

Caregivers, Families, and  
Parents

# April Child Abuse Prevention Month



Protective Factors	Parental Resilience	Parenting & child Development	Concrete Supports	Children's Emotional Health	Social Connections	Family Fun
SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>BY SUPPORTING MAINE FAMILIES, WE KEEP CHILDREN SAFE</b></p>			<p>Reflect on the parenting you received as a child. What do you want to do differently? Why?</p>	<p>Establish a daily routine so your child knows what to expect.</p> 	<p>Hold, cuddle, and hug your children often.</p> 	<p>Have a family game night! Even young children can play board games on an adult's "team."</p> 
<p>Make a play date with friends who have children the same ages as yours.</p> 	<p>Think of one thing you can do this week <b>JUST FOR YOU.</b></p> 	<p>Host a potluck dinner so neighborhood families can connect.</p> 	<p>Dial "2-1-1" to find out about organizations that support families in your area.</p>	<p>What do you enjoy most about your child? Consider ways you can nurture those characteristics.</p> 	<p>Wear Blue Day</p> 	<p>Make some pinwheels and create a fun display.</p> 
<p>Talk to your faith community about starting a parent-support ministry.</p> 	<p>Talk to a trusted friend when you feel stressed, overwhelmed, or sad.</p> 	<p>Explore the environment or world from your child's point of view.</p> 	<p>Talk to your school principal or PTA, ask them to host a community resource night.</p>	<p>"Catch" your children being good. Praise them often.</p> 	<p>Visit the local library during children's story time.</p> 	<p>Family Movie</p> 
<p>Do something nice for a neighbor, another family, or a new community member.</p> 	<p>Have spa day at home: Take a bubble bath, take a nap, or light a candle.</p> 	<p>Spend time observing your child. Recognize what your child does well and what skills your child is working to develop.</p>	<p>Organize a FREE "Clothes Swap " to swap children clothes.</p> 	<p>Role play emotions with your child— what do you do when you're happy, sad, or frustrated?</p> 	<p>Volunteer at your child's school.</p> 	<p>Family Stories</p> 
<p>Family Day</p> 	<p>Play Outside Ride your bike or take a walk.</p> 	<p>Discuss any concerns you have about your child's development with a doctor, home visitor, or teacher.</p>	<p>What's your best quality? What do you enjoy most about being a parent?</p> 	<p>Find a local parenting group, visit the <a href="#">Maine Children's Trust Website</a></p>		