

April 2018

Building Stronger Families – Building Stronger Communities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Prepare a family meal together or bake a batch of cookies.	2 Tell your child 2 things you admire about them.	3 Tell your child you love them just for who they are.	4 Talk to your child about internet safety.	5 Take a family photo.	6 Watch a family movie and share a bowl of popcorn together.	7 Wear a Blue Ribbon each day in April, the National symbol of Child Abuse Awareness.
8 Go for a family walk or bike ride together.	9 Dress up for Blue Monday & post your pictures to our Facebook page	10 Catch your child doing something good and compliment them on it.	11 Learn about the dangers of co-sleeping with infants & toddlers--and pledge not to co-sleep	12 Encourage your child to donate clothes, toys, or allowance to a charity.	13 Give everyone in your family a BIG hug.	14 Tell your child a funny story from your childhood.
15 Do a puzzle or build a pretend fort with your child.	16 Volunteer in your child's classroom or dayCare center.	17 Help your child make a card for a sick family member or friend.	18 Sign up for a parenting or child development class.	19 Have a family picnic in the backyard or living room floor.	20 Plant a flower or herb garden with your child.	21 Read a story with your child.
22 Visit an older relative or friend with your child.	23 Have your child read their favorite story to you or a younger sibling.	24 Share common experiences with another parent.	25 Play your child's favorite card or board game.	26 Take turns making up stories with your child. Write down your favorite.	27 Talk to your child about what to do in the event of an emergency.	28 Give a new responsibility and a new privilege to your child.
29 Gaze at the stars with your family.	30 Take your child to a playground or park and play with them like you're still a child.	 <p>The Exchange Club Family Resource Center</p>			<p>Exchangeclubfrc.org 5 Professional Court Rome, GA 30165 (706) 290-0764</p>	



Building Stronger Families--Building Stronger Communities

Since 1991, The Exchange Club Family Resource Center has offered information and support to families who want to grow stronger.

We are here to help if you want to improve in one...or multiple...areas of your parenting life. We are here whether you need a quick “tip” or if parenting feels overwhelming.

Through our signature and evidenced-based **Exchange Parent Aide** program, families with children birth to 12 receive in-home support visits, personalized one-on-one training, and customized solutions for each family---all at no charge.

There are also a variety of other agencies and programs in our area that help families with the challenges they face. For a list of many of these helping resources and agencies, please visit www.exchangeclubfrc.org and click on the “Community Resources” link.

Call us at 706-290-0764 to learn more about community resources or to discover how about the Exchange Club Family Resource Center can serve you.

