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CHILDREN

APRIL 2024


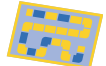






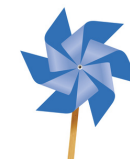
SUN	MON	TUE	WED	THU	FRI	SAT
APRIL is Child Abuse PREVENTION Month!	1  Sing a Song	2  Blow Bubbles	3 Do something nice for your mom or dad 	4 What do you like best about yourself? 	5  Wear Blue Day	6 Bubble Bath 
7  Pillow Fort	8 Do something nice for your brother or sister 	9  Make a card for someone	10 Decorate a Door or Window 	11  Prepare a meal or bake something together a family	12 Best Friend Day 	13  Pajama Day
14 Take a nap 	15 Make some pinwheels and create a fun display 	16  Family Movie	17 ABC  Side Walk Chalk	18 Family Stories 	19  Do something nice for you	20  Play outside
21  Paper Airplanes	22 Board Game Day 	23  Puppet Show	24  Do something nice for a neighbor or family member	25 Pet Care 	26 Puzzle Day 	27 Superhero Day 
28  Family Day	30  Ride your bike or take a walk	31 Use color to create something that makes you smile. Doodle, Draw, Scribble or Paint 	Supportive Communities & Strong Families Prevent Child Abuse & Neglect			





























PROTECTIVE FACTORS	PARENTAL RESILIENCE	KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT	CONCRETE SUPPORTS	SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN	SOCIAL CONNECTIONS	FAMILY FUN
SUN	MON	TUE	WED	THU	FRI	SAT
<p>APRIL is Child Abuse PREVENTION Month!</p>	<p>1 What's your best quality? What do you enjoy most about being a parent?</p> 	<p>2 Reflect on the parenting you received as a child. What do you want to do differently? Why?</p>	<p>3 Find a local parenting group visit the Maine Children's Trust Website</p>	<p>4 Establish a daily routine so your child knows what to expect.</p> 	<p>5  Wear Blue Day</p>	<p>6 Have a family game night! Even young children can play board games on an adult's "team."</p> 
<p>7 Make a play date with friends who have children the same ages as yours.</p> 	<p>8 Think of one thing you can do this week JUST FOR YOU.</p> 	<p>9 Host a potluck dinner with neighborhood families to swap parenting stories.</p> 	<p>10 Dial "2-1-1" to find out about organizations that support families in your area.</p>	<p>11 What do you enjoy most about your child? Consider ways you can nurture those characteristics.</p> 	<p>12 Hold, cuddle, and hug your children often.</p> 	<p>13 Make some pinwheels and create a fun display.</p> 
<p>14  Talk to your faith community about starting a parent-support ministry.</p>	<p>15  Talk to a trusted friend when you feel stressed, overwhelmed, or sad.</p>	<p>16  Explore the environment or world from your child's point of view.</p>	<p>17 Talk to your school principal or PTA, ask them to host a community resource night.</p>	<p>18 "Catch" your children being good. Praise them often.</p> 	<p>19 Visit the local library during children's story time.</p>  <p>LIBRARY</p>	<p>20  Family Movie</p>
<p>21  Do something nice for a neighbor, another family, or a new community member.</p>	<p>22  Have spa day at home: Take a bubble bath, take a nap, or light a candle.</p>	<p>23 Spend time observing your child. Recognize what your child does well and what skills your child is working to develop.</p>	<p>24  Organize a FREE "Clothes Swap " to swap children clothes.</p>	<p>25 Role play emotions with your child— what do you do when you're happy, sad, or frustrated?</p> 	<p>26  Volunteer at your child's school.</p>	<p>27  Family Stories</p>
<p>28  Family Day</p>	<p>30  Play Outside Ride your bike or take a walk.</p>	<p>31 Discuss any concerns you have about your child's development with a doctor, home visitor, or teacher.</p>	<p>Supportive Communities & Strong Families Prevent Child Abuse & Neglect</p>			



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<p>APRIL is Child Abuse PREVENTION Month!</p>	<p>1 Recognize parent accomplishments.</p> 	<p>2 Help parents reflect on the parenting they received as a child. Ask what they want to do differently? Why?</p>	<p>3 Invite a nutritionist to demonstrate how to buy and prepare healthy dinners on a low budget.</p>	<p>4 Add books about feelings to the program's library.</p> 	<p>5  Wear Blue Day! Invite your staff to wear blue to support CAP Month</p>	<p>6 Create a board game library for families.</p> 
<p>7 Train you staff on the Strengthening Families Protective Factor Framework</p>	<p>8 Help parents set goals and solve problems.</p> 	<p>9 Provide parents with craft ideas and materials they can use with their children.</p> 	<p>10 Let parents use the center's computers for personal business (e.g. writing resume, email).</p>	<p>11 Talk to parents and caregivers in the program about discipline strategies.</p> 	<p>12 Host potluck dinners or cultural celebrations.</p> 	<p>13 Encourage families to support one another through phone trees or car pools.</p> 
<p>14  Add Protective Factors to program materials.</p>	<p>15  Make "how are you?" phone calls to families in the program.</p>	<p>16 Have tips handy for caregivers dealing with parenting challenges</p> 	<p>17 Invite a community partner to present a new resource for families.</p> 	<p>18 Teach children to resolve conflicts peacefully.</p> 	<p>19 Create a calendar of community events for the families in your program.</p> 	<p>20 Arrange a family day for families in the program.</p> 
<p>21  Create a pinwheel display to recognize Child Abuse Prevention Month.</p>	<p>22  Invite local businesses to donate services for a free "spa day" for parents.</p>	<p>23 Have conversations with parents about where their child is developmentally.</p> 	<p>24 Hold a resource fair for families and invite community partners.</p> 	<p>25 Role play emotions with children - what do you do when you're happy, sad, or frustrated?</p> 	<p>26  Organize a "Stroller or Wagon Walk" for families.</p>	<p>27  Create a book nook for families to use while visiting the program.</p>
<p>28  Host a Front Porch Project Workshop</p>	<p>30  Ask Parents about how they manage stress.</p>	<p>31 Provide information on developmental milestones.</p> 	<p>Supportive Communities & Strong Families Prevent Child Abuse & Neglect</p>			



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<p>APRIL is Child Abuse PREVENTION Month!</p>	<p>1 Host a parent support and appreciation conference to recognize parent leaders.</p> 	<p>2 Partner with to host a parenting class.</p> 	<p>3 Start a resource drive. Collect donations of diapers, school supplies, winter coats, etc.</p> 	<p>4 Provide families with books and toys focused on children's feelings.</p> 	<p>5 Wear Blue Day Invite your staff to wear blue to support CAP Month.</p> 	<p>6 Hold an ice cream social for families.</p> 
<p>7 Learn more about the Strengthening Families Protective Factor Framework.</p>	<p>8 Ask parents how the community can support parents.</p> 	<p>9 Provide parents with craft ideas and materials they can use with their children.</p> 	<p>10 Promote family friendly employment policies such as onsite childcare.</p>	<p>11 Create a video library focused on children's social and emotional development.</p> 	<p>12 Encourage families to support one another through phone trees or car pools.</p> 	<p>13 Host a event that welcomes new families into the community.</p> 
<p>14 Add Protective Factors to program materials.</p> 	<p>15 Have parenting tips available.</p> 	<p>16 Start a playgroup in the community.</p> 	<p>17 Ask a local business to provide transportation for families to places of worship.</p> 	<p>18 Engage youth in creating a video on to stop bullying and host a viewing.</p> 	<p>19 Create a calendar of community events for the families in your program.</p> 	<p>20 Arrange a family fun day for families in the community.</p> 
<p>21 Create a pinwheel display to recognize Child Abuse Prevention Month.</p> 	<p>22 Host a health and spa day for parents.</p> 	<p>23 Host a workshop for parents on developmental topics such as "When to potty training".</p>	<p>24 Sponsor a community health or resource fair.</p> 	<p>25 Offer acting classes to build children's ability to recognize and express emotions.</p> 	<p>26 Organize a "Stroller or Wagon Walk" for families.</p> 	<p>27 Arrange a swap event for families to swap books, clothes, toys, etc.</p> 
<p>28 Host a Front Porch Project Workshop</p> 	<p>30 Offer workshops on stress relief and relaxation.</p> 	<p>31 Set up a parenting display in local organizations. Share parenting resources</p> 	<p>Supportive Communities & Strong Families Prevent Child Abuse & Neglect</p>			