The 2013 Calendar
Featuring Original Art from the 2012 New Jersey DHS Teen Media Contest

It's more than just money.

ChildSupport.

NEW JERSEY DEPARTMENT OF HUMAN SERVICES

Shiza Chaudhary
Piscataway High School
Piscataway, New Jersey

FIRST PLACE
HIGH SCHOOL CATEGORY

“Inherited Qualities”

“This contest was important because it gave an opportunity to the participants to pay tribute to their inherited qualities. It made me realize that all children should pay respect to their parents’ teachings and show gratitude for all good inherited qualities.”

www.childsupportn.j.gov
Call 1-877-NJ-KIDS1 or visit
Families aren’t just people you share common blood with. They’re people you live with, breathe with, eat with, cry with, and laugh with.

No role brings as much pride and joy – or challenges and responsibilities – as being a parent. For teenage parents, the challenges can be even greater. The New Jersey Department of Human Services is committed to helping parents, especially young mothers and fathers, as they strive to be the best parents they can be.

In publishing this calendar and sponsoring the annual Teen Media Contest, we encourage middle and high school students to really consider what it takes to be a good parent by looking at the qualities of their own parents.

The contest, now in its 17th year, gives New Jersey middle and high school students the opportunity to show the many ways their parents support their needs. The calendar features original artwork submitted by the students in response to the theme, “Depict a unique quality in your parent(s) that you would like to see in yourself and pass on to your children.” Each calendar month also highlights a positive quality that helps support happy family life. Our aim is to help young parents strengthen those qualities in themselves and develop them in their children, and understand that financial support is not enough. Children need their parents to be actively present in their lives and supporting them in every way.

Congratulations to all the winners of this year’s contest, and to all the parents who are doing their best to support their children. For more information on the New Jersey Child Support Program, call 1-877-NJKIDS1 or visit njchildsupport.org.

New Jersey Department of Human Services
Division of Family Development
Jennifer Velez, Commissioner
Deborah Lee
Summit Senior High School
Summit, New Jersey

SECOND PLACE
HIGH SCHOOL CATEGORY
“When Help is Needed”

“When Help is Needed”

“Many kids take parents for granted. It is essential that we thank them silently or out loud for their efforts of raising us from birth.”

Laughter is the best medicine. Sharing laughter keeps relationships strong and healthy. Nothing makes a bad day better than a laugh shared with your child. Nothing to laugh about? Try this game: see who in the family can make the others laugh first.
February 2013

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**Christine Han**
Schuyler-Colfax Middle School
Wayne, New Jersey

**SECOND PLACE**
**MIDDLE SCHOOL CATEGORY**

“Big Ol’ Slice of Humble Pie”

“I learned from this contest the importance of expressing things through art. This contest was important because it made me realize that in the future when I have kids, I want them to inherit admirable characteristics from me like I have from my parents.”

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**Patience** is a quality that helps in every situation. It can be the difference between anger and understanding. Take a breath and teach your child to do the same.
During this contest, I felt that it was important to show a close family because I felt that it is one of the most important things that make a family a family. It is something that should be passed down from generation to generation — loving and caring.

The root of kindness is “kin” — family. When you do something kind for somebody you feel good, too. Do something kind for your child. Help your child do something kind for someone else.
Krista SanGiacomo
John H. Walker Middle School
Nutley, New Jersey

THIRD PLACE
MIDDLE SCHOOL CATEGORY
“Express Yourself”

“This contest reminded me of how much effort my mom and dad have put toward molding me into a confident young lady. I have learned to express myself by being me, and I can be proud of who I have become because of my parents’ love and support.”

Generosity is more than the willingness to give. It’s the joy of having given, which makes it one of the most rewarding qualities. Talk to your child about the many rewards of generosity.
Honesty is an important element in every relationship, but especially the closest ones. Set time aside with your children every week to discuss anything they want. It will make it easier for them to share their concerns. Encourage their honesty with your own.
A strong sense of responsibility benefits every aspect of life. Help your children understand responsibility by making sure they understand the importance of their roles in the home, family and community. Start by discussing your own responsibilities and why they are so important.
Empathy is the ability to identify with others and a quality that helps us interact with everyone around us. Ask your child to talk about someone who said or did something with which they disagree. Ask them to talk about what that person’s reasons might have been. Let your child know it’s okay to disagree with someone, but it’s still important to understand that person’s feelings.
“Three Traits Endure: Faith, Hope and Love. The Greatest is a Parent’s Love”

**Compassion** is the ability to care about others when they need caring the most. We show compassion when we help those who are suffering or scared. It’s an important quality to have because everybody needs compassion sometimes. Talk with your children about who might need your family’s help and what you might do to help them.
Practicality often comes down to knowing the difference between what you need and what you want. Often, the result is that you get both. Discuss practical habits like saving money and being organized along with the benefits of those habits.
“Laughter is the Best Medicine”

Confidence is the belief in a person’s ability to achieve. It’s important to have confidence in others and for others to have confidence in you. It’s even more important to have confidence in yourself. Support your child’s confidence every chance you get.
Tenacity is the quality that keeps you from giving up. You might not achieve everything you want, but confidence and tenacity will certainly improve your odds. Let your children know that failing is okay as long as they don’t give up trying.
Optimism is an essential quality for a happy and productive life. The ability to see the bright side is often our most powerful tool for helping ourselves and others navigate life’s many difficulties. Discuss different situations that might present difficulties and ask your child how positive thoughts might affect actions and results.