





join us

# Family Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Gear Up for April by connecting with us on social media!</b></p> <p>   </p>	<p><b>1</b></p> <p>CAP MONTH KICK-OFF! Download the 2024 Prevention Resource Guide <a href="#">HERE</a> and share the content with friends, family, and colleagues!</p>	<p><b>2</b></p> <p>Make a list of all 10 things your family values. Can you design an activity around one of the entries on you list?</p>	<p><b>3</b></p> <p>Family Morning Out – 9:30 to 11 am in Portsmouth! Bring your children ages birth to six for a free program.</p> <p><a href="https://tinyurl.com/yfjrsthm">https://tinyurl.com/yfjrsthm</a></p>	<p><b>4</b></p> <p>Decision-Making— Kids Choice: Tonight your kids get to pick a family fun activity. A family walk? Building a fort? Maybe a game of uno?</p>	<p><b>5</b></p> <p><b>WEAR BLUE DAY!</b> <a href="#">Send a picture of you or your family to communications@nhchildrenstrust.org</a></p>	<p><b>6</b></p> <p>Join NH for Little Readers Free Family Program! Learn about NH history through classic stories and fun games and activities!</p> <p><a href="https://tinyurl.com/mu8jmw29">https://tinyurl.com/mu8jmw29</a></p>
<p><b>7</b></p> <p>It's the WEEK of the YOUNG CHILD! Visit <a href="http://naeyc.org">naeyc.org</a> to learn more about NAEYC's initiatives.</p>	<p><b>8</b></p> <p>It's TIME TO BAKE: Gather up some simple supplies and try a baking session that teaches math conversations and calculations!</p>	<p><b>9</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>10</b></p> <p>TUNE IN to today's episode of the NH Family NOW podcast, a conversation about strong families across NH!</p> <p><a href="http://nhchildrenstrust.org/nhfn">nhchildrenstrust.org/nhfn</a></p>	<p><b>11</b></p> <p>ARTSY THURSDAY is HERE: grab your scissors, some glue and paper, and plenty of creativity! Art projects are a great way to encourage development!</p>	<p><b>12</b></p> <p>Changing the Narrative— Movie Night: Encanto! Note the ways Mirabel writes her own story! How does your family do the same?</p>	<p><b>13</b></p> <p>HELP US celebrate the Week of the Young Child with Brain Building Basics from VROOM!</p> <p><a href="http://tinyurl.com/At-Home-Tips">tinyurl.com/At-Home-Tips</a></p>
<p><b>14</b></p> <p>Does your child like to pretend? Pretend a flower is growing on their nose. Describe what it looks like. Then pretend to grab it! Now have your child try!</p>	<p><b>15</b></p> <p>STORY TIME! Start a story with the first thing you see. Begin with "Once upon a time, there was a ... " Ask your child to continue the story. And the sillier the better!</p>	<p><b>16</b></p> <p>LIFT UP a parent today! As simple as it may seem, encouraging words build resilience. Tell the next parent you see that they are doing a great job!</p>	<p><b>17</b></p> <p>SOCK PUPPETS! Encourage your child to find a pair of old socks you can turn into puppets. Use the puppets to have a conversation about what you might like to do today!</p>	<p><b>18</b></p> <p>Go sightseeing in your home! Walk with your child and point out objects. Describe an item let them touch it. Ask, "Do you feel the lamp shade? It is rough. Is it smooth?"</p>	<p><b>19</b></p> <p>Familiarize yourself with the resources in your community. Find your local Family Resource Center (FRC) at <a href="http://fsnh.org">fsnh.org</a>.</p>	<p><b>20</b></p> <p>Join staff and volunteers at NH Audubon's Massabesic Center for a day full of a variety of family-friendly activities, while also learning how to conserve wildlife and natural resources.</p> <p><a href="http://nhaudubon.org/center-and-events/earth-day/">nhaudubon.org/center-and-events/earth-day/</a></p>
<p><b>21</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>22</b></p> <p>IT'S EARTH DAY! Join the staff and volunteers at NH Audubon's Massabesic Center for a day full of a variety of family-friendly activities, while also learning how to conserve wildlife and natural resources.</p>	<p><b>23</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>24</b></p> <p>TUNE IN to today's episode of the NH Family NOW podcast, a conversation about strengthening families across NH!</p> <p><a href="http://nhchildrenstrust.org/nhfn">nhchildrenstrust.org/nhfn</a></p>	<p><b>25</b></p> <p>It's STORY TIME at the Maxfield Public Library in Loudon NH! From 10:30 to 11:15, there will be songs, rhymes, reading, and more! It's a great way to learn, have fun, and meet other families!</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>VROOM can also help parents and caregivers with CHALLENGING MOMENTS!</p> <p>Find strategies that build foundational skills: <a href="http://tinyurl.com/0-to-5-Challenging-Moments">tinyurl.com/0-to-5-Challenging-Moments</a></p>
<p><b>28</b></p> <p>Watch the <a href="#">Moments of Joy</a> video on our social feeds, featuring Granite State families! Share it with your network.</p> <p><a href="https://tinyurl.com/NHCTJoy">https://tinyurl.com/NHCTJoy</a></p>	<p><b>29</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.</p>	<p><b>30</b></p> <p>IT'S SELF CARE TUESDAY! Take a moment at some point to day to remind yourself that you're doing a fantastic job. Find a mirror and say it aloud!</p>	<p><b>1 2 3 4</b></p> <p><b>Stay engaged with us online as we continue to build together!</b></p>			