

# April 2021 - Child Abuse Prevention Month

SUN	MON	TUE	WED	THU	FRI	SAT
Step Up For Children is Tuesday April 13th @ 7:30PM on WCPO			<p><b>1</b> Catch your child "being good." The best way to encourage children to repeat a positive behavior is to praise them for it.</p> <p><b>KY Wear Blue Day</b> #WearBlue4KYkids</p>	<p><b>2</b> Show your child how to behave. If your child pulls the cat's tail, <i>show</i> her how to pet the cat. Do not rely on words alone.</p>	<p><b>3</b> Let your child pick out a movie from the library and have a family movie night. Don't forget the popcorn!</p>	
<p><b>4</b> Children seldom misquote. In fact, they usually repeat word for word what you shouldn't have said." -Author Unknown</p>	<p><b>5</b> Love is not conditional. Children need to know that you will love when they succeed and fail.</p>	<p><b>6</b> "Birds fly. Fish swim. Children play." -Dr. Garry Landreth</p>	<p><b>7</b> Children do not deal well with gray areas. Set rules and stick to them so that it is fair to you and your child.</p>	<p><b>8</b> Children develop at different rates. When your child does not do something you are asking them to do, it may be that he does not understand what you are asking.</p>	<p><b>9</b> Create a special place at home for reading, writing, and art. Keep books and other reading materials where your child can reach them.</p>	<p><b>10</b> "Children are like wet cement. Whatever falls on them makes an impression." -Dr. Haim Ginott</p>
<p><b>11</b> Genuine praise has a powerful effect on your children's behavior, as well as their overall self-esteem.</p>	<p><b>12</b> Remember that you are the voice of reason in your household and that you will have to tell your child "no" sometimes.</p>	<p><b>13</b> Be flexible, especially with older children and adolescents. Listen and get your child's input on rules and consequences.</p>	<p><b>14</b> Never ask your child to relay messages between you and your ex. This puts the child in an uncomfortable position that can be avoided.</p> <p><b>OH Wear Blue Day</b> @WearBlueOhio</p>	<p><b>15</b> Set an example for your children by being courteous and respectful to everyone you meet.</p>	<p><b>16</b> Remember that testing your limits is a healthy part of your children's growth and development.</p>	<p><b>17</b> Start a family game night. Write each family member's name on the calendar. That person decides which game will be played that night.</p>
<p><b>18</b> Take some time to meet your needs so you can be fully there to nurture your child.</p>	<p><b>19</b> Spend some time each day focused entirely on your child. If you spend positive time together, they will not 'misbehave' to get your attention.</p>	<p><b>20</b> The time in has to matter so the "time out" can be effective. Just giving out punishments will not deter a child from 'misbehaving.'</p>	<p><b>21</b> When you talk about your child, be certain to emphasize the positives—especially when your child can overhear what you are saying.</p>	<p><b>22</b> Spend some time today telling your child about the day they were born. Focus on the feelings you had when you first saw them.</p>	<p><b>23</b> "A person's a person, no matter how small." -Dr. Seuss</p>	<p><b>24</b> Put down what you are doing to listen to your child when they're talking to you, and make eye contact.</p>
<p><b>25</b> Young children often have intense feelings and needs. They may be naturally loud, impatient, and full of energy. Try to accept them as they are.</p> <p><b>Blue Sunday</b> www.bluesunday.org</p>	<p><b>26</b> Punishments show children what not to do; only guidance and teaching can show children what to do.</p>	<p><b>27</b> Remember that family rules are for <u>everyone</u> in the family— including parents. "No hitting" means that no one in the household hits.</p>	<p><b>28</b> Don't call out instructions to your child from another room if you are really serious about wanting them done.</p>	<p><b>29</b> Tell your child all the reasons you love them. Write them down and put them where you and your child can see them every day.</p>	<p><b>30</b> Say "I love you" to your child at least once every day.</p>	



**POSITIVE PARENTING**

## DAILY TIPS

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Ending the cycle of child abuse by promoting individual well-being and healthy family relationships.