



# Ways to Build Strong Families and Safe Children During Child Abuse Prevention Month

## April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Establish a daily routine so your child knows what to expect.	2 Get outside. Fresh air is good for the mind, body and soul.	3 Establish chores that are developmentally appropriate. Kids love to help.	4 Have a family game night! Even young children can play board games on an adult's team.	5 Let your partner take over. Let them be in charge of some activities.	6 At bed time, talk about the best part of the day	7 Find out what classes your library or community center offers. Sign up for one that interests you.
8 "Catch" your children being good. Praise them often.	9 Make a play date with friends who have children the same ages as yours.	10 Act silly. Let your kids see you laugh.	11 Find your supports. Know who you can call when you need to vent.	12 Reflect on the parenting you received as a child and how it affects the way you parent today.	13 Make time to do something YOU enjoy.	14 Dial 2-1-1 to find out about organizations that support families in your area.
15 Role play emotions with your child: what do you do when you're happy, sad, or frustrated?	16 Enjoy your time with your child. Live in the moment.	17 Hold, cuddle and hug your children often.	18 Make something with your child. Arts and crafts are fun for adults, too.	19 Stick to early bed times. Your child gets needed sleep and you get time to recharge.	20 Talk to a trusted friend when you feel stressed, overwhelmed or sad.	21 Ask your school principal or PTA to host a community resource night.
22 Teach your child to resolve conflicts peacefully.	23 Create new traditions with your children. Create a handshake only they know.	24 Read to your child every single day.	25 Volunteer at your child's school.	26 Stay consistent with your rules. Children thrive with order and consistency.	27 Treat yourself to a spa day at home. Take a bubble bath, try a facial mask or paint your nails a new color.	28 Organize a "clothing swap" to swap children's clothes with other families.
29 Explore the world from your child's point of view.	30 Set goals for yourself and list the steps you will need to take to accomplish them.					
						



**Office of Children and Family Services**

Calendar adapted from the Children's Bureau, an office of the U.S. Department of Health and Human Services' Administration for Children & Families



Building protective factors is a good way to develop your strong family:

- Nurturing and attachment
- Knowledge of parenting and child development
- Parents' resilience
- Supports for parents when needed
- Healthy social and emotional development
- Social connections