

2010 April

The Power of One - ACTION
April is Child Abuse Prevention Month



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Wear a blue ribbon or plant a blue pinwheel (symbols of child abuse prevention).	2 Catch your child being good!	3 Spring is coming! Go outside. Discover what is starting to grow under the snow.
4 Put on your favorite music—have fun, dance and move to the music!	5 Allow your child to take time to think before making choices, when possible.	6 When groups of kids play, notice how different age children play differently.	7 Plan a game night with your kids and other family members.	8 Use a notebook to write down all the names and phone numbers you call. Keep this notebook.	9 Listen to your child's stories, dreams and ideas.	10 Relearn outside games such as Tag, Freeze Tag, Kickball, Red Light Green Light, Hide And Seek, SPUD, Duck-Duck-Goose, Football...
11 Encourage your child to give their allowance to charity.	12 For older children, encourage your child to join group activities, take a leadership role.	13 Learn when and how children usually learn to do things like walking, whistling, potty training etc. This will explain a lot.	14 Volunteer in your child's classroom or daycare.	15 Let your child pick out a book to read, use funny voices or tell stories together about the pictures.	16 Collect inexpensive games and place them in a box for you and your kids to play (cards, board games etc.).	17 Plan for next Saturday's family dinner. Ask what healthy foods they will eat.
18 Shop for next Saturday's Family Meal; invite a close relative/friend to help.	19 Don't forget to hug your child and let them know you love them, no matter what!	20 Ask your child, How was your day? Listen and this will mean a lot if the child has your full attention.	21 Look for responsible friends/family to share babysitting responsibilities. Remember to come home at the agreed time and don't overuse your support.	22 Visit services, resources, classes or child programs in your community.	23 Ask you child's opinion on topics you hear about on TV, radio, internet. Keep your child away from "adult material".	24 Have your family help make a Saturday dinner. Give jobs to each child that fits their age.
25 Go to the library and learn about resources. Public Library of Saginaw has a Community Resource page online.	26 Make sure your child has lots of interactions with other children.	27 Talk to your preschooler (older) about privacy. Use the words your doctor uses for private parts for all children.	28 Visit an older relative or friend with your child.	29 Keep all important paperwork for your children in one place that you can find.	30 Learn positive ways to discipline (such as time-out and discussion).	

For more information contact CAN Council 989.752.7226 or go to www.cancouncil.org