















April is Child Abuse Prevention Month!

30 DAYS OF NURTURING YOUR CHILDREN'S SPIRITS
 Provided by Prevent Child Abuse Vermont & Vermont Department for Children & Families

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1.800.CHILDREN www.pcavt.com</p>					<p>1 Read to your children, or have them read to you.</p>	<p>2 Plan and decorate your children's rooms together.</p>
<p>3 Visit a farm to see maple sugaring.</p> 	<p>4 Tell your child you are proud of her for something you are really proud of her about.</p>	<p>5 Come to the State House as April is being proclaimed Child Abuse Prevention Month!</p> 	<p>6 Visit a local farm to see baby goats and sheep.</p>	<p>7 Spend quiet time with each child, listening to their stories & dreams.</p> 	<p>8 Draw your family; make a family photo album; or just talk about your family's history.</p>	<p>9 Bake cookies together and bring them to a local homeless shelter.</p> 
<p>10 Let your children plan a Sunday meal and help them prepare it.</p>	<p>11 Make a growth chart so you can measure your child's height.</p> 	<p>12 Make play dough; enjoy it together.</p>	<p>13 Go for a walk or a hike and look for signs of spring.</p>	<p>14 Cut up old magazines and catalogues and make a collage together.</p>	<p>15 Have a potluck with family, friends or a neighbor</p>	<p>16 Visit a nursing home and bring home-made cards for residents.</p>
<p>17 Compliment your child on an act of kindness or a new skill.</p>	<p>18 Teach your child a new song or just make one up.</p> 	<p>19 Invite another family over for a potluck dinner and games.</p>	<p>20 Go the library and help your children to get a card and check out a book.</p> 	<p>21 Start a collection with your child, such as stamps or rocks.</p>	<p>22 Write to a family member or a friend or someone who is alone.</p> 	<p>23 Fly kites or make a picnic (even in the snow).</p> 
<p>24 Clean closets and bring unwanted items to a shelter.</p> 	<p>25 Draw pictures of your child's favorite animals.</p> 	<p>26 Make puppets, from old socks or paper bags.</p>	<p>27 Talk to your kids about what to do in an emergency.</p> 	<p>28 Play a favorite game together.</p>	<p>29 Go outside in the evening and look at the stars.</p>	<p>30 Tell your child you love him, every day!</p>