

# Ways to Build Community and Hope During National Child Abuse Prevention Month

PARENTS

Protective Factors	Nurturing and Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Establish a daily routine so your child knows what to expect.	Get outside! Start a parent-child walking or biking club with neighbors.	Talk to your faith community about starting a parent-support ministry.	Have a family game night! Even young children can play board games on an adult's "team."	Explore the world from your child's point of view.	Set goals for yourself and list the steps you will need to take to accomplish them.	Find out what classes your library or community center offers. Sign up for one that interests you.
"Catch" your children being good. Praise them often.	Make a play date with friends who have children the same ages as yours.	Plant a pinwheel garden with your child in your front yard, near your mail box, or on your front porch.	Ask your children who is important to them.	Reflect on the parenting you received as a child and how that impacts how you parent today.	Make time to do something YOU enjoy.	Dial "2-1-1" to find out about organizations that support families in your area.
Role play emotions with your child—what do you do when you're happy, sad, or frustrated?	Find and join a local parent or community café, like Circle of Parents®. <a href="http://www.circleofparents.org/">http://www.circleofparents.org/</a>	Hold, cuddle, and hug your children often.	Make something with your child. Arts and crafts are fun for adults, too!	Find a local parenting group (e.g., MOPS). <a href="http://www.mops.org/">http://www.mops.org/</a>	Talk to a trusted friend when you feel stressed, overwhelmed, or sad.	Ask your school principal or PTA to host a community resource night.
Teach your child to resolve conflicts peacefully.	Join a Girl Scout or Boy Scout troop with your children.	Host a potluck dinner with neighborhood families to swap parenting stories.	Volunteer at your child's school.	Spend time observing what your child can and cannot do. Discuss any concerns with your child's teacher.	Treat yourself to a spa day at home: Take a bubble bath, try a facial mask, and paint your nails a new color.	Organize a "Clothes Swap Potluck" to swap children clothes.



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## PROGRAMS

Protective Factors	Nurturing and Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Add children's books about feelings to your program's library.	Organize "stroller walks" with new parents. Talk about their challenges as you walk.	Put the protective factors on your outreach materials.	Create a board-game library for families.	Have tips handy for caregivers dealing with parenting challenges.	Make "how are you?" phone calls to families in the program.	Invite a community partner to present a new resource for families.
Role play emotions with kids—what do you do when you're happy, sad, or frustrated?	Host a potluck or cultural celebration.	Plant a pinwheel garden as a reminder of the bright futures all children deserve.	Arrange a kickball or soccer game for parents and kids.	Talk to parents about how trauma can impact children at different developmental stages.	Recognize parent accomplishments.	Visit a program where you refer families, so you will know what it's like.
Train your staff on how trauma and loss affect children.	Encourage parents to support each other through phone trees, carpools, or playgroups.	Invite community partners to an interfaith family day.	Offer parents materials for a craft that they can make with their child.	Talk to parents in your program about discipline alternatives.	Help parents set goals and solve problems.	Let parents use the center's computers for personal business (e.g., writing résumés, email).
Teach kids to resolve conflicts peacefully.	Create a "positive parenting club," and produce a video of parents sharing their success stories.	Create a calendar of community events for families.	Create a cozy "book nook" where parents can read to their children.	Have a conversation with a parent about where their child is developmentally.	Invite local businesses to donate services for a free "spa day" for parents.	Invite a nutritionist to demonstrate how to buy and prepare healthy dinners on a low budget.



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COMMUNITY PARTNERS

Protective Factors	Nurturing and Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Offer acting classes to build kids' ability to name and recognize emotions.</p> <p>Partner: Theater company</p>	<p>Hold a family ice cream social.</p> <p>Partner: Ice cream shop or local grocery store</p>	<p>Sponsor a "community visioning" event to gauge interest in launching a protective factors agenda in your community.</p> <p>Partners: Community wide</p>	<p>Promote family-friendly employment policies, such as onsite child care.</p> <p>Partner: Local businesses</p>	<p>Ask businesses to consider including parenting tips in their advertising or on product packaging.</p> <p>Partner: Business leaders</p>	<p>Offer workshops for parents on stress relief and relaxation.</p> <p>Partner: Child care resource and referral agency</p>	<p>Sponsor a health fair.</p> <p>Partners: Health-care providers, social services, community-based organizations, local businesses</p>
<p>Engage youth to create a presentation on bullying and help them find performance venues.</p> <p>Partners: Theaters, schools</p>	<p>Collaborate with a business to sponsor a family day or family night at a sporting event.</p> <p>Partners: Local businesses, professional or semi-pro sports franchise</p>	<p>Host a Strengthening Families leadership brunch or dinner.</p> <p>Partners: Faith-based organizations, elected officials, community-based organizations, philanthropists</p>	<p>Encourage screening for parental depression in pediatric offices.</p> <p>Partner: American Academy of Pediatrics chapter</p>	<p>Create a parent resource library at your office.</p> <p>Partner: Local businesses, service providers</p>	<p>Host a Parent Support and Appreciation Conference to recognize parent leaders.</p> <p>Partner: Hotels, business leaders, elected officials, social services, health department, and other community organizations</p>	<p>Host job-training classes or a job fair.</p> <p>Partners: Local businesses, employment agencies, universities, State/local government agencies</p>
<p>Provide families with books and toys focused on young children's feelings and experiences.</p> <p>Partner: Children's stores</p>	<p>Create rituals for welcoming new families to your community.</p> <p>Partners: Realtors, Newcomers Clubs, PTAs</p>	<p>Ask local businesses to provide transportation for families to local churches, temples, or mosques.</p> <p>Partners: Businesses, faith-based organizations</p>	<p>Set up a parenting display near the children's book section at your library. Include information and books on behavior, emotions, etc.</p>	<p>Offer parenting classes or visitation support for incarcerated parents.</p> <p>Partner: Correctional facilities</p>	<p>Organize a stroller exercise or parent-child yoga class at a local community center.</p> <p>Partners: Community center or yoga studio</p>	<p>Start a winter coat drive and open a community food pantry.</p> <p>Partners: Local dry cleaners, social services, faith-based organizations, grocery stores</p>
<p>Create a community swap event for families to trade items such as books, school supplies, or clothes.</p> <p>Partner: Civic association</p>	<p>Create a video library for parents, focused on children's social-emotional development.</p> <p>Partner: Libraries</p>	<p>Publish a list of "10 things you can do to strengthen families" in your community.</p> <p>Partners: Local media, businesses</p>	<p>Share resources with family-friendly businesses on protective factors, child development, parenting skills, and stress reduction.</p> <p>Partners: Early childhood programs, health-care providers, grocery stores</p>	<p>Host a workshop on observing and supporting young children at play.</p> <p>Partners: Psychologists, pediatricians</p>	<p>Host a health and spa day for moms and dads.</p> <p>Partners: Local businesses, community-based providers</p>	<p>Host a financial literacy workshop for families to help with financial management</p> <p>Partners: Business leaders or bankers</p>



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