

PARENTING MATTERS
Keep Kids Healthy & Safe

30 ways to promote positive parenting during the month of April and beyond.

April 2016



Build Support for Kids Health & Safety	Foster Nurturing and Attachment	Increase Knowledge of Parenting & Child Development	Take Care Of Yourself To Be A Better Parent	Find Support	Increase Social & Emotional Well-Being Of Children	Build Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Establish a daily routine so your child knows what to expect.	2 Volunteer in your child's school and connect with other parents.
3 Plant a pinwheel garden as a reminder to keep all kids healthy and safe.	4 Tell your child that they are the most important thing in the world to you.	5 Check out classes and events in your area: www.pساسadler.org/calendar.pdf	6 Connect with another parent to share experiences.	7 Join a PEPS or Listening Mothers group (www.peps.org , www.communityofmindfulparenting.com)	8 Read to your child. Talk about what feelings the characters experience.	9 Schedule time to get together with a family with children of similar ages to yours.
10 Seek out strong adult role models to involve in your child's life.	11 Play with your child – give them 15 min. of your full attention and let them lead.	12 Download apps like Daily Vroom and Let's Play: ZERO TO THREE on your smartphone.	13 Make time to do something YOU enjoy.	14 Seek out a meetup group: http://parents.meetup.com/cities/us/wa/seattle/	15 Give choices while maintaining the rules. ("We brush teeth at bedtime. Do you want to do it before or after reading books?")	16 Visit a local community center.
17 Advocate for increased support for kids and families – call/write your legislator, school board.	18 Talk to your child about their experiences and feelings to help make sense of them.	19 Read a book or website to learn more about child development (i.e. The Whole Brain Child).	20 Exercise or meditate (Try the Headspace app on your smartphone to learn to meditate).	21 Talk to a trusted friend about your parenting joys and frustrations.	22 Roleplay emotions with your child – what do you do when you're happy, sad, or frustrated?	23 Play at a local park with other families.
24 Encourage your child to work hard at school and ask for help when needed.	25 Offer hugs, a hand to hold, or comfort when your child looks for safety or security.	26 Spend time observing your child. Discuss your child's development with a childcare provider or teacher.	27 Learn coping skills for managing stress/frustration and seek help if you're overwhelmed.	28 Talk with your partner about ways you can support each other as parents.	29 Clarify household rules/expectations (for kids and adults!) and be consistent about following them.	30 Join a coop preschool.