

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

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

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<http://www.strengtheningfamilies.net>





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