

| 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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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 Share your personal accomplishments with others via Facebook or Twitter. | 2 Talk to friends about organizing a babysitting co-op. | 3 Establish a daily routine so your child knows what to expect. | 4 Get outside! Start a parent-child walking or biking club with neighbors. |
| 5 Talk to your faith community about starting a parent-support ministry. | 6 Have a family game night! Even young children can play board games on an adult's "team." | 7 Explore the world from your child's point of view. | 8 Set goals for yourself and list the steps you will need to take to accomplish them. | 9 Find out what classes your library or community center offers. Sign up for one that interests you. | 10 "Catch" your children being good. Praise them often. | 11 Make a play date with friends who have children the same ages as yours. |
| 12 Plant a pinwheel garden with your child in your front yard, near your mail box, or on your front porch. | 13 Ask your children who is important to them. | 14 Reflect on the parenting you received as a child and how that impacts how you parent today. | 15 Make time to do something YOU enjoy. | 16 Dial "2-1-1" to find out about organizations that support families in your area. | 17 Role play emotions with your child—what do you do when you're happy, sad, or frustrated? | 18 Find and join a local parent or community café, like Circle of Parents®. http://www.circleofparents.org/ |
| 19 Hold, cuddle, and hug your children often. | 20 Make something with your child. Arts and crafts are fun for adults, too! | 21 Find a local parenting group (e.g., MOPS). http://www.mops.org/ | 22 Talk to a trusted friend when you feel stressed, overwhelmed, or sad. | 23 Ask your school principal or PTA to host a community resource night. | 24 Teach your child to resolve conflicts peacefully. | 25 Join a Girl Scout or Boy Scout troop with your children. |
| 26 Host a potluck dinner with neighborhood families to swap parenting stories. | 27 Volunteer at your child's school. | 28 Spend time observing what your child can and cannot do. Discuss any concerns with your child's teacher. | 29 Treat yourself to a spa day at home: Take a bubble bath, try a facial mask, and paint your nails a new color. | 30 Organize a "Clothes Swap Potluck" to swap children clothes. |  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 | |

| Protective Factors: Community Awareness | 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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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 Invite someone in to help parents learn about managing stress. | 2 Create a handout for families with community resources linked to each protective factor. | 3 Add children's books about feelings to your program's library. | 4 Organize "stroller walks" with new parents. Talk about their challenges as you walk. |
| 5 Put the protective factors on your outreach materials. | 6 Create a board-game library for families. | 7 Have tips handy for caregivers dealing with parenting challenges. | 8 Make "how are you?" phone calls to families in the program. | 9 Invite a community partner to present a new resource for families. | 10 Role play emotions with kids—what do you do when you're happy, sad, or frustrated? | 11 Host a potluck or cultural celebration. |
| 12 Plant a pinwheel garden as a reminder of the bright futures all children deserve. | 13 Arrange a kickball or soccer game for parents and kids. | 14 Talk to parents about how trauma can impact children at different developmental stages. | 15 Recognize parent accomplishments. | 16 Visit a program where you refer families, so you will know what it's like. | 17 Train your staff on how trauma and loss affect children. | 18 Encourage parents to support each other through phone trees, carpools, or playgroups. |
| 19 Invite community partners to an interfaith family day. | 20 Offer parents materials for a craft that they can make with their child. | 21 Talk to parents in your program about discipline alternatives. | 22 Help parents set goals and solve problems. | 23 Let parents use the center's computers for personal business (e.g., writing résumés, email). | 24 Teach kids to resolve conflicts peacefully. | 25 Create a "positive parenting club," and produce a video of parents sharing their success stories. |
| 26 Create a calendar of community events for families. | 27 Create a cozy "book nook" where parents can read to their children. | 28 Have a conversation with a parent about where their child is developmentally. | 29 Invite local businesses to donate services for a free "spa day" for parents. | 30 Invite a nutritionist to demonstrate how to buy and prepare healthy dinners on a low budget. |  <p>Child Welfare Information Gateway PROTECTING CHILDREN ■ STRENGTHENING FAMILIES</p> <p>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</p> | |

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

U.S. Department of Health and Human Services
Administration for Children and Families
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30 Ways to Promote Child Well-Being During National Child Abuse Prevention Month

COMMUNITY PARTNERS

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| | | | 1 Host a series on parenting when times are tough. Partners: Churches and other faith communities | 2 Invite families to a "Help Exchange" where they learn about local services. Partners: Local shops (to donate prizes, offer samples) | 3 Offer acting classes to build kids' ability to name and recognize emotions. Partner: Theater company | 4 Hold a family ice cream social. Partner: Ice cream shop or local grocery store |
| 5 Sponsor a "community visioning" event to gauge interest in launching a protective factors agenda in your community. Partners: Community wide | 6 Promote family-friendly employment policies, such as onsite child care. Partner: Local businesses | 7 Ask businesses to consider including parenting tips in their advertising or on product packaging. Partner: Business leaders | 8 Offer workshops for parents on stress relief and relaxation. Partner: Child care resource and referral agency | 9 Sponsor a health fair. Partners: Health-care providers, social services, community-based organizations, local businesses | 10 Engage youth to create a presentation on bullying and help them find performance venues. Partners: Theaters, schools | 11 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 |
| 12 Host a Strengthening Families leadership brunch or dinner. Partners: Faith-based organizations, elected officials, community-based organizations, philanthropists | 13 Encourage screening for parental depression in pediatric offices. Partner: American Academy of Pediatrics chapter | 14 Create a parent resource library at your office. Partner: Local businesses, service providers | 15 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 | 16 Host job-training classes or a job fair. Partners: Local businesses, employment agencies, universities, State/local government agencies | 17 Provide families with books and toys focused on young children's feelings and experiences. Partner: Children's stores | 18 Create rituals for welcoming new families to your community. Partners: Realtors, Newcomers Clubs, PTAs |
| 19 Ask local businesses to provide transportation for families to local churches, temples, or mosques. Partners: Businesses, faith-based organizations | 20 Set up a parenting display near the children's book section at your library. Include information and books on behavior, emotions, etc. | 21 Offer parenting classes or visitation support for incarcerated parents. Partner: Correctional facilities | 22 Organize a stroller exercise or parent-child yoga class at a local community center. Partners: Community center or yoga studio | 23 Start a winter coat drive and open a community food pantry. Partners: Local dry cleaners, social services, faith-based organizations, grocery stores | 24 Create a community swap event for families to trade items such as books, school supplies, or clothes. Partner: Civic association | 25 Create a video library for parents, focused on children's social-emotional development. Partner: Libraries |
| 26 Publish a list of "10 things you can do to strengthen families" in your community. Partners: Local media, businesses | 27 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 | 28 Host a workshop on observing and supporting young children at play. Partners: Psychologists, pediatricians | 29 Host a health and spa day for moms and dads. Partners: Local businesses, community-based providers | 30 Host a financial literacy workshop for families to help with financial management Partners: Business leaders or bankers |  <p> 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 </p> | |