

# Using the 2012 PAM Packet

The PAM Packet is a toolkit filled with items for use during Parenting Awareness Month and throughout the year. There are new items and all others have been updated.

- Packet materials are ready for you to use, copy, and distribute.
- Materials are for year around use.
- Feel free to translate to languages used in your community.
- For these materials and more visit [www.preventionnetwork.org/pam](http://www.preventionnetwork.org/pam)

## Celebrating Parenting Awareness Month

- 2012 PAM Poster and Bookmark
- PAM Materials Order Form
- Parenting Awareness Michigan Information
- Great Ideas for Celebrating PAM 2012
- Planning for PAM 2012
- Developing a Local PAM Coalition
- Sample Local PAM Resolution
- Promoting Your Local Parenting Activities

## Alcohol, Tobacco, and Other Drugs

- Strings . . . keep kids safe from alcohol
- Informed and Effective Parenting
- Tips for Parents to Avoid Alcohol, Tobacco, and Other Drug Problems in Children
- Parenting for Prevention of Underage Drinking
- What Families Can Do to Prevent Underage Alcohol Abuse
- Fetal Alcohol Spectrum Disorders
- Alcoholic Drinks which Appeal to Youth
- Is My Child Using Alcohol, Tobacco, and Other Drugs?
- Preventing Youth Tobacco Use: The Important Role of Parents and Caregivers
- Children and Secondhand Smoke / Smoke Free Homes Pledge
- What Can You Do? (Prescription Drugs)
- The Family Dinner Table/Family Day 2012

## Positive Parenting

- 31 Ways to Build Self-esteem - Calendar
- Effective Parenting Includes . . . (English/Spanish)
- Cultivate – Nurture – Foster
- Words Your Child Needs to Hear
- Ways to Strengthen Your Family
- 10 Steps to Positive Parenting
- When You Thought I Wasn't Looking
- How to Talk to Your Kids About Sex
- Promoting Healthy Relationships (10 Things Parents Can Do)
- Strengthening Families through Protective Factors
- Dad's Tips
- Don't Wait: Everyday Actions to Keep Kids Safe

## Child Development

- Infant Development: Birth to 12 Months
- Toddler Development: One to Three Years
- Young Child Development: Three to Five Years
- School Age Development: Six to Eight Years
- School Age Development: Nine to Eleven Years
- Adolescent Development

## Other Resources for Parents

- Choose MyPlate (10 tips on Nutrition)
- Creating a Successful Parent Network
- Sex Education: Parent-School Collaborations
- ruTETOing? Talk Early & Talk Often
- Fostering Healthy Students, Schools, and Communities
- Safe Sleep For Your Baby
- Safe Delivery of Newborns – Michigan Law
- Car Seat Safety Information

Visit our website to complete a Zoomerang survey about the PAM packet. Thank you.