

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