

2018 Family Fun Calendar

Keeping Your Family Strong

This year's family fun calendar shares ideas on how to keep your family strong. Every family has strengths, and every family faces challenges. When you are under stress – it can take a little extra help to get through the day. When parents show courage and have help – it makes the job a bit easier.

You will find ideas to stay strong when life gets hard. Building on your strength is a great way to keep the family strong. When family members work together and find support from others – children tend to be happy and healthy.

You will also find simple activity ideas on each calendar square. These activities can be enjoyed by people of all ages and most can be done with items you have around the house. There is no “right” way to use this calendar.

You can:

- ◆ modify the activities based on your family's interests.
- ◆ do the activity on the day it is listed
- ◆ circle the activities you like and do them on the day of your choice, perhaps on your “family night.”
- ◆ do all the activities or one activity each week.

However you decide to use the calendar, spending quality time together will have a positive impact on your family. We hope that this calendar helps you find ways to spend quality time as a family having fun and staying strong.

Information for this calendar came from: “Building Community, Building Hope Resource Guide,” Child Welfare Information Gateway.

~Prevent Child Abuse Wisconsin Staff



Strong families have:

- Love and respect for each other
- Understanding of parenting skills and child growth
- Ability to deal with stressful events
- Help from others, when needed – family, friends, neighbors
- Their basic needs met – housing, food, clothing, medical care, etc.

January

Staying Healthy by Eating Well

Children learn eating habits by watching you. Set a good example. Practice the following:

- Eating together is important to connect with your children. Have different healthy foods to eat. Focus on what your children are saying rather than what they are eating.
- Reward children with your time and kind words, and not food treats.
- Plan, shop and cook at home as a family. Children can help plan the menu, set the table, and with the meal prep - if they are older.
- Let kids create their own recipe. Ideas include trail mix, smoothies and fruit salad.

Notes

"All great change in America begins at the dinner table."

~Ronald Reagan

Books for the month:

Gregory, the Terrible Eater

By M. Sharmat

What's so Yummy? All About Eating Well and Feeling Good

By R. Harris

Nutrition Facts for Kids: Teaching Children the Facts about Nutrition

By M. A. Ruffaer

Monsters Don't Eat Broccoli

By B. Hicks



January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Discuss ways to stay healthy in 2018	2 Try a new food	3 Draw a picture of the weather	4 Do a finger painting	5 Breathe deeply	6 Make puppets with paper bags
7 Volunteer as a family	8 Build a snow family	9 No TV day	10 Play a board game	11 Give someone a nice note	12 Make a nutritious snack	13 Exercise as a family
14 Make warm apple cider	15 Dress up for dinner	16 Try something new	17 Mail a letter to someone	18 Help set the table	19 Have a treasure hunt	20 Write a poem about peace
21 Call someone you love	22 Bake cookies as a family	23 Have a family sing-along	24 Make faces in the mirror	25 Visit the library	26 Discuss a TV show	27 Make trail mix or smoothies
28 Make your own obstacle course	29 Visit a museum	30 Hug someone you love	31 Do a favor for someone			



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February

Dealing with Temper Tantrums

Two- and three-year olds are learning many new things. How to deal with their tempers is not one of those skills. Tantrums are common because they want to do things themselves. They also know what they want and need but can't always find the words to tell us.

It's easier to prevent a tantrum than to deal with one. Try these tips:

- Direct your child's attention to something else – "Look at that fire truck".
- Give your child a choice – "Do you want carrots or peas?".
- Have a daily routine that includes fun things, rest time and healthy foods.
- Tell your child when they did a good job sharing their feelings with words or had self-control.

Notes

"Sorry I'm late, I got into an argument with my toddler about socks."

~Unknown

Books for the month:

Jilly's Terrible Temper Tantrums: And How She Outgrew Them

By M. Heineman Pieper

A Little Book About Feelings

By A. Schiller

Baditude! What to Do When Life Stinks! (Responsible Me!)

By J. Cook

How to Take the Grrrr Out of Anger

By E. Verdick

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Have a snowball toss with folded socks	2 Bundle up and play outside	3 Talk about feelings
4 Shovel your neighbor's sidewalk	5 Do an art or craft project	6 Go ice skating	7 Make paper hearts	8 Learn about the history of your family	9 Dance to your favorite song	10 Tell knock-knock jokes
11 Make heart cookies	12 Have a "pretend it's summer" party	13 Try or make a food from another culture	14 Say "I love you"	15 Make friendship bracelets	16 Learn about the President of the USA	17 Listen to classical music
18 Go bowling	19 Go sledding together	20 Have an indoor picnic	21 Read a book about polar bears	22 Build an indoor fort with blankets	23 Make a card to give to your neighbor	24 Family game night
25 Go to a matinee at the movie theater	26 Start a family scrap book	27 Find 10 red things	28 What can we do when we're upset?			

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March

Bonding with Baby

Attachment is a deep, lasting bond that grows between a caregiver and child during the baby's first few years of life. This is key to the growth of a baby's body and mind. Babies who have this bond and feel loved have a better chance to grow up to be caring adults.

Here are some ways to bond with your baby:

- Respond when your baby cries. You can't "spoil" a baby with too much attention.
- Hold and touch your baby. Keep your baby close with a baby sling, pouch or backpack for older babies
- Use feeding, bathing and diapering times to look at your baby, smile and talk.
- Read, sing and play peek-a-boo. Babies love to hear voices.

Notes

"We never know the love of a parent until we become one ourselves."

~Henry Ward Beecher

Books for the month:

Twinkle, Twinkle, Little Star: And Other Favorite Nursery Rhymes
By S. Rescek

Chicka Chicka Boom Boom
By B. Martin Jr

Baby Signs: A Baby-Sized Introduction to Speaking Sign Language
By J. Allen

Where is Baby's Belly Button?
By K. Katz

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Learn about your community	2 Be honest when asked a question	3 Do some stretching exercises
4 Go to a park	5 Sit wrapped in blankets and tell stories	6 Hug someone you love	7 Play hide and seek	8 Share your favorite poem	9 Build with blocks	10 Talk about what peace means to you
11 Research places to volunteer as a family	12 Look at baby pictures	13 Call a relative and ask them about their day	14 Dress silly for dinner	15 No TV day	16 Donate outgrown clothes	17 Make pancakes with green food coloring
18 Create an indoor obstacle course	19 Read a book together	20 Look for signs of spring	21 Learn how to write your name	22 Make an extra effort to smile more	23 Do the dishes by hand	24 Color a picture for someone special
25 Talk about who your role models are	26 Bake a cake as a family	27 Discuss ways your family can conserve electricity	28 Pretend to be a marching band	29 Clean your closet	30 Bake cookies for someone	31 Learn about another country

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April

Parenting School-Age Children

Children ages 6 – 12 go through big changes. As they spend more time at school with friends, they are developing their own identity. Plus their bodies are changing and growing quickly. They are learning to control their feelings, use reason and solve problems. They need rules and structure and, most of all, their parents love and support.

Below are some parenting tips for this age group:

- Make a few important rules and follow them. Children want freedom, so give them choices in smaller matters – like clothing, bedroom decorating.
- Talk to them about what you expect. Post rules and routines where everyone can see them. Fewer “grey areas” mean less to argue about.
- Support their growing bodies. Children this age need healthy meals – breakfast is very important. They also need about 10 hours of sleep each night.
- Talk with your child AND listen to what they have to say. They may act like they don’t care what you have to say, but they do want your love, attention and advice.

Notes

“Education is the most powerful weapon which you can use to change the world.”

~Nelson Mandela

Books for the month:

Alexander and the Terrible, Horrible, No Good, Very Bad Day

By J. Viorst

Cloudy With a Chance of Meatballs

By J. Barrett

The Borrowers

By M. Norton

Parenting in the Age of Attention Snatchers: A Step-by-Step Guide to Balancing Your

Child’s Use of Technology

By L. Palladino

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Find things that are smooth and bumpy	2 Visit a nursing home and sing songs	3 Talk about your childhood memories	4 Do jumping jacks	5 Play music while doing your chores	6 Learn 5 words in sign language	7 Watch the news and discuss what you saw
8 Discuss and write down 3-5 family rules	9 Do "Spring Cleaning"	10 Explore a map together	11 Stop, talk and listen to each other	12 Go puddle jumping	13 Thank someone for being your friend	14 Play follow the leader
15 Read a book about friends	16 Make your own personal flag	17 Sing songs together	18 Make a grocery list of healthy things to eat	19 Talk about being a good friend	20 Blow bubbles outside	21 Make snack mix using breakfast cereals
22 Visit friends	23 Clean up your neighborhood - get neighbors involved, too!	24 Go hiking	25 What do you want to do when you are older?	26 Draw pictures of the neighborhood	27 Talk about how to make good choices	28 Find out what happens to the stuff you recycle
29 Laugh a lot today	30 Eat ice cream					

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May

Building Coping Skills

All kids face problems and disappointments. Being able to handle these is an important skill to learn. Experts call this “resilience” – how one bounces back after a setback.

You can help your child develop coping skills by:

- Having a positive outlook – children will watch to see how you handle a problem. Model an “I can do it” attitude.
- Build confidence – tell your child what they do well. Comment when they are kind, helpful, patient, etc.
- Encourage goal-setting – help them set realistic goals. Work towards them, taking one step at a time.

Notes

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

~Steve Maraboli

Books for the month:

Bounce Back! A Book About Resilience
By C. Meiners

Building Resilience in Children and Teens:
Giving Kids Roots and Wings
By K. Ginsburg MD FAAP

Flight School
By L. Judge

Pearla and her Unpredictably Perfect Day:
A story about how a sprinkling of mistakes
can be a recipe for success
By R. Lieberman

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cook and clean up dinner together	2 Make a goal for the month	3 Play Frisbee	4 Have a talent show	5 Write down how you are feeling today
6 Plant flower bulbs	7 Make up a family skit	8 Make cards for everyone in your house	9 Learn about pet care	10 Work on a jigsaw puzzle	11 Help someone in your family	12 Plan a family reunion
13 Discuss good manners	14 Go on a family outing	15 Count the street signs in your neighborhood	16 Turn off the TV for the day	17 Make paper flowers	18 Play "Simon Says"	19 Pick dandelions
20 Make dinner as a family	21 Have a family meeting to talk about anything	22 Read the comics together	23 Try a new food	24 Watch the sunset	25 Say "Thank you"	26 Talk about the ways people travel
27 Tell each family member what they do well	28 Visit the zoo	29 Discuss what to do as a family in case of an emergency	30 Read a book outside	31 Talk about feelings		

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June

Being a Great Dad

Dads who spend time with their children increase the odds that their children will be happy and healthy. Kids tend to do better in school, stay out of trouble more and feel good about themselves.

Here are some ideas to try:

- **Begin talking with your kids when they are young. Talk about all kinds of things. Listen to their ideas and problems.**
- **Discipline with love. Children need direction and discipline – not punishment. Set reasonable limits and help children learn by natural or logical consequences.**
- **Be a teacher – show them right and wrong. Help them to make good choices. Be a good role model.**

Notes

“A truly rich man is one whose children run into his arms when his hands are empty.”

~Unknown

Books for the month:

It's Great Being a Dad

By D. Bar-el

Things to Do with Dad

By S. Zuppardi

Being a Dad: The Stuff No One Told Me

By D. Alderman

Being Dad: Lessons I Learned From My Father About What Makes a Good Dad

By Dr. N. Ambe

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Look for frogs	2 Play outside with a ball
3 Talk about summer plans as a family	4 Walk through the woods	5 Visit your neighbors	6 Make a summer reading list	7 Feel your heartbeat	8 Play "Tag"	9 Talk about what makes you happy
10 Write a story together	11 Draw pictures for your story	12 Have a family picnic	13 Look for butterflies	14 Read a book about families	15 Draw animals in the zoo	16 Color on the sidewalk with chalk
17 Create a "family cheer"	18 Make a vegetarian meal	19 Play basketball	20 Give everyone in your house a hug – pets too!	21 Explore with a magnifying glass	22 Go roller skating or rollerblading	23 How do you make good choices?
24 Make banana splits for dessert	25 Invite friends for a backyard picnic	26 Clean up a local park	27 Make ice-cube tray popsicles	28 Compliment a family member	29 Stop and smell the flowers	30 Exercise to music

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July

Staying Healthy with Exercise

Children and teens need 60 minutes or more of physical activity each day. Adults should aim for at least 30 minutes daily. Below are some ideas to get your family moving:

- Find things your family enjoys – shoot hoops, walk, swim, dance – just keep moving together.
- If your children are in sports – help them practice. Kick soccer balls, pitch, throw or catch balls.
- Take a family walk after dinner – instead of turning on the TV. During this time, with younger children, play “I Spy” or count the number of trees, blue cars you see. For older children – this can be a good time to talk about friends, school and ask them how they are doing.

Notes

“I find if my body feels well and I exercise regularly, I think better, work better and feel better.”

~Helmut Jahn

Books for the month:

Fisher-Price Let's Get Moving!

By Fisher-Price TM

303 Kid-Approved Exercises and Active Games

By K. Wechsler

303 Tween-Approved Exercises and Active Games

By K. Wechsler

Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body

By H. Purperhart

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Eat dinner outside	2 Sing a song about your country	3 Fly a kite	4 Roll down a grassy hill	5 Count to 100	6 Learn about lightning and thunder	7 Camp outdoors as a family
8 Run in place for 5 minutes	9 Catch fireflies	10 Draw a picture of a rainbow	11 Turn off the TV for the day	12 Compliment yourself	13 Listen for crickets at night	14 Have a family barbeque
15 Make a goal for the week	16 Do two chores today	17 Count the stars	18 Jump rope	19 Run through a sprinkler	20 Make breakfast for dinner	21 Set up a lemonade stand
22 Donate profits from lemonade stand to charity	23 Go for a walk after dinner	24 Eat cold watermelon	25 Listen to different kinds of music	26 Measure how tall you are	27 Family game night	28 Pull weeds from the garden as a family
29 Go to the beach for the day	30 Do cartwheels	31 Learn about Wisconsin				

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August

Dealing with Temper Tantrums

When your child is having a floor-thumping tantrum, the most important thing you can do is remain calm and wait it out. Do not let your child's behavior cause you to lose control too. Most children outgrow tantrums by age 4.

If you cannot prevent the tantrum, here are some tips for dealing with it:

- **Speak or sing softly. Take a child to a quiet place where they can calm down.**
- **Tell the child what you expect and have the confidence that they will behave.**
- **Holding your child during a tantrum may help a younger child feel safer and calm them down sooner.**
- **Some children throw a tantrum for attention. Ignore their behavior, making sure they are safe. Give the attention once they have calmed down.**



Notes

"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos."

~L.R. Knost

Books for the month:

When Miles Got Mad
By S. Kurtzman-Counte

Sally Simon Simmons' Super Frustrating Day
By A. Schiller

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger
By D. Huebner

Calm-Down Time
By E. Verdick

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Play catch with water balloons	2 Learn or teach how to tie shoelaces	3 Wash the dishes together	4 Play (or go to) a baseball game
5 Lay in the grass and look at cloud shapes	6 Listen to music outdoors	7 Make smoothies with fresh fruit	8 Pick wildflowers	9 Write letters to relatives	10 Feel the grass under your bare feet	11 Attend a farmer's market as a family
12 Take a day off from complaining	13 Eat a meal by candlelight as a family	14 Go swimming	15 Look at a map – find where you live	16 Read under a tree	17 Collect interesting rocks	18 Talk about what upsets you
19 Make tacos for dinner	20 Watch a movie	21 Create a non-violent superhero	22 Have a friend sleep over	23 Help unpack and put away groceries	24 Make funny faces	25 Have a family cookout
26 Celebrate for no good reason!	27 Build a sandcastle	28 Dance party!	29 Trace and cut out letters of the alphabet	30 Discuss how to solve problems without violence	31 Look for fireflies tonight	

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September

Parenting Teenagers

Teens often spend more time with friends and at school than with their family. It may feel like your teen doesn't need you anymore. They still need their parents' love, support and guidance. Simple, everyday activities can keep you connected with your teen. Plan special time together, but also take advantage of routine activities to show that you care.

Some ideas are:

- **Have family meals.** If dinner is not a good time – what about breakfast?
- **Use driving time, walking the dog as chances to talk with your teen.**
- **Be involved.** Attend games, concerts. Ask about homework and school projects. Talk about their favorite TV shows, music.
- **Set clear limits.** Teens still need your guidance, but you can involve them in setting the rules and consequences. Do follow through when a rule is broken.

Notes

"I thought I used to 'worry' a lot when my kids were little. Then I had teenagers. You know what I would give right now to worry about sippy cups and naptime? EVERYTHING."

~Unknown

Books for the Month:

[How to Hug a Hedgehog: 12 Keys for Connecting](#)

By B. Wilcox & J. Robbins

[How to Talk So Teens Will Listen and Listen So Teens Will Talk](#)

By A. Faber & E. Mazlish



September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Clean the garage out
2 What is your favorite movie?	3 Learn 5 new words	4 Make puppets with old socks	5 Wish on a star	6 Set goals for the school year	7 Do something nice for your family	8 Play on swings at the park
9 Set up a homework/quiet corner	10 Try a new vegetable	11 Talk about how to make a new friend	12 Learn about a famous person from Wisconsin	13 Be patient	14 Make a mural of hand and foot prints	15 Order dinner to be delivered
16 Joke night at dinner	17 Touch your toes 10 times	18 Do an act of kindness	19 Say "please"	20 Climb trees (or monkey bars)	21 Have a spelling contest	22 Take a family walk
23 No TV day	24 Craft / art project day	25 Start a home library	26 Make a summer scrapbook	27 Read a book about space	28 Learn about saving money	29 Family game night
30 Make a fruit salad						

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October

Managing Stress

Everyone has stress. It can be a bad day at work, car trouble or too many things to do. However, too much stress can make it hard to parent effectively. After some time, your children may show signs of being stressed too! It is important to learn how to manage your stress – for your own sake and for your children.

Here are some ideas:

- Identify what's making you stressed. Everyone's stressors are different.
- Accept what you cannot change. Ask yourself, "Can I do anything about it?"
- RELAX! Try deep breathing, meditation, yoga or listening to music. Take time to play with your children and laugh.
- Develop a support network. Don't be afraid to ask for help. Older children can set the table. Ask a friend to pick up the children and give you some time.



Notes

"Doing something that is productive is a great way to alleviate emotional stress. Get your mind doing something that is productive."

~Ziggy Marley

Books for the month:

David and the Worry Beast: Helping Children Cope with Anxiety
By A.M. Guanci

Wemberly Worried
By K. Henkes

Wilma Jean the Worry Machine
By J. Cook

Anxiety-Free Kids: An Interactive Guide for Parents and Children
By B. Zucker

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Make up a song with your name in it	2 Look for things that are round	3 Make a "happy" card for someone	4 Breathe deeply and relax	5 Make homemade pizzas	6 Make a collage from things in nature
7 Donate food to a local pantry	8 Make everyone's bed today	9 Finger paint with shaving cream	10 Tell someone you like them	11 Lay under colorful fall trees	12 Set a good example	13 Make paper airplanes
14 Paint faces on leaves	15 Think positive	16 Make a healthy snack	17 See how fast you can run	18 Learn to recycle	19 Enjoy popcorn and movies!	20 Pick apples at an orchard
21 Take flowers to a friend or relative	22 Make caramel apples	23 Say "Hi" to your family members	24 Help clean up after dinner	25 Do homework together tonight	26 Have a family slumber party	27 Visit a pumpkin patch
28 Watch your favorite show together	29 Tell your family what you learned today	30 Do yard work for an elderly neighbor or relative	31 Take a walk and observe autumn			

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November

Parenting School-Age Children

Below are some things you might be seeing in your school-age child.

- They mature unevenly. Their bodies may be growing, but they can still have temper tantrums and they need reminders to do tasks.
- They see things in black and white. They are concerned about fairness and rules.
- They are capable of doing chores and homework more independently, but may need you to remind them and teach them. Don't do it for them.
- They get distracted easily and may lack organizational skills.
- Friend relationships are very important at this age. They care deeply about "fitting in".

As parents, it's important to:

- Model the behavior you want to see in your child.
- Offer support and understanding when your child has problems with peers. Explore ways they can resolve conflicts, but do not interfere.

Notes

"When you know better you do better."

~Maya Angelou

Books for the month:

Pippi Longstocking
By A. Lindgren

Rikki-Tikki-Tavi
By J. Pinkney & R. Kipling

Stuart Little
By E.B. White

The Birthday Rules: Critical Conversations to Have with You Children (Ages 6-16)
By J. Wald & Dr. R. Marsh



November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Learn about an endangered animal	2 Look for geese flying south	3 Bake an apple pie
4 Watch or go to a football game	5 Talk about what it means to vote	6 Draw a picture of your favorite teacher	7 Pretend your blanket is a flying carpet	8 Give yourself a hug	9 No TV day	10 Visit the library
11 Make hot chocolate	12 Donate unused books to a public library	13 Play "Charades"	14 Help with the laundry	15 Make soup for supper	16 Learn to spell "November"	17 Spaghetti night
18 Take turns reading a book out loud	19 Write down things you are thankful for	20 Trace your hand and decorate it as a turkey	21 Talk about what it means to be thankful	22 Tell each family member you love him/her	23 Help make breakfast	24 Volunteer as a family
25 Send thank-you cards to people you are thankful for	26 Make homemade wrapping paper with paper bags	27 Take a family photo	28 Finish the sentence: I can make a difference by...	29 Learn about rainforests	30 Clean your room	

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December

Building Coping Skills

With help and support from a parent or adult, children can learn to cope with disappointments. This is called “being resilient” or being able to bounce back. You can help your child develop this skill by:

- **Creating a strong, loving family and encouraging your child to make good friends. This will help them have plenty of support in times of trouble.**
- **Seeing challenges as learning opportunities. Tough times are often when we learn the most. Resist the urge to solve your child’s problem – this can send a message that you don’t believe they can handle it. Instead offer love and support.**
- **Teaching self-care. It’s easier to face tough times when we eat well, get enough exercise and rest. Self-care also means taking a break from worrying to relax and have some fun.**

Notes

“Know that deep inside, you are resilient, brave and so much stronger and more powerful than your fears.”

~Unknown

Books for the month:

The Hugging Tree: A Story About Resilience

By J. Neimark

Bounce Back: How to Be a Resilient Kid

By W. Moss

King Calm: Mindful Gorilla in the City

By S. Sweet & B. Miles

What Does it Mean to Be Present?

By R. DiOrio



December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Write a letter to a friend
2 Bake a pumpkin pie	3 Make a picture collage	4 Put on a play for your family	5 Make handmade holiday cards	6 Have a friend over for dinner	7 Look at baby pictures	8 Volunteer in your community
9 Pretend you are at the beach	10 Learn about winter sports	11 Make paper snowflakes	12 Look for frost on the windows	13 Talk about ways to solve a problem	14 Take turns giving compliments to each other	15 Bake a batch of cookies and share
16 Learn how to say "hello" in other languages	17 Make winter pictures with cotton balls	18 Create new words to your favorite song	19 Observe the winter night	20 Close your eyes and take 5 deep breaths	21 Look for animal tracks in the snow	22 Name 3 things you do well
23 How many windows in your house?	24 Build a fort with pillows	25 Rent a movie and make popcorn	26 Make confetti from recycled paper	27 Read a book with an adult	28 Get a calendar for next year	29 Be yourself
30 Help clean the house	31 Take a winter walk					

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