

Grow a Strong Family

Strengthening Families, Strengthens our Communities



April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 From Hurt to Hope: Shop for a Cause – Bishop Whiskey Creek 11AM-3PM
2 Prepare healthy snacks and meals for the week	3 Be a superhero – be patient with your child	4 Visit, "friend" and/or like us on Mono Strengthening Families Facebook!	5 Turn off your device for the entire night	6 Make a family media plan (visit the American Academy of Pediatrics website)	7 Enjoy time with your family	8 Do something fun outdoors with your child
9 Send a thank you via text, email, thank you card or phone call	10 Take some deep breaths throughout your day	11 Visit your local library to see their Strengthening Families resources on self care, parenting & child development	12 Offer to help a neighbor or friend	13 Read and talk with your child at any age	14 Plan a family movie night	15 Dye Easter eggs or do a fun craft with your child
16 Do an Easter egg hunt	17 Asking for help when you need it is a sign of health and strength	18 Donate clothes and household supplies to a local thrift store	19 Practice asking your child open-ended questions (tell me more, why did you like that...)	20 Make a plan to catch up with a friend	21 Create a family dinner	22 Take some time today to appreciate where you live
23 Prepare healthy snacks and meals for the week	24 Wake up 10 minutes earlier to have more time in the morning	25 Take some time before bed to connect with your child	26 Find something that makes you laugh and share it with others	27 Donate to an organization that helps children & families	28 Send a thank you to your child's teacher or childcare provider	29 Attend the film Resilience - 6PM at Edison Theatre, Mammoth Lakes
30 Love your child - before you know it they will be grown-up						

EVENTS

April 1

From Hurt to Hope: Shop for a Cause- Whiskey Creek, Bishop 11AM-3 PM Benefits Wild Iris Family Counseling & Crisis Center

Throughout April

Visit you local library to see their resources & book displays for Strengthening Families Month

April 29

Resilience Film at the Edison Theatre, Mammoth Lakes. Free Admission 6 PM, Intended for adult and older youth.

