

APRIL

PARENT CALENDAR

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
RESILIENCE Make a list of all the ways you are resilient. Encourage others in your family to do the same. Look for similarities.	Call or write an email to someone in your life who is especially resilient. Let them know it's a quality you admire.	Plan an activity around a resilience resource your family shares. If it's food, cook. If it's humor, watch a funny movie.	Listen to the NH Family NOW podcast. Think about the Protective Factors and your family.	WEAR BLUE! Send us a picture of you or your family to nhctcommunications@nhchildrenstrust.org	1 Join Melony Williams from TLC for <i>Reflect, Replenish</i> . Be at 10 AM— http://ow.ly/O98z50DUsgj	2 Make time to do something YOU enjoy.	3
CONNECTION Lift up a parent in your community. Let them know you're there to help when they need it.	4 Encourage your child to write or list the names of their favorite friends. You do it too! Talk about why they bring you joy.	5	6 Tune in to Greater Tilton Area FRC's Parent Café. Register at http://ow.ly/lqCN50DVjmE	7	8 Arrange a virtual or outdoor playdate to connect your child with their peers.	9 Join Melony Williams from TLC for <i>Reflect, Replenish</i> . Be at 10 AM— http://ow.ly/O98z50DUsgj	10 Join a virtual social or parent group at your local Family Resource Center (FRC). Go to fsnh.org to find the FRC nearest you.
SUPPORT Consider donating to your local food pantry, shelter, or Family Resource Center.	11 Have a family art night. Encourage your child to depict a family scene. Ask them to explain what they've included and why.	12	13 Familiarize yourself with the resources in your community. Find your local Family Resource Center at www.fsnh.org .	14 Listen to the NH Family NOW podcast about Concrete Support and why it matters to families.	15 Download the Strengthening Families Across NH Activity Book HERE!	16 Join Melony Williams from TLC for <i>Reflect, Replenish</i> . Be at 10 AM— http://ow.ly/O98z50DUsgj	17 Check in on your neighbors to see how they're doing or if there's anything you can help them with.
MINDFULNESS "Catch" your children being good. Give your child attention for making positive choices.	18 Cut four circles out of paper and label them: happy, sad, frustrated, and silly. Ask your child to draw a face that expresses each.	19	20 Read one of your child's favorite books, paying special attention to faces. Talk about what they mean and why they might be happening.	21 Join Linda Douglas from NHCADSV for her <i>Helping Kids Find Their Cape</i> webinar. Register at http://ow.ly/Z8j550DVjrX	22 Using a well-worn t-shirt, make a cape for a child in your life.	23 Join Melony Williams from TLC for <i>Reflect, Replenish</i> . Be at 10 AM— http://ow.ly/O98z50DUsgj	24 GET MOVING: Plan a dance party, or fun-themed family cleaning day. Keep it light and silly.
KNOWLEDGE Engage you child in a conversation about the type of caregiver they'd like to be.	25 Search online for a trusted source about parenting strategies. Don't be afraid to try a new one.	26 Make a list of all of your parenting strengths. Anything missing you'd like to build?	27 Listen to the NH Family NOW podcast about Parenting and Child Development.	28 Reach out to a parent you admire. Let them know they're doing a great job.	29 Join Melony Williams from TLC for <i>Reflect, Replenish</i> . Be at 10 AM— http://ow.ly/O98z50DUsgj	30	



BE PREVENTION