

# parent ACTIVITY CALENDAR

# 2022

SUN	MON	TUE	WED	THU	FRJ	SAT	
						<p><b>1</b></p> <p>WEAR BLUE! Send us a picture of you or your family to <a href="mailto:nhctcommunications@nhchildrenstrust.org">nhctcommunications@nhchildrenstrust.org</a></p>	<p><b>2</b></p> <p>Download our <a href="#">2022 Prevention Month Resource Guide</a> and share the content with friends, family, and colleagues!</p>
<p><b>3</b></p> <p>Make a list of all the ways you are resilient. Encourage others in your family to do the same. Look for similarities.</p>	<p><b>4</b></p> <p>Watch the Moments of Joy video on our <a href="#">social feeds</a>, featuring Granite State families! Share it with your network.</p>	<p><b>5</b></p> <p>Check out the Children's Trust Media List on our <a href="#">website</a>! Pick a resource to explore.</p>	<p><b>6</b></p> <p>Read a picture book with your child, paying special attention to expressions. Talk about what they mean and why they might be happening.</p>	<p><b>7</b></p> <p>Make a list of all your parenting strengths. Anything missing you'd like to build on?</p>	<p><b>8</b></p> <p>With your child, write a letter to a friend letting them know how much they mean to you. Mail it or take a drive to deliver it to their mailbox.</p>	<p><b>19</b></p> <p>Make time to do something YOU enjoy.</p>	
<p><b>10</b></p> <p>Call or write an email to someone in your life who is especially resilient. Let them know it's a quality you admire.</p>	<p><b>11</b></p> <p>Lend a helping hand! Let a neighbor know if you have a skill or equipment you're willing to share to help them if they need it.</p>	<p><b>12</b></p> <p>Lift up a parent in your community. Let them know you're there to help when they need it.</p>	<p><b>13</b></p> <p>Tune into today's episode of the <a href="#">NH Family NOW</a> podcast, a conversation about strengthening families across NH!</p>	<p><b>14</b></p> <p>Join us for a <a href="#">LIVE webinar</a>, You are Prevention: The Role of Relationships, facilitated by Michele Holt-Shannon, Director of NH Listens.</p>	<p><b>15</b></p> <p>Show a small act of kindness to a friend, colleague, or neighbor, like buying them coffee or helping unload groceries!</p>	<p><b>16</b></p> <p>Arrange a playdate! Invite the kids (and caregivers) over to play or make plans to go for an outing together.</p>	
<p><b>17</b></p> <p>Familiarize yourself with the resources in your community. Find your local Family Resource Center (FRC) at <a href="http://www.fsnh.org">www.fsnh.org</a>.</p>	<p><b>18</b></p> <p>Contact your local FRC or community agency and see if there are any upcoming volunteer opportunities!</p>	<p><b>19</b></p> <p>Consider donating nutritious and culturally appropriate food to your local food pantry.</p>	<p><b>20</b></p> <p>Attend a city council meeting and get know what's going on in your community.</p>	<p><b>21</b></p> <p>Join us for a <a href="#">LIVE panel discussion</a>, We are Prevention: Engaging Community at All Levels, with community leaders from across NH.</p>	<p><b>22</b></p> <p>Shop locally! When you support a local business, your dollar is a direct investment in your community.</p>	<p><b>23</b></p> <p>Initiate a get-together with other families in your neighborhood! Ask everyone to bring their favorite food or beverage.</p>	
<p><b>24</b></p> <p>Join a community garden! Gardening helps teach kids where food comes from and you can share with others!</p>	<p><b>25</b></p> <p>Become a tutor or mentor! Being a positive role model in a child's life can impact their success later on.</p>	<p><b>26</b></p> <p>Find organizations involved in anti-racism efforts, preferably led by people of color, and help uplift their voices and ideas.</p>	<p><b>27</b></p> <p>Tune into today's episode of the <a href="#">NH Family NOW</a> podcast, a conversation about strengthening families across NH!</p>	<p><b>28</b></p> <p>Attend our <a href="#">virtual training</a>, Be Prevention: Advocating for a Stronger NH, facilitated by New Futures, the lead advocacy organization in the state!</p>	<p><b>29</b></p> <p>Participate in a community survey! They help advocates and decision-makers understand the needs and experiences of your community.</p>	<p><b>30</b></p> <p>Call your local State legislator about upcoming legislation you would like them to support/oppose. Learn more <a href="#">HERE</a></p>	

