



April 2011

30 Ways to Strengthen Families During National Child Abuse Prevention Month

Protective Factors:

Children's Social and Emotional Development

Knowledge of Parenting and of Child and Youth Development

Parental Resilience

Social Connections

Concrete Supports for Parents

Nurturing and Attachment

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



strengthening families www.strengtheningfamilies.net



www.childwelfare.gov/preventing



www.friendsnrc.org

1

Update your resource directory.

2

Host a play date for parents and children. Point out how the activities build connections.

3

Create a calendar of community events for families.

4

Add children's books about feelings to your program's library.

5

Praise good parenting when you see it.

6

Invite someone in to help parents learn about managing stress.

7

Organize "stroller walks" with new parents. Talk about their challenges as you walk.

8

Create a handout for families with community resources linked to each protective factor.

9

Help a parent "catch their child being good."

10

Hold your next event or support group at the local laundromat.

11

Role play emotions with kids—what do you do when you're happy, sad, or frustrated?

12

Have parenting tips handy for parents dealing with a challenging issue.

13

Make "how are you?" phone calls to families in the program.

14

Host a potluck or cultural celebration.

15

Invite a community partner to present a new resource for families.

16

Create a board game library for families.

17

Remember something special about every parent you serve.

18

Train your staff on how trauma and loss affect children.

19

Learn about parenting practices of a different culture.

20

Recognize parent accomplishments.

21

Encourage parents to support each other through phone trees, car pools, or play groups.

22

Visit a program where you refer families, so you'll know what it's like.

23

Ask children who is important to them.

24

Create opportunities for parents to contribute to your program.

25

Teach kids to resolve conflicts peacefully.

26

Talk to parents in your program about discipline alternatives.

27

Help parents set goals and solve problems.

28

Create a "positive parenting club" where parents can share their success stories.

29

Let parents use the center's computers for personal business (e.g., writing resumes, email).

30

Create an arts and crafts activity that parents can do with their children.