

It Only Takes a Minute For Your Child to Get Into Trouble



April 2014

Protective Factors	Social and Emotional Competence of Children	Knowledge of Parenting and Child Development	Parental Resilience	Social Connections	Concrete Supports for Parents	Nurturing and Attachment
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Create a calendar of events for the family and post it where everyone can see it.	1 Sit and observe what your child can and cannot do.	2 Surround yourself with people who support you and make you feel good about yourself.	3 Participate in activities that help parents learn about managing stress.	4 Organize "stroller walks" with your neighbors and talk about parenting challenges as you walk.	5 Take a few minutes at the end of each day to connect with your children with a hug, a smile, a song or a few minutes of listening and talking.
6 Acknowledge your kid's good behavior.	7 Let your kids help you prepare a meal.	8 Role-play how to express emotions with your kids - what do you do when you are happy, sad or frustrated.	9 Create a parenting tips journal to use when dealing with a challenging issue.	10 Find a church, temple, or mosque that welcomes and supports parents.	11 Have a family "American Idol" night.	12 Arrange a parent against the kid's kickball or soccer game.
13 Encourage other parents to support each other through phone trees, carpools, or playgroups.	14 Tell your spouse or partner about their positive impact on the kid's life.	15 Talk to your kids about the importance of communicating to his/her parents.	16 Let your kids read you a story.	17 Tell your kids that you love them and explain why.	18 Have a board game family night	19 Create or update an emergency phone tree.
22 Create a game that would allow you to teach your kids about good character.	21 Participate in a free child development class in your community.	22 Teach your kids how to resolve conflicts peacefully.	23 Practice a new non-physical method to discipline your kids.	24 Make a list of agencies you can go to for help during a crisis.	25 Arrange a play date for your kids.	26 Host a potluck with other parents.
27 Create a parent and kids arts and crafts activity.	28 Create different ways to make your home warm and inviting for your kids.	29 Use an art program to help kids express themselves without words.	30 Share your feelings with someone you trust.			

To learn more about child safety go to: <http://www.childwelfare.gov/preventing>, <http://www.friendsnrc.org>, <http://www.strengtheningfamilies.net>, <http://www.acf.hhs.gov/programs/cb>

To learn about healthy parenting visit your local New Parent Support Home Visitation Program or go to: http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/new_parent_support/resouces.html

