



APRIL 2024



TOP PRIORITIES!

Using the 5 Protective Factors to strengthen your family.

Practice Parental Resilience.

Utilize trustworthy care like our Kid's Zone.



NOTES

April is Family Strengthening Month! We have shared some easy ways to strengthen your family this month.

MON	TUE	WED	THU	FRI	SAT	SUN
1 Cook a meal together	2 Play board games	3 Talk about where your family is from	4 Smile at someone you don't know	5 Go for a walk as a family	6 Family movie night	7 Have an indoor picnic
8 Share a favorite memory	9 Read a story together	10 Put together a puzzle	11 Bake cookies	12 Do a special service for a friend or neighbor	13 Do a craft together	14 Start a rock collection
15 Tell someone you love them	16 Make a safety plan	17 Color a picture	18 Visit the library	19 Take pictures of interesting things	20 Make popcorn and watch a movie	21 Camp out in the living room
22 Visit an elderly neighbor	23 Have a family karaoke night	24 Make a family vision board/collage	25 Color with chalk outside	26 Plant a garden	27 Have a dance party	28 Take a nature hike
29 Make homemade popsicles	30 Dance in the rain					