

# APRIL

# PARENT CALENDAR

# 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>RESILIENCE</b> Make a list of all the ways you are resilient. Encourage others in your family to do the same. Look for similarities.	Call or write an email to someone in your life who is especially resilient. Let them know it's a quality you admire.	Plan an activity around a resilience resource your family shares. If it's food, cook. If it's humor, watch a funny movie.	Listen to the <a href="#">NH Family NOW</a> podcast. Think about the Protective Factors and your family.	<b>1</b> WEAR BLUE! Send us a picture of you or your family to <a href="mailto:nhctcommunications@nhchildrenstrust.org">nhctcommunications@nhchildrenstrust.org</a>	<b>2</b> Join Melony Williams from TLC for Reflect, Replenish, Be at 10 AM— <a href="http://ow.ly/O98z50DUsgj">http://ow.ly/O98z50DUsgj</a>	<b>3</b> Make time to do something YOU enjoy.
<b>CONNECTION</b> <b>4</b> Lift up a parent in your community. Let them know you're there to help when they need it.	<b>5</b> Encourage your child to write or list the names of their favorite friends. You do it too! Talk about why they bring you joy.	<b>6</b> With your child, write a letter to a friend letting them know how much they mean to you. Mail it or take a drive to hand-deliver the letter.	<b>7</b> Tune in to Greater Tilton Area FRC's Parent Café. Register at <a href="http://ow.ly/lqCN50DVjmE">http://ow.ly/lqCN50DVjmE</a>	<b>8</b> Arrange a virtual or outdoor playdate to connect your child with their peers.	<b>9</b> Join Melony Williams from TLC for Reflect, Replenish, Be at 10 AM— <a href="http://ow.ly/O98z50DUsgj">http://ow.ly/O98z50DUsgj</a>	<b>10</b> Join a virtual social or parent group at your local Family Resource Center (FRC). Go to <a href="http://fsmh.org">fsmh.org</a> to find the FRC nearest you.
<b>SUPPORT</b> <b>11</b> Consider donating to your local food pantry, shelter, or Family Resource Center.	<b>12</b> Have a family art night. Encourage your child to depict a family scene. Ask them to explain what they've included and why.	<b>13</b> Familiarize yourself with the resources in your community. Find your local Family Resource Center at <a href="http://www.fsmh.org">www.fsmh.org</a> .	<b>14</b> Listen to the <a href="#">NH Family NOW</a> podcast about Concrete Support and why it matters to families.	<b>15</b> Download the Strengthening Families Across NH Activity Book <a href="#">HERE!</a>	<b>16</b> Join Melony Williams from TLC for Reflect, Replenish, Be at 10 AM— <a href="http://ow.ly/O98z50DUsgj">http://ow.ly/O98z50DUsgj</a>	<b>17</b> Check in on your neighbors to see how they're doing or if there's anything you can help them with.
<b>MINDFULNESS</b> <b>18</b> "Catch" your children being good. Give your child attention for making positive choices.	<b>19</b> Cut four circles out of paper and label them: happy, sad, frustrated, and silly. Ask your child to draw a face that expresses each.	<b>20</b> Read one of your child's favorite books, paying special attention to faces. Talk about what they mean and why they might be happening.	<b>21</b> Join Linda Douglas from NHCADSV for her <i>Helping Kids Find Their Cape</i> webinar. Register at <a href="http://ow.ly/Z8j550DVjrX">http://ow.ly/Z8j550DVjrX</a>	<b>22</b> Using a well-worn t-shirt, make a cape for a child in your life.	<b>23</b> Join Melony Williams from TLC for Reflect, Replenish, Be at 10 AM— <a href="http://ow.ly/O98z50DUsgj">http://ow.ly/O98z50DUsgj</a>	<b>24</b> GET MOVING: Plan a dance party, or fun-themed family cleaning day. Keep it light and silly.
<b>KNOWLEDGE</b> <b>25</b> Engage you child in a conversation about the type of caregiver they'd like to be.	<b>26</b> Search online for a trusted source about parenting strategies. Don't be afraid to try a new one.	<b>27</b> Make a list of all of your parenting strengths. Anything missing you'd like to build?	<b>28</b> Listen to the <a href="#">NH Family NOW</a> podcast about Parenting and Child Development.	<b>29</b> Reach out to a parent you admire. Let them know they're doing a great job.	<b>30</b> Join Melony Williams from TLC for Reflect, Replenish, Be at 10 AM— <a href="http://ow.ly/O98z50DUsgj">http://ow.ly/O98z50DUsgj</a>	



# BE PREVENTION