

# April 2025

## Child Abuse Prevention Month



Family  
Nurturing  
Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>31</b> Tell your child, "Your feelings matter to me. We can talk about how you feel.*"	<b>1</b> Family Nurturing Center's Blue Ribbon Ceremony	<b>2</b> Have a list of "let our energy out" and "calm our energy down" activities ready to put into action.*	<b>3</b> As parents, we cannot always control our child's tone, words or behavior, but we can always control our responses.*	<b>4</b> Teach your child how to develop a "plan" before they take action.*	<b>5</b> Research shows that morning exercise can improve school grades. Consider a 15 minute family walk or a game of basketball.*
<b>6</b> Let your child pick out a movie from the library and have a family movie night. Don't forget the popcorn!	<b>7</b> Remember that testing your limits is a healthy part of your children's growth and development.	<b>8</b> Model a sense of calm. If you keep your cool, your child has a better chance of doing the same.*	<b>9</b> KY Wear Blue Day #WearBlue4KYkids OH Wear Blue Day #OhioWearsBlue	<b>10</b> Genuine praise has a powerful effect on your child's behavior as well as their overall self-esteem.	<b>11</b> Make a list of five family calming strategies and put them on the fridge for easy access.*	<b>12</b> Set an example for your child by being courteous and respectful to everyone you meet.
<b>13</b> Take some time to meet your needs so you can be fully there to nurture your child.	<b>14</b> Advocate for your child from a place of calm not anger.*	<b>15</b> Put down what you are doing to listen to your child when they are talking to you and make eye contact.	<b>16</b> Create a special place at home for reading, writing and art. Keep books and other reading materials where your child can reach them.	<b>17</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.	<b>18</b> Use a calming skill such as music, exercise, meditation or yoga yourself.*	<b>19</b> Empathize with your child's experience. "I can see that this is really hard for you.**"
<b>20</b> Time spent with your child is never wasted. Don't miss any opportunity to get involved in your child's interests.	<b>21</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.	<b>22</b> Validating your child's feelings is the best way to teach kids to be caring as they grow.*	<b>23</b> Ask your child, "How can I help you feel refreshed and ready for the day?""	<b>24</b> Talk with your child about respecting others. Encourage them to help people in need.	<b>25</b> Wake up with a "Be Calm" mindset. Embrace the intention of remaining peaceful, connected and loving.*	<b>26</b> Get up 15 minutes earlier in the morning. Ask who wants to join you in a more peaceful morning.*
<b>27</b> Encourage children to play and have fun.*  Blue Sunday bluesunday.org	<b>28</b> Help your child to see himself as thoughtful, "You are kind and thoughtful.**"	<b>29</b> Ask your child if they have another way to make a request. If not, offer a new sentence using a polite tone so they can model after you.*	<b>30</b> Know that the meaningful moments you share with your child are part of the solution.*			

### Positive Parenting Daily Tips

**BLOOM**  
50 Things to Say, Think and Do with Anxious, Angry and Over-the-Top Kids  
April 2025  
LYNNE KENNEY, PsyD  
WENDY YOUNG, LMSW, BCD

\*Tips from Bloom by Lynne Kenney, PsyD & Wendy Young, LMSW, BCD

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