

# 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.friendsnrc.org">http://www.friendsnrc.org</a>   			

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

strengthening families  
<http://www.strengtheningfamilies.net>

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>