talk about the day, or tell a silly joke. It also helps your kids develop healthy eating habits.

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May

M	T	W	T	F	S	S
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			

Tips for  
Parents

## Show your child how to become a responsible citizen.

Find ways to help others all year. Kids gain a sense of self-worth by volunteering in the community.introducing a new word every day.

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A photograph of a woman and a young girl lying on their backs on a grassy field. They are smiling and laughing. The woman has her arm around the girl. The background is a bright, sunny day.

June

M	T	W	T	F	S	S
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	

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Tips for  
Parents

## Acknowledge your Kid's strong emotions.

When your child's meltdown is over, ask him/her, "How did that feel?" and "What do you think would make it better?" Then listen to him/her.

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**July**

M	T	W	T	F	S	S
				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					

**Tips for  
parents**

## **Emphasize the positive.**

A lot can be accomplished by emphasizing the positive. Everyone, adults and children, like to be complimented on accomplishments. That good feeling of a job well-done is motivation to keep doing a good job.

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Tips for  
Parents

## Imitating the Behavior of Parents.

Children learn by watching others. A child who grows up watching parents who respect the law is likely to become a person who also respects the law.

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September

M	T	W	T	F	S	S
				1	2	
3	4	5	6	7	8	9
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24	25	26	27	28	29	30

Tips for  
parents

## Talk about school regularly.

Not only does talking show your children that school is important, it also gives them a chance to express themselves. Ask what interests them, about problems they may be facing, what they are learning in class, and school-related happenings.

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October

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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				

Tips for  
Parents

## Always discipline in a calm, loving way.

If you can't control yourself, it's unreasonable to expect your child to. Leave anger out of it. Make it clear that you love your child, but the behavior is unacceptable.

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A photograph of several children playing with colorful hula hoops in a park-like setting. In the foreground, a young girl in a striped shirt and blue shorts is smiling and looking up at a yellow hoop. Other children are visible in the background.

November

M	T	W	T	F	S	S
				1	2	3
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

A purple speech bubble with a white outline and a wavy bottom edge. Inside the bubble, the words "Tips for Parents" are written in a white, sans-serif font.

Tips for  
Parents

## Set limits but with empathy.

Of course you need to insist on some rules. But you can also acknowledge his/her perspective. When kids feel understood, they're more able to accept our limits. Give a choice or a redirection about what the child can do to meet his/her needs, if you can.

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# December

M	T	W	T	F	S	S
				1	2	
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Tips for Parents

**Remember that all “misbehaviour” is an expression, however misguided, of a legitimate need.**

He/She has a reason, even if you don't think it's a good one. His/her behavior is terrible? He/She must feel terrible inside. Does she/he need more sleep, more connection with you, more downtime, more chance to cry and release those upsetting emotions we all store up? Address the underlying need and you eliminate the misbehavior.

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