



# April 2010

## National Child Abuse Prevention Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Have a family meeting.	<b>2</b> Check out a local resource directory such as the one put out by KLCAS.	<b>3</b> Go to an Easter Egg Hunt as a family.
<b>4</b> Check out a community calendar at <a href="http://klamath.org">klamath.org</a> or <a href="http://discoverklamath.com">discoverklamath.com</a>	<b>5</b> Check into Sunshine Tykes Drop-By Day Care for your young children.	<b>6</b> Get a book from the library and learn about families in another culture.	<b>7</b> Get together as a family and set a goal.	<b>8</b> Help out in your child's classroom.	<b>9</b> Ask someone you trust about an alternative method for discipline	<b>10</b> Play a board game as a family.
<b>11</b> Think of something special about your parents or the person who raised you.	<b>12</b> Teach your kids to resolve conflicts peacefully.	<b>13</b> Go to bedtime stories at the library at 6:30 pm - call 882-8894 for more info	<b>14</b> Think of one thing you accomplished this week as a parent.	<b>15</b> Share your accomplishment from yesterday with someone.	<b>16</b> Catch your child being good.	<b>17</b> Ask your children who their heroes are.
<b>18</b> Pick up trash at a local park.	<b>19</b> Read to or with your child or have your child read to you.	<b>20</b> Praise someone who you think is a good parent.	<b>21</b> Call a parent you know might be struggling and ask "How are you?"	<b>22</b> Take your children for a walk.	<b>23</b> Find some time for yourself today.	<b>24</b> Set up a play date for your child
<b>25</b> Host a potluck or BBQ with your family.	<b>26</b> Role play emotions with your kids - what do you do when you're happy, sad, or frustrated.	<b>27</b> Attend the Hands and Words are not for Hurting Workshop	<b>28</b> Ask someone for help if you are dealing with a challenge.	<b>29</b> Cook a meal and eat it together with the TV off.	<b>30</b> Give your kids a hug and say I Love You.	

30 Ways to Strengthen Families This Month!

