# National Child Abuse Prevention Month

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

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**U.S. Department of Health and Human Services**

- Administration for Children and Families
- Children’s Bureau

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[https://www.childwelfare.gov/topics/preventing/](https://www.childwelfare.gov/topics/preventing/)

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[https://www.acf.hhs.gov/cb](https://www.acf.hhs.gov/cb)
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<td>Add children’s books about feelings to your program’s library.</td>
<td>Organize “stroller walks” with new parents. Talk about their challenges as you walk.</td>
<td>Put the protective factors on your outreach materials.</td>
<td>Create a board-game library for families.</td>
<td>Have tips handy for caregivers dealing with parenting challenges.</td>
<td>Make “how are you?” phone calls to families in the program.</td>
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<td>Role play emotions with kids—what do you do when you’re happy, sad, or frustrated?</td>
<td>Host a potluck or cultural celebration.</td>
<td>Plant a pinwheel garden as a reminder of the bright futures all children deserve.</td>
<td>Arrange a kickball or soccer game for parents and kids.</td>
<td>Talk to parents about how trauma can impact children at different developmental stages.</td>
<td>Recognize parent accomplishments.</td>
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<td>Teach kids to resolve conflicts peacefully.</td>
<td>Encourage parents to support each other through phone trees, carpooling, or playgroups.</td>
<td>Invite community partners to an interfaith family day.</td>
<td>Offer parents materials for a craft that they can make with their child.</td>
<td>Talk to parents in your program about discipline alternatives.</td>
<td>Help parents set goals and solve problems.</td>
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<td>Train your staff on how trauma and loss affect children.</td>
<td>Create a “positive parenting club,” and produce a video of parents sharing their success stories.</td>
<td>Create a calendar of community events for families.</td>
<td>Have a conversation with a parent about where their child is developmentally.</td>
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<td>Help parents set goals and solve problems.</td>
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https://www.childwelfare.gov/topics/preventing/
## National Child Abuse Prevention Month

### COMMUNITY PARTNERS

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