Spring into Wellbeing

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.

)	Click on the
	words to
	view resources
	and activities.

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#Dadication Center: The Tooth Videos about Soda (Kids will learn about the effects of soda on teeth e 11:30AM)

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Food Literacy

100 Easy Crafts for Kids

3

10



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.

Easing Minds &
<u>Refreshing</u>
Nervous Systems



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.

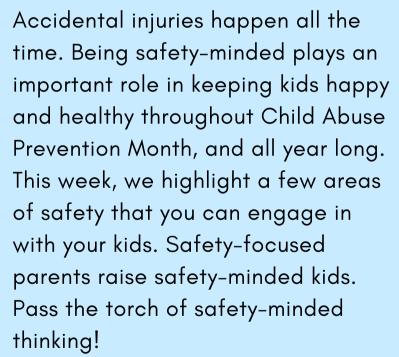
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A list of CA farmer's markets	20 Self Care <u>Tips for Kids</u>	Check out the Food Literacy Center	Mindfulness Meditation for Kids	<u>Learn about</u> <u>CalFresh</u>	Food Literacy Center: Making Spätzle	Farmer's markets that accept EBT
Easing Minds & Refreshing Nervous Systems	Body Scan Meditation for Kiddos	<u>Learn about</u> <u>CalWORKS</u>	211 Sacramento	<u>Aprenda sobre</u> <u>CalFresh en</u> <u>Español</u>	(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)	Screen Time Recommendations
11	12	13	14	15	16	17
39 Printable Activities for Kids	Video Book Readings	Sacramento Library Story Times	14 Fun Books Videos	15 Hungry For Science	Pinwheel Coloring Sheet	Tinkering at Home



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.





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

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.



