



**Parent Help Line Television Programs**  
**Comcast Channel 4 in the Springfield area**

**Wednesdays**  
**5:30 a.m., 12:30 p.m. and 10:30 p.m.**

- **November 4** .....*Handwashing Keeps Us Well*
- **November 11** .....*Dealing with Stress*
- **November 18** .....*Budgeting for the Family*
- **November 25** .....*Understanding Truancy*
- **December 2** .....*Early Interventions for Your Child*
- **December 9** .....*Childhood Diseases*
- **December 16** .....*Everyone has a Role in Child Abuse*
- **December 23** .....*Underage Drinking & How to Recognize it.*
- **December 30** .....*Healthy Childcare*