


April 2009

National Child Abuse
Prevention Month
Build Positive
Family Relationships



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Color a special picture with your child. Hang it on the refrigerator.	2 Visit an older relative or friend with your child.	3 Work a puzzle or build a fort with your child.	4 Baby-sit free for a parent who needs a break.
5 Volunteer to help with your child's play or musical.	6 Ask your child's opinion on an important issue.	7 Share your common experiences with another parent.	8 Learn nonviolent ways to discipline, such as time-out with discussion.	9 Volunteer in your child's classroom or daycare center.	10 Make cookies with your child.	11 Wear a Blue Ribbon (the symbol of child abuse prevention).
12 Encourage your children to give their allowance to charity.	13 Take your family to a matinee.	14 Learn how to control offensive materials on your home computer.	15 Go for a family bike or wagon ride.	16 Take your family for a nice long walk together.	17 Give everyone in your family a hug today.	18 Take your family to the zoo.
19 Help build self-esteem. Compliment your child today.	20 Read to your child.	21 Talk to your child about stranger danger.	22 Listen to your child's stories and dreams. Build his or her imagination.	23 Sign up for a parenting or child development class.	24 Celebrate your children's accomplishments over the past month.	25 Have your family help make a Saturday dinner.
26 Visit our web site at www.preventchildabuse.com	27 Talk to your child about responding to inappropriate touching.	28 Help build self-esteem. Encourage your child as he/she learns a new skill.	29 Rent a family movie and share a bowl of popcorn.	30 Play your child's favorite game.	 NATIONAL EXCHANGE CLUB FOUNDATION <small>Strengthening Families. Building Communities. Serving America.</small>	