

# April 2017 - Child Abuse Prevention Month

SUN	MON	TUE	WED	THU	FRI	SAT
Create your Blue Ribbon Tree for display the entire month.			29 Blue Ribbon Ceremony BB&T Blue Ash, OH	30	31 Blue Ribbon Ceremony Tom Gill Chevrolet Florence, KY	1 Catch your Child "being good." The best way to encourage children to repeat a positive behavior is to praise them for it.
2 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.	3 Let your child pick out a movie from the library and have a family movie night. Don't forget the popcorn!	4 Children seldom misquote. In fact, they usually repeat word for word what you shouldn't have said." -Author Unknown	5 Remember that testing your limits is a healthy part of your children's growth and development.	6 Spend some time today telling your child about the day they were born. Focus on the feelings you had when you first saw them.	7 Children do not deal well with gray areas. Set rules and stick to them so that it is fair to you and your child.  Wear Blue Day	8 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.
9 Create a special place at home for reading, writing, and art. Keep books and other reading materials where your child can reach them.	10 "Children are like wet cement. Whatever falls on them makes an impression." -Dr. Haim Ginott	11 Genuine praise has a powerful effect on your children's behavior, as well as their overall self-esteem.	12 Remember that you are the voice of reason in your household and that you will have to tell your child "no" sometimes.	13 Be flexible, especially with older children and adolescents. Listen and get your child's input on rules and consequences.	14 Never ask your child to relay messages between you and your ex. This puts the child in an uncomfortable position that can be avoided.	15 Set an example for your children by being courteous and respectful to everyone you meet.
16 Love is not conditional. Children need to know that you will love when they succeed and fail.	17 Start a family game night. Write each family member's name on the calendar. That person decides which game will be played that night.	18 Take some time to meet your needs so you can be fully there to nurture your child.	19 Spend some time each day focused entirely on your child. If you spend positive time together, they will not 'misbehave' to get your attention.	20 The time in has to matter so the "time out" can be effective. Just giving out punishments will not deter a child from 'misbehaving.'	21 When you talk about your child, be certain to emphasize the positives- especially when your child can overhear what you are saying.	22 "Birds fly. Fish swim. Children play." -Dr. Garry Landreth
23 "A person's a person, no matter how small." -Dr. Seuss	24 Put down what you are doing to listen to your child when they're talking to you, and make eye contact.	25 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.	26 Punishments show children what not to do; only guidance and teaching can show children what to do.	27 Remember that family rules are for <u>everyone</u> in the family- including parents. "No hitting" means that no one in the household hits.	28 Don't call out instructions to your child from another room if you are really serious about wanting them done.	29 Tell your child all the reasons you love him or her. Write them down and put them where you and your child can see them every day.
30 Say "I love you" at least once every day. Blue Sunday						



## DAILY TIPS

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[www.familynurture.org](http://www.familynurture.org)

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

Adapted from [www.preventchildabuse.nj.org](http://www.preventchildabuse.nj.org)

