



# Ways to Build Community and Hope During National Child Abuse Prevention Month

# April 2020

Protective Factors	Nurturing & Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
			1 Ask your children who is important to them.	2 Talk to friends about organizing a babysitting co-op.	3 Establish a daily routine so your child knows what to expect	4 Organize a "Clothes Swap Potluck" to swap childrens' clothes.
5 Hold, cuddle, and hug your children often.	6 Have a family game night! Even young children can play board games on an adult's "team".	7 Reflect on the parenting you received as a child and how that impacts your parenting today.	8 Make a list of your personal accomplishments	9 Dial 2-1-1 to find out about organizations that support families in your area.	10 Teach your child to resolve conflicts peacefully.	11 Attend our 7 <sup>th</sup> Annual March Against Child Abuse" – Awareness Event and Resource Fair.
12 Talk to your faith community about ways to be more supportive of parents.	13 <b>ARTS &amp; CRAFTS</b> Make something with your child. Arts and crafts are fun for adults too!	14 Attend one of our <a href="#">Stewards of Children</a> Child Sexual Abuse Prevention Trainings.	15 Make time to do something YOU enjoy.	16 Ask your school principal or PTA to host a community resource night.	17 Treat yourself to a spa day at home: Take a bubble bath, try a facial mask, and paint your nails a new color.	18 Download our <a href="#">Resource Guide</a> to find childrens' and family services in the El Paso County area.
19 Plant a pinwheel garden with your child in your front yard, near your mailbox, or on your front porch.	20 Volunteer at your child's school.	21 Write down questions for your next appointment with your child's doctor.	22 Talk to a trusted friend when you feel stressed, overwhelmed or sad.	23 Find out what classes the YWCA or community center offers. Sign up for one that interests you.	24 Make "how are you?" phone calls to family and friends.	25 Get outside! Chat with neighbors or visit a local park with your child.
26 "Catch" your children being good. Praise them often.	27 Have a play date with friends who have children the same age as yours.	28 <b>GET TO KNOW YOUR NEIGHBOR!</b> Host a potluck dinner with neighborhood families to swap parenting stories.	29 Volunteer at your child's school	30 Talk to other parents about discipline alternatives.		

