

April 2016

Healthy Families - Healthy Relationships - Safe Kids!

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Establish a daily routine so that your child knows what to expect. Make prayer part of that routine.	2 Get outside – start a parent-child walking or biking club with neighbors
3 Talk to your child about the Gospel reading at Mass today.	4 Have a family game night! Even young children can play board games on an adult's "team"!	5 Explore the world from your child's point of view. Thank God for the beauty!	6 Set goals with your child and list the steps needed to accomplish them.	7 "Catch" your children being good. Praise them often for who they are.	8 Make a play date with friends who have children the same age as yours.	9 Take your child to library and share books.
10 Ask children who is important to them. Thank God for those special people.	11 Reflect on the parenting you received as a child and how that impacts how you parent today.	12 Role play emotions with your child – what do you do when you're happy, sad or frustrated?	13 Hold, cuddle and hug your children often!	14 Make something with your child. Arts and crafts are fun for adults too!	15 Talk to a trusted friend when you feel stressed, overwhelmed or sad. Don't forget to pray.	16 Teach your child to resolve conflicts peacefully.
17 Host a potluck dinner with neighborhood, parish or school families to swap parenting stories.	18 Volunteer at your child's school or religious education program.	19 Make time to do something YOU enjoy.	20 Plant a pinwheel garden with your child in your front yard – <i>Pinwheels for (Child Abuse) Prevention</i>	21 Spend time observing what your child can and cannot do. Discuss any concerns with their teacher.	22 Earth Day - talk to your child about the importance of taking care of the earth! Thank God for all of our gifts.	23 Organize a "Dessert Night" to swap children's clothes and uniforms.
24 Go fly a kite together at Presque Isle.	25 Talk to your parish about starting a parent-support ministry.	26 Talk about your child's friends and what they all enjoy doing together.	27 Check out what the diocese is doing for child abuse prevention. http://www.eriecd.org/protectyouth.htm	28 Role safe environment scenarios with your child. "What would you do if...?"	29 Cook something nutritious together with your child.	30 Practice your child's favorite sport with them – or go for a walk.



Diocese of Erie
Office for the Protection of Children and Youth
<http://www.eriecd.org/protectyouth.htm>

Calendar developed using information from the



<https://www.childwelfare.gov/topics/preventing/>



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>