


30 Ways to Promote Child Well-Being During National Child Abuse Prevention Month

April 2012

Protective Factors	Social and Emotional Competence of Children	Knowledge of Parenting and Child Development	Parental Resilience	Social Connections	Concrete Supports for Parents	Nurturing and Attachment
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Create a calendar of community events for families.	2 Add children's books about feelings to your program's library.	3 Praise good parenting when you see it.	4 Invite someone in to help parents learn about managing stress.	5 Organize "stroller walks" with new parents. Talk about their challenges as you walk.	6 Create a handout for families with community resources linked to each protective factor.	7 Help a parent "catch their child being good."
8 Hold your next event or support group at the local Laundromat.	9 Role play emotions with kids—what do you do when you're happy, sad, or frustrated?	10 Have parenting tips handy for parents dealing with a challenging issue.	11 Make "how are you" phone calls to families in the program.	12 Host a potluck or cultural celebration.	13 Invite a community partner to present a new resource for families.	14 Create a board game library for families.
15 Remember something special about every parent you serve.	16 Train your staff on how trauma and loss affect children.	17 Learn about parenting practices of a different culture.	18 Recognize parent accomplishments.	19 Encourage parents to support each other through phone trees, carpools, or playgroups.	20 Visit a program where you refer families, so you'll know what it's like.	21 Ask children who's important to them.
22 Create opportunities for parents to contribute to your program.	23 Teach kids to resolve conflicts peacefully.	24 Talk to parents in your program about discipline alternatives.	25 Help parents set goals and solve problems.	26 Create a "positive parenting club" where parents can share their success stories.	27 Let parents use the center's computers for personal business (e.g., writing resumes, email).	28 Create an arts and crafts activity that parents can do with their child.
29 Arrange a kickball or soccer game for dads and kids.	30 Use an art program to help children express themselves without words.					

*Daily activities submitted by local Strengthening Families sites.

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<http://www.strengtheningfamilies.net>

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