



April is Child Abuse Prevention Month!

30 DAYS OF NURTURING YOUR CHILDREN'S SPIRITS

Provided by Prevent Child Abuse Vermont & Vermont Department for Children & Families

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|---|
| | 1 Visit a farm to see maple sugaring.  | 2 Join us at the State House in Montpelier for Proclamation Day! | 3 Bake cookies together and bring them to a local homeless shelter. | 4 Spend quiet time with each child, listening to their stories & dreams. | 5 Wear Blue Day! | 6 Visit a local farm to see baby goats and lambs. |
| 7 Make a growth chart so you can measure your child's height.  | 8. Draw your family; make a family photo album; or just talk about your family's history | 9 Go for a walk or a hike and look for signs of spring | 10 Tell your child you are proud of them for something you are really proud of them about. | 11 Cut up old magazines and catalogues and make a collage together. | 12 Send home-made cards to a nursing home for residents | 13 Compliment your child on an act of kindness or a new skill. |
| 14 Go the library and help your children check out a book  | 15 Teach your child a new song or just make one up.  | 16 Invite another family for a potluck dinner and games | 17 Start a collection with your child, such as stamps or rocks.. | 18 Write to a family member or a friend or someone who is <i>alone.</i>  | 19 Fly kites or make a picnic (even in the snow)..  | 20 Tell your child you love them every day! |
| 21 Draw pictures of your child's favorite animals.  | 22 Make puppets, from old socks or paper bags. | 23 Talk to your kids about what to do in an emergency such as a fire.  | 24 Play a favorite game together. | 25 Go outside in the evening and look at the stars. | 26 Clean closets and drop off unwanted but still usable items to a shelter. | 27 Plan and decorate your children's rooms together |
| 28 Read to your children, or have them read to you. | 29 Have another potluck with family, friends or a neighbor | 30 Let your children plan a meal and help them prepare it. | | | | |
| | | | | | Vermont Parents Helpline 1.800.CHILDREN www.pcavt.org |  |