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

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<tr>
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<td>1 Talk to your faith community about starting a parent-support ministry.</td>
<td>2 Have a family game night! Even young children can play board games on an adult’s “team.”</td>
<td>3 Explore the world from your child’s point of view.</td>
<td>4 Set goals for yourself and list the steps you will need to take to accomplish them.</td>
<td>5 Find out what classes your library or community center offers. Sign up for one that interests you.</td>
<td>6 “Catch” your children being good. Praise them often.</td>
<td>7 Get outside! Start a parent-child walking or biking club with neighbors.</td>
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<td>8 Plant a pinwheel garden with your child in your front yard, near your mail box, or on your front porch.</td>
<td>9 Ask your children who is important to them.</td>
<td>10 Reflect on the parenting you received as a child and how that impacts how you parent today.</td>
<td>11 “Catch” your children being good. Praise them often.</td>
<td>12 Make a play date with friends who have children the same ages as yours.</td>
<td>13 Make something with your child. Arts and crafts are fun for adults, too!</td>
<td>14 Find a local parenting group (e.g., MOPS). <a href="http://www.mops.org/">http://www.mops.org/</a></td>
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<td>15 Hold, cuddle, and hug your children often.</td>
<td>16 Find a local parenting group (e.g., MOPS). <a href="http://www.mops.org/">http://www.mops.org/</a></td>
<td>17 Talk to a trusted friend when you feel stressed, overwhelmed, or sad.</td>
<td>18 Role play emotions with your child—what do you do when you’re happy, sad, or frustrated?</td>
<td>19 Find a potluck dinner with neighborhood families to swap parenting stories.</td>
<td>20 Volunteer at your child’s school.</td>
<td>21 Treat yourself to a spa day at home: Take a bubble bath, try a facial mask, and paint your nails a new color.</td>
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<td>22 Spend time observing what your child can and cannot do. Discuss any concerns with your child’s teacher.</td>
<td>23 Ask your school principal or PTA to host a community resource night.</td>
<td>24 Teach your child to resolve conflicts peacefully.</td>
<td>25 Join a Girl Scout or Boy Scout troop with your children.</td>
<td>26 Spend time observing what your child can and cannot do. Discuss any concerns with your child’s teacher.</td>
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### Links
- Child Welfare Information Gateway: [https://www.childwelfare.gov/preventing](https://www.childwelfare.gov/preventing)
- Strengthening Families: [http://www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)
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<td>6 Put the protective factors on your outreach materials.</td>
<td>7 Create a board-game library for families.</td>
<td>8 Have tips handy for caregivers dealing with parenting challenges.</td>
<td>9 Make “how are you?” phone calls to families in the program.</td>
<td>10 Invite a community partner to present a new resource for families.</td>
<td>11 Role play emotions with kids—what do you do when you’re happy, sad, or frustrated?</td>
<td>12 Host a potluck or cultural celebration.</td>
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<td>13 Plant a pinwheel garden as a reminder of the bright futures all children deserve.</td>
<td>14 Arrange a kickball or soccer game for parents and kids.</td>
<td>15 Talk to parents about how trauma can impact children at different developmental stages.</td>
<td>16 Recognize parent accomplishments.</td>
<td>17 Visit a program where you refer families, so you will know what it’s like.</td>
<td>18 Train your staff on how trauma and loss affect children.</td>
<td>19 Encourage parents to support each other through phone trees, carpools, or playgroups.</td>
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<td>20 Invite community partners to an interfaith family day.</td>
<td>21 Offer parents materials for a craft that they can make with their child.</td>
<td>22 Talk to parents in your program about discipline alternatives.</td>
<td>23 Help parents set goals and solve problems.</td>
<td>24 Let parents use the center’s computers for personal business (e.g., writing résumés, email).</td>
<td>25 Teach kids to resolve conflicts peacefully.</td>
<td>26 Create a “positive parenting club” and produce a video of parents sharing their success stories.</td>
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<td>27 Create a calendar of community events for families.</td>
<td>28 Create a cozy “book nook” where parents can read to their children.</td>
<td>29 Have a conversation with a parent about where their child is developmentally.</td>
<td>30 Invite local businesses to donate services for a free “spa day” for parents.</td>
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[http://www.friendsnrc.org](http://www.friendsnrc.org)
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| 1. Sponsor a “New Dads Boot Camp” or “New Moms Circle of Care.”  
Partners: Hospital, birthing center, home visiting program | 2. Host a series on parenting when times are tough.  
Partners: Churches and other faith communities | 3. Invite families to a “Help Exchange” where they learn about local services.  
Partners: Local shops (to donate prizes, offer samples) | 4. Offer acting classes to build kids’ ability to name and recognize emotions.  
Partner: Theater company | 5. Hold a family ice cream social.  
Partner: Ice cream shop or local grocery store |  
| 6. Sponsor a “community visioning” event to gauge interest in launching a protective factors agenda in your community.  
Partners: Community wide | 7. Promote family-friendly employment policies, such as onsite child care.  
Partner: Local businesses | 8. Ask businesses to consider including parenting tips in their advertising or on product packaging.  
Partner: Child care resource and referral agency | 10. Sponsor a health fair.  
Partners: Health-care providers, social services, community-based organizations, local businesses | 11. Engage youth to create a presentation on bullying and help them find performance venues.  
Partners: Theaters, schools | 12. 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 | 13. Host a Strengthening Families Leadership brunch or dinner.  
Partners: Faith-based organizations, elected officials, community-based organizations, philanthropists | 14. Encourage screening for parental depression in pediatric offices.  
Partner: American Academy of Pediatrics chapter | 15. Create a parent resource library at your office.  
Partner: Local businesses, service providers | 16. Host a Parent Support and Appreciation Conference to recognize parent leaders.  
Partners: Hotels, business leaders, elected officials, social services, health department, and other community organizations | 17. Host job-training classes or a job fair.  
Partners: Local businesses, employment agencies, universities, State/local government agencies | 18. Provide families with books and toys focused on young children’s feelings and experiences.  
Partner: Children’s stores | 19. Create rituals for welcoming new families to your community.  
Partners: Realtors, Newcomers Clubs, PTAs | 20. Ask local businesses to provide transportation for families to local churches, temples, or mosques.  
Partners: Businesses, faith-based organizations | 21. Set up a parenting display near the children’s book section at your library. Include information and books on behavior, emotions, etc. | 22. Offer parenting classes or visitation support for incarcerated parents.  
Partner: Correctional facilities | 23. Organize a stroller exercise or parent-child yoga class at a local community center.  
Partners: Community center or yoga studio | 24. Start a winter coat drive and open a community food pantry.  
Partners: Local dry cleaners, social services, faith-based organizations, grocery stores | 25. Create a community swap event for families to trade items such as books, school supplies, or clothes.  
Partner: Civic association | 26. Create a video library for parents, focused on children’s social-emotional development.  
Partner: Libraries | 27. Publish a list of “10 things you can do to strengthen families” in your community.  
Partners: Local media, businesses | 28. 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 | 29. Host a workshop on observing and supporting young children at play.  
Partners: Psychologists, pediatricians | 30. Host a health and spa day for moms and dads.  
Partners: Local businesses, community-based providers |  

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**Community Partners**

[See Child Welfare Information Gateway](https://www.childwelfare.gov/preventing)  
[See strengthening families](http://www.strengtheningfamilies.net)  
[See ACFC Children’s Bureau](http://www.acf.hhs.gov/programs/cb)