

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

April 2013

Community Awareness	Nurturing and Attachment	Knowledge of Parenting and of Child and Youth Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>1</b> Help a parent “catch their child being good.”	<b>2</b> Praise good parenting when you see it.	<b>3</b> Invite someone in to help parents learn about managing stress.	<b>4</b> Create a handout for families with community resources linked to each protective factor.	<b>5</b> Add children’s books about feelings to your program’s library.	<b>6</b> Organize “stroller walks” with new parents. Talk about their challenges as you walk.	
<b>7</b> Put the protective factors on your outreach materials.	<b>8</b> Create a board game library for families.	<b>9</b> Have parenting tips handy for parents dealing with challenging issues.	<b>10</b> Make “how are you?” phone calls to families in the program.	<b>11</b> Invite a community partner to present a new resource for families.	<b>12</b> Role play emotions with kids—what do you do when you’re happy, sad, or frustrated?	<b>13</b> Host a potluck or cultural celebration.	
<b>14</b> Plant a pinwheel garden as a reminder of the bright futures all children deserve.	<b>15</b> Arrange a kickball or soccer game for dads and kids.	<b>16</b> Learn about parenting practices of a different culture. Share this information with families.	<b>17</b> Recognize parent accomplishments.	<b>18</b> Visit a program where you refer families, so you’ll know what it’s like.	<b>19</b> Train your staff on how trauma and loss affect children.	<b>20</b> Encourage parents to support each other through phone trees, car pools, or play groups.	
<b>21</b> Invite community partners to think about how they can build protective factors.	<b>22</b> Offer parents materials for a craft that they can make with their child.	<b>23</b> Talk to parents in your program about discipline alternatives.	<b>24</b> Help parents set goals and solve problems.	<b>25</b> Let parents use the center’s computers for personal business (e.g., writing resumes, email).	<b>26</b> Teach kids to resolve conflicts peacefully.	<b>27</b> Create a “positive parenting club” where parents can share their success stories.	
<b>28</b> Create a calendar of community events for families.	<b>29</b> Create a cozy “book nook” where parents can read to their children.	<b>30</b> Have a conversation with a parent about where their child is developmentally.	 <b>Child Welfare Information Gateway</b> <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a>				 <a href="http://www.friendsnrc.org">http://www.friendsnrc.org</a>

\* Daily activities submitted by Prevention Partners and local Strengthening Families sites.

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<http://www.strengtheningfamilies.net>





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 Administration for Children and Families  
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# 30 Ways for Parents to Promote Child Well-Being During National Child Abuse Prevention Month

## April 2013

Protective Factors	Nurturing and Attachment	Knowledge of Parenting and of Child and Youth Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Read a book to your child.	<b>2</b> Write down questions for your next appointment with your child's doctor.	<b>3</b> Make a list of your personal accomplishments.	<b>4</b> Talk to friends about organizing a babysitting co-op.	<b>5</b> Establish a daily routine so your child knows what to expect.	<b>6</b> Get outside! Chat with neighbors or visit a local park with your child.
<b>7</b> Talk to your faith community about ways to be more supportive of parents.	<b>8</b> Have a family game night! Even young children can play board games on an adult's "team."	<b>9</b> Explore the world from your child's point of view.	<b>10</b> Set goals for yourself and list the steps you will need to take to accomplish them.	<b>11</b> Find out what classes your library or community center offers. Sign up for one that interests you.	<b>12</b> "Catch" your children being good. Praise them often.	<b>13</b> Make a play date with friends who have children the same ages as yours.
<b>14</b> Plant a pinwheel garden with your child in your front yard, near your mailbox, or on your front porch.	<b>15</b> Ask your children who is important to them.	<b>16</b> Reflect on the parenting you received as a child and how that impacts how you parent today.	<b>17</b> Make time to do something YOU enjoy.	<b>18</b> Dial "2-1-1" to find out about organizations that support families in your area.	<b>19</b> Role play emotions with your child—what do you do when you're happy, sad, or frustrated?	<b>20</b> Find and join a local parent support group or online community.
<b>21</b> Hold, cuddle, and hug your children often.	<b>22</b> Make something with your child. Arts and crafts are fun for adults, too!	<b>23</b> Find a local parenting class or workshop.	<b>24</b> Talk to a trusted friend when you feel stressed, overwhelmed, or sad.	<b>25</b> Ask your school principal or PTA to host a community resource night.	<b>26</b> Teach your child to resolve conflicts peacefully.	<b>27</b> Visit churches, temples, or mosques until you find one that meets your children's needs.
<b>28</b> Host a potluck dinner with neighborhood families to swap parenting stories.	<b>29</b> Volunteer at your child's school.	<b>30</b> Sit and observe what your child can and cannot do. Discuss any concerns with your child's teacher.	 <a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a>			
			 <a href="http://www.friendsncr.org">http://www.friendsncr.org</a>		  	

\* Daily activities submitted by National Child Abuse Prevention Partners and Community-Based Child Abuse Prevention (CBCAP) providers.

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<http://www.strengtheningfamilies.net>

U.S. Department of Health and Human Services  
Administration for Children and Families  
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Children's Bureau

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# 30 Ways for Community Partners to Promote Child Well-Being During National Child Abuse Prevention Month

April 2013

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Create a "recording studio" for parents to record stories for their children. Partner: Local public broadcasting station	<b>2</b> Sponsor a "New Dads Boot Camp" or "New Moms Circle of Care." Partners: Hospital, birthing center, home visiting program	<b>3</b> Host a series on parenting when times are tough. Partners: Churches and other faith communities	<b>4</b> Hold a family ice cream social. Partner: Ice cream shop	<b>5</b> Invite families to a "Help Exchange" where they learn about local services. Partners: Local shops (to donate prizes, offer samples)	<b>6</b> Offer acting classes to build kids' ability to name and recognize emotions. Partner: Theater company
<b>7</b> Sponsor a "community visioning" event to gauge interest in launching a protective factors agenda in your community. Partners: Communitywide	<b>8</b> Promote family-friendly employment policies. Partner: Local businesses	<b>9</b> Bring parent education resources to homeless families. Partner: Homeless shelter	<b>10</b> Offer workshops for parents on stress relief and relaxation. Partner: Child care resource and referral agency	<b>11</b> Create a monthly newsletter with free local events for families. Partners: Churches, schools	<b>12</b> Encourage families to review local service providers on Yelp.	<b>13</b> Engage youth to create a presentation on bullying and help them find performance venues. Partners: Theaters, schools
<b>14</b> Form a Strengthening Families Leadership team. Partners: elected officials, home visitors, kindergarten teachers, social workers, philanthropists, clergy	<b>15</b> Encourage screening for parental depression in pediatric offices. Partner: American Academy of Pediatrics chapter	<b>16</b> Create a parent resource library at your office Partner: Local business, service providers	<b>17</b> Host trainings and provide tip sheets on empathetic listening for those who work with families. Partner: Community center	<b>18</b> Create rituals for welcoming new families to your community. Partners: Realtors, Newcomers Clubs, PTAs	<b>19</b> Bring prevention providers to locations that are appealing to parents Partners: Recreation centers, libraries, shopping centers, schools	<b>20</b> Provide families with books and toys focused on young children's feelings and experiences. Partner: Children's stores
<b>21</b> Get commitments to build protective factors year round. Partners: City council members, community groups	<b>22</b> Set up a parenting display near the children's book section at your library. Include information and books on behavior, emotions, etc.	<b>23</b> Offer dad's classes or support for visitation for incarcerated fathers Partner: Correctional facilities	<b>24</b> Create a "Dream Board" for families to share their goals and dreams. Incorporate these into a collaborative service plan for your community.	<b>25</b> Hold family-friendly events (e.g., potluck dinners, movie nights with discussion afterwards). Partners: Libraries, community centers	<b>26</b> Create a community swap event for families to trade items such as books, school supplies, or clothes. Partner: Civic association	<b>27</b> Create a video library for parents, focused on children's social/emotional development. Partner: Libraries
<b>28</b> Publish a list of "ten things you can do to strengthen families" in your community. Partners: Local media, businesses	<b>29</b> Share resources with family-friendly businesses on protective factors, child development, parenting skills, and stress reduction.	<b>30</b> Host a workshop on observing and supporting young children at play. Partners: National Movement for American Children Partners	 <p><a href="https://www.childwelfare.gov/preventing">https://www.childwelfare.gov/preventing</a></p>  <p><a href="http://www.friendsnrc.org">http://www.friendsnrc.org</a></p>    <p>U.S. Department of Health and Human Services Administration for Children and Families Administration on Children, Youth and Families Children's Bureau <a href="http://www.acf.hhs.gov/programs/cb">http://www.acf.hhs.gov/programs/cb</a></p>			

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