




# Spring into Wellbeing

APRIL 2021

## Child and Family Activities Calendar



The Office of Child Abuse Prevention (OCAP) and The Child Abuse Prevention Center created this calendar for families, organizations, and partners supporting Child Abuse Prevention (CAP) month in April 2021. This year is unique in that we will exclusively host CAP Month events and campaigns online to ensure the health and safety of our families across the state. This calendar contains links for events, activities, and information for children and families.

	<b>1</b>	<b>2</b>	<b>3</b>
Click on the words to view resources and activities. 	<a href="#">#Dadication Videos</a>	<a href="#">Food Literacy Center: The Tooth about Soda</a> <small>(Kids will learn about the effects of soda on teeth @ 11:30AM)</small>	<a href="#">100 Easy Crafts for Kids</a>

 **Healthy Habits** 

Whether you're maintaining or creating new healthy habits for your family, your kiddos can help too! Updating fun family recipes or practicing guided meditation are all fantastic ways to get the whole family involved. This weeks activities will highlight ways you can incorporate and pass on healthy habits to your family this year and beyond.

<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<a href="#">A list of CA farmer's markets</a>	<a href="#">20 Self Care Tips for Kids</a>	<a href="#">Check out the Food Literacy Center</a>	<a href="#">Mindfulness Meditation for Kids</a>	<a href="#">Learn about CalFresh</a>	<a href="#">Food Literacy Center: Making Spätzle</a> <small>(Kids will learn an easy way to make this recipe. Join Food Literacy Center on Facebook live on April 9 at 11:30 am for a recipe demo of spaetzle @ 11:30AM)</small>	<a href="#">Farmer's markets that accept EBT</a>
<a href="#">Easing Minds &amp; Refreshing Nervous Systems</a>	<a href="#">Body Scan Meditation for Kiddos</a>	<a href="#">Learn about CalWORKS</a>	<a href="#">211 Sacramento</a>	<a href="#">Aprenda sobre CalFresh en Español</a>		<a href="#">Screen Time Recommendations</a>

 **Nurturing Minds & Hearts** 

Spending quality time with your loved ones through a variety of activities can help with bonding and coping with everyday stressors. Trying new recipes, a new yoga pose, or simply going on an outdoor scavenger hunt can create a space to for nurturing and warm relationships to thrive.

<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<a href="#">39 Printable Activities for Kids</a>	<a href="#">Video Book Readings</a>	<a href="#">Sacramento Library Story Times</a>	<a href="#">Fun Books Videos</a>	<a href="#">Hungry For Science</a>	<a href="#">Pinwheel Coloring Sheet</a>	<a href="#">Tinkering at Home</a>
<a href="#">Easy Food Kids Can Make</a>	<a href="#">Science Snacks</a>	<a href="#">Sacramento Library Virtual Readings Calendar</a>	<a href="#">Basics of Meditation for Kids of Any Age</a>	<a href="#">The Magic of You: Law of Attraction 4 Kids</a>	<a href="#">Make Your Own Pinwheel</a>	<a href="#">10 Easy Meditation Techniques for Kids</a>



## Strengthening Connections



Strengthening family relationships is the key to building up the protective factors that improve child and family well-being. This week's activities and tips provide great opportunities to improve connections between children, youth and their caregivers.



## Safe Bodies, Safe Minds



Accidental injuries happen all the time. Being safety-minded plays an important role in keeping kids happy and healthy throughout Child Abuse Prevention Month, and all year long. This week, we highlight a few areas of safety that you can engage in with your kids. Safety-focused parents raise safety-minded kids. Pass the torch of safety-minded thinking!

18	19	20	21	22	23	24
<a href="#"><u>Empathizing with Your Child</u></a>	<a href="#"><u>Activities for Dads &amp; Kids</u></a>	<a href="#"><u>Supporting Resource Parents</u></a>	<a href="#"><u>50 Quick &amp; Easy Kids Crafts that Anyone can make</u></a>	<a href="#"><u>Resources Supporting Teen Parents</u></a>	<a href="#"><u>10 Habits to Strengthen a Parent-Child Relationship</u></a>	<a href="#"><u>30 Ways to Stay Connected with Your Teens</u></a>
<a href="#"><u>Nature Activities</u></a>	<a href="#"><u>Five Keys for Positive Communication with Your Child</u></a>	<a href="#"><u>30 Printable Scavenger Hunts for the Family</u></a>	<a href="#"><u>Grandparents as Caregivers</u></a>	<a href="#"><u>70 Things for the Family to Do at Home</u></a>	<a href="#"><u>7 Fun Nature Walks for Kids</u></a>	<a href="#"><u>3 Simple Techniques to Help Kids Make Friends</u></a>
25	26	27	28	29	30	
<a href="#"><u>Keep Children Healthy during the COVID-19 Pandemic</u></a>	<a href="#"><u>Importance of Healthy Touch</u></a>	<a href="#"><u>Teach Kids about Stranger Danger</u></a>	<a href="#"><u>Poison Prevention: Pills vs. Candy quiz</u></a>	<a href="#"><u>Emergency Preparedness</u></a>	<a href="#"><u>Handwashing is a good habit</u></a>	
<a href="#"><u>Helping Kids Deal with Frustration</u></a>	<a href="#"><u>Downloadable Resources for Healthy Touch</u></a>	<a href="#"><u>Tips for Home Safety</u></a>	<a href="#"><u>How to Teach COVID-19 Safety to Your Kids</u></a>	<a href="#"><u>Safety tips for fire safety</u></a>	<a href="#"><u>Handwashing is a good habit, Español</u></a>	

To learn more about Child Abuse Prevention Month and resources for child wellbeing, please visit the following links to the Office of Child Abuse Prevention [website](#) and The Child Abuse Prevention Center [website](#).

