

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