

# Parent Calendar *April 2020*

30 Ways to Strengthen Your Family Using the Five Protective Factors

SUNDAY Five Protective Factors	MONDAY Parental Resilience	TUESDAY Social Connections	WEDNESDAY Knowledge of Parenting & Child Development	THURSDAY Social & Emotional Competence of Children	FRIDAY Concrete Support in Times of Need	SATURDAY Family Fun
			<b>1</b> Hold, cuddle, and hug your children often.	<b>2</b> Role-play emotions with your child. What do you do when you're happy, sad, frustrated?	<b>3</b> Practice being your child's advocate 	<b>4</b> Do a stress-busting activity with the whole family like having a dance party or playing a boardgame.
<b>4</b> Ask your child who is important to them. 	<b>5</b> Write down all the things you love to do with your child. 	<b>7</b> Take time to connect with friends. Pick up the phone, send them a text, email, or set up a time for a video call.	<b>8</b> Make a list of new skills. It can help your child be happy and healthy.	<b>9</b> Teach your child to resolve conflicts peacefully. 	<b>10</b> Know where to turn to ask for help. 	<b>11</b> Watch your favorite movie and then act out the plot in your home! 
<b>12</b> Explore the world from your child's point of view. 	<b>13</b> Have a family game night! 	<b>14</b> Connect with your community via social media or online groups such as Nextdoor. 	<b>15</b> Learn how to respond in a positive light when your child misbehaves.	<b>16</b> Give your child attention for making the right choices. 	<b>17</b> It is okay to ask for help! 	<b>18</b> Spend time baking cookies or other goodies with your family. 
<b>19</b> "Catch" your children being good. Praise them often. 	<b>20</b> Create a list of stress-buster activities. 	<b>21</b> Consider starting or joining a book club or other social group where you can participate virtually.	<b>22</b> Reflect on parenting you received as a child and how that impacts your parenting today.	<b>23</b> Create regular routines for checking in on how everyone in the family is feeling.	<b>24</b> Help someone else get what they need. 	<b>25</b> Create an outdoor scavenger hunt your kids can do right in your backyard!
<b>26</b> Stay connected with your faith community, social clubs or groups by phone or through virtual platforms.	<b>27</b> Make time to do something YOU enjoy. 	<b>28</b> Call or text your neighbors to check in on them and see how they're doing.	<b>29</b> Reach out by phone or email to a parent in your community to discuss your parenting experiences.	<b>30</b> Set up a virtual playdate between your child and a friend or family member.	 <p><b>NEW HAMPSHIRE Children's Trust</b> New Hampshire chapter of  Prevent Child Abuse America</p>	