






January 2021 is Positive Parenting Awareness Month!

Start the New Year with parenting tips from Triple P Santa Cruz County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>The Triple P – Positive Parenting Program provides families with a tool kit of proven strategies for strengthening relationships with their children and teens, promoting children's development, and preventing or managing common parenting challenges.</p> <p>Here are some suggestions for family quality time – one for each day of the month. View more ideas and resources for each day at http://bit.ly/31-Days-Positive-Parenting</p>					<p>1 Do something just for you Read, meditate, exercise...or do nothing!</p>	<p>2 Go for a walk or hike Explore new paths & trails, look for plants & wildlife</p>
<p>3 Make a snack or meal together Let your children pick the food and help make it</p>	<p>4 Look at family photos and videos Talk about your favorite memories</p>	<p>5 Do a chore together Turn it into quality time by talking – or making it fun!</p>	<p>6 Play games Cards, board games, video games or... make up your own game!</p>	<p>7 Eat together Turn off electronic devices and talk about how everybody's day went</p>	<p>8 Volunteer together Teach your children to help people, animals or the planet </p>	<p>9 Explore indoors Do experiments or create something new with familiar materials</p>
<p>10 Tell stories Share true or make-believe stories </p>	<p>11 Go to a park or the beach Fresh air and physical activity can work wonders!</p>	<p>12 Plant a family garden Let each child pick something to plant</p>	<p>13 Read together out loud or silently while sitting next to each other</p>	<p>14 Give each child quality time Snuggle, read, or hug before the lights go out</p>	<p>15 Have a Family Dance Party! All you need is lively music and some space!</p>	<p>16 Teach each other something new Share a fun fact or special talent</p>
<p>17 Do a "fix it" project together Change lightbulbs, replace batteries, paint a wall, or fix something that's broken</p>	<p>18 Read maps together Share dreams about where you'd like to go</p>	<p>19 Make musical instruments and sing and dance together! </p>	<p>20 Take a virtual field trip Look for fun, free places to visit online</p>	<p>21 Go on a parent-child "date" Do something special with each child</p>	<p>22 Write notes, draw pictures or make signs to cheer and thank the elderly, service members, firefighters & essential workers</p>	<p>23 Visit your local library for virtual books, story time, and activities</p>
<p>24 Have a family movie or TV night Relax and laugh, cry, or scream together!</p>	<p>25 Plan a scavenger hunt Indoors or outdoors</p>	<p>26 Look at the stars Look for the constellations in the night sky</p>	<p>27 Do an art activity together Art activities can be very soothing</p>	<p>28 Have a family meeting Talk about family rules, individual or family goals, or everybody's plans for the week</p>	<p>29 Run an obstacle course Challenge each other to finish first!</p>	<p>30 Give attention & affection every day Give hugs, high 5s, or pats on the back </p>
<p>31 Tell each other jokes Laughter makes everyone feel better!</p>	<div> <p>A PROGRAM OF</p>  <p>FIRST 5 SANTA CRUZ COUNTY</p> <p>triplep.first5scc.org</p> </div> <div> <p>Contact First 5 Santa Cruz County to learn about other Triple P services in the County</p> <p>(831) 465-2217</p> <p>triplep@first5scc.org</p> <p>http://triplep.first5scc.org</p> </div> <div>  <p>Triple P Positive Parenting Program <i>for every parent</i></p> </div>					

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