

April 2016

# Healthy Families - Healthy Relationships - Safe Kids!

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Establish a daily routine so that your child knows what to expect. Make prayer part of that routine.	<b>2</b> Get outside – start a parent-child walking or biking club with neighbors
<b>3</b> Talk to your child about the Gospel reading at Mass today.	<b>4</b> Have a family game night! Even young children can play board games on an adult's "team"!	<b>5</b> Explore the world from your child's point of view. Thank God for the beauty!	<b>6</b> Set goals with your child and list the steps needed to accomplish them.	<b>7</b> "Catch" your children being good. Praise them often for who they are.	<b>8</b> Make a play date with friends who have children the same age as yours.	<b>9</b> Take your child to library and share books.
<b>10</b> Ask children who is important to them. Thank God for those special people.	<b>11</b> Reflect on the parenting you received as a child and how that impacts how you parent today.	<b>12</b> Role play emotions with your child – what do you do when you're happy, sad or frustrated?	<b>13</b> Hold, cuddle and hug your children often!	<b>14</b> Make something with your child. Arts and crafts are fun for adults too!	<b>15</b> Talk to a trusted friend when you feel stressed, overwhelmed or sad. Don't forget to pray.	<b>16</b> Teach your child to resolve conflicts peacefully.
<b>17</b> Host a potluck dinner with neighborhood, parish or school families to swap parenting stories.	<b>18</b> Volunteer at your child's school or religious education program.	<b>19</b> Make time to do something YOU enjoy.	<b>20</b> Plant a pinwheel garden with your child in your front yard – <i>Pinwheels for (Child Abuse) Prevention</i>	<b>21</b> Spend time observing what your child can and cannot do. Discuss any concerns with their teacher.	<b>22</b> Earth Day - talk to your child about the importance of taking care of the earth! Thank God for all of our gifts.	<b>23</b> Organize a "Dessert Night" to swap children's clothes and uniforms.
<b>24</b> Go fly a kite together at Presque Isle.	<b>25</b> Talk to your parish about starting a parent-support ministry.	<b>26</b> Talk about your child's friends and what they all enjoy doing together.	<b>27</b> Check out what the diocese is doing for child abuse prevention. <a href="http://www.eriecd.org/protectyouth.htm">http://www.eriecd.org/protectyouth.htm</a>	<b>28</b> Role safe environment scenarios with your child. "What would you do if...?"	<b>29</b> Cook something nutritious together with your child.	<b>30</b> Practice your child's favorite sport with them – or go for a walk.



**Diocese of Erie**  
Office for the Protection of Children and Youth  
<http://www.eriecd.org/protectyouth.htm>

Calendar developed using information from the



<https://www.childwelfare.gov/topics/preventing/>



U.S. Department of Health and Human Services  
Administration for Children and Families  
Administration on Children, Youth and Families  
Children's Bureau  
<http://www.acf.hhs.gov/programs/cb>