



Parent and Child Activities Calendar

	Monday April 1st Talk to your child about child abuse prevention month, and why we give tribute to this month.	Tuesday, April 2nd Offer to help watch the children of your friends, family or neighbors when they need a break or are feeling frustrated.	Wednesday, April 3rd Talk to your child about their bodies. Teach appropriate names for parts. Learn more: https://www.youtube.com/watch?v=hjP-erhSems	Thursday, April 4th Donate toys, books or other items to participants served by local youth and family serving organizations.	Friday, April 5th The first Friday in April is Wear Blue for Child Abuse Prevention Day. Post a photo to social media using: #WearBlue4KYKids #WearBlue	Saturday, April 6th Take time today to help your child learn healthy conflict resolution skills. Teach them, but also model the skills daily.
Sunday, April 7th Plan to attend a Child Abuse Prevention Month Activity as a family: http://www.pcaky.org/pcak-events	Monday, April 8th Do good together. Plan a service project for you and your children in your neighborhood.	Tuesday, April 9th Share kyhands.com with someone you know who is pregnant or has a newborn. A great resource for new parents in Kentucky!!	Wednesday, April 10th Know who your child spends time with each day. Ensure there's minimal one-on-one time between children & adults at afterschool activities/sports.	Thursday, April 11th Tell your children you love them. Share the positive traits you enjoy about them.	Friday, April 12th Help your child understand the difference between surprises and secrets. A secret kids are told to keep forever is never okay.	Saturday, April 13th Frustrating day? Never discipline your child when you're upset. Take time to calm down. Remember discipline is a way to teach your child. Use privileges to encourage good behavior and timeouts to help your child regain control.
Sunday, April 14th Go on a walk! What a great way to relieve tension, and release energy! Find a pin-wheel garden in your community and take photos.	Monday, April 15th Teach children their rights. Teach them they are special, have the right to be safe, and have the right to say no to things that make them feel uncomfortable.	Tuesday, April 16th Teach your child about a giving spirit. Donate resources to others in need – clothing, food, shelter, furnishings, toys, etc.	Wednesday, April 17th Talk to your kids about staying safe online. Download the internet safety toolkit to learn more: http://www.pcaky.org/digital-downloads	Thursday, April 18th Take a moment for yourself today. Parents - self care is important! Enjoy your favorite cup of coffee/tea, or a TV show. Let the kids play in the other room, or at a friend's house.	Friday, April 19th Take a trip to the local library! They offer many kids' activities, reading programs and fun for the whole family!	Saturday, April 20th Practice story-telling today. Share your favorite book with your children. Let them tell stories, and use their imagination!
Sunday, April 21st What is your favorite childhood memory? Take time today to begin planning the same opportunity for your children!	Monday, April 22nd Enjoy a day at the park!	Tuesday, April 23rd Build a tower or fort, out of anything around the house. Allow your children to use their imaginations.	Wednesday, April 24th Play a board game or two together. Let your child pick the game.	Thursday, April 25th Take turns asking silly questions and laughing together.	Friday, April 26th Ask specific questions about the day, not just open-ended questions. "What happened today that made you happy?"	Saturday, April 27th Reflect upon a Child Abuse Prevention Month activity you did earlier in the month. What did you and your children learn?
Sunday, April 28th Today is Blue Sunday. Did your house of worship participate? Email pcaky@pcaky.org to learn more.	Monday, April 29th Plant flowers, vegetables, or herbs together. So many options. Once the seedlings are big enough, plant them outside. It's fun to watch them grow!	Tuesday, April 30th Bake cookies together, and talk! Talk about your favorite animals, your favorite activities, your favorite foods - just talk, and enjoy it!				