

# 2024 Family Fun Calendar

## *Staying Healthy and Strong with Exercise*

This year's calendar uses a theme of being healthy while having fun! Good health does not stop with eating a balanced diet. Good health combines a balance of healthy eating, a healthy mind and healthy ways to express feelings.

Each month we share a healthy idea for your family to discover together. Feel free to change the activities or recipes to make them your own. Check with your health care provider before changing your diet and exercise routines.

You will also find simple activity ideas for each day. These activities can be enjoyed by people of all ages and most can be done with items you have around your house. There is no "right" way to use the calendar.

You can:

- ◆ Modify the activities based on your family's interests.
- ◆ do the activity on the day it is listed
- ◆ Circle the activities you like and do them on a day of your choice, perhaps on your "family night"
- ◆ do one activity each week.

However you decide to use the calendar, spending time together will have a positive impact on your family.

We hope this calendar helps you find ways to spend time as a family while having healthy fun!

*~Prevent Child Abuse Wisconsin Staff*



**Children's**  
Wisconsin



**Prevent Child Abuse**  
Wisconsin



### Healthy families:

- Support each other
- Are active
- Talk to each other
- Eat well
- Share their feelings
- Work and play together

# January

## Staying Healthy with Exercise

Children and teens need 60 minutes or more of physical activity each day. Adults should aim for at least 30 minutes daily. Below are some ideas to get your family moving:

- Find things your family enjoys – shoot hoops, walk, swim, dance – just keep moving together.
- If your children are in sports – help them practice. Kick soccer balls, pitch, throw or catch balls.
- Take a family walk after dinner – instead of turning on the TV. During this time, with younger children, play “I Spy” or count the number of trees, or blue cars you see. For older children this can be a good time to talk about friends, school and ask them how they are doing.

**Together, we can prevent child abuse, Wisconsin...**

*Because childhood lasts a lifetime.*

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*“I find if my body feels well and I exercise regularly, I think better, work better and feel better.”*

~Helmut Jahn

**Books for the month:**

Fisher-Price Let's Get Moving!

By Fisher-Price TM

303 Kid-Approved Exercises and Active Games

By K. Wechsler

303 Tween-Approved Exercises and Active Games

By K. Wechsler

Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body

By H. Purperhart

# January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Send thank you cards	Build a fort with pillows	Take a bubble bath	Say "Please"	Eat dinner by candlelight as a family	Think of words that rhyme
7	8	9	10	11	12	13
Take turns reading out loud	Count the # of doors in your house	Sing in the shower	Think positive	Make a fruit salad	Send a card to someone you love	Dance to your favorite song
14	15	16	17	18	19	20
Draw a picture of how you feel today	Learn about saving money	Write a story about winter	Have a family slumber party	Go ice skating	Try a new recipe	Build a snow fort
21	22	23	24	25	26	27
Make a salad for dinner	Give everyone in your house a hug	Do somersaults	Build with blocks	Work on a puzzle together	Pretend you are at the beach	Look for frost on the windows
28	29	30	31			
Try something new	Tell what you are thankful for	Bundle up and play outside	Do cartwheels			



You can download this free calendar at [www.preventchildabusewi.org](http://www.preventchildabusewi.org).



# February

## Managing Stress

Everyone has stress. It can be a bad day at work, car trouble or too many things to do. However, too much stress can make it hard to parent well. After some time, your children may show signs of being stressed too! It is important to learn how to manage your stress – for your own sake and for your children.

Here are some ideas:

- Identify what’s making you stressed. Everyone’s stressors are different.
- Accept what you cannot change. Ask yourself, “Can I do anything about it?”
- RELAX! Try deep breathing, meditation, yoga or listening to music. Take time to play with your children and laugh.
- Develop a support system. Don’t be afraid to ask for help. Older children can set the table. Ask a friend to pick up the children and give you some time.

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*“Doing something that is productive is a great way to alleviate emotional stress. Get your mind doing something that is productive.”*

~Ziggy Marley

**Books for the month:**

David and the Worry Beast: Helping Children Cope with Anxiety

By A.M. Guanci

Wemberly Worried

By K. Henkes

Wilma Jean the Worry Machine

By J. Cook

Anxiety-Free Kids: An Interactive Guide for Parents and Children

By B. Zucker

# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Look for your shadow outside	Talk about fire safety	Close your eyes and listen
4	5	6	7	8	9	10
Stretch	Find things that are circles	Turn off TV day	Set a good example	Draw a picture for someone	Get together with friends	Make up a song using your name
11	12	13	14	15	16	17
Read a book about the solar system	Bake heart shaped cookies	Tell someone you love them	Move your body while listening to music	Make play dough	Learn about a president	Pretend to be your favorite farm animal
18	19	20	21	22	23	24
Talk about your day	Sing "Old McDonald had a farm"	Draw your family	Walk on your tiptoes	Donate a toy to charity	Wear your pajamas all day	Use kitchen items and make music
25	26	27	28	29		
Help make dinner	Try a new fruit	Have an indoor picnic	Build a fort	Meditate		

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# March

## Dealing with Temper Tantrums

Two- and three-year olds are learning many new things. How to deal with their tempers is not one of those skills. Tantrums are common because they want to do things themselves. They also know what they want and need but can't always find the words to tell us.

It's easier to prevent a tantrum than to deal with one. Try these tips:

- Direct your child's attention to something else – "Look at that fire truck".
- Give your child a choice – "Do you want carrots or peas?".
- Have a daily routine that includes fun things, rest time and healthy foods.
- Tell your child when they did a good job sharing their feelings with words or had self-control.

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*"Sorry I'm late, I got into an argument with my toddler about socks."*

~Unknown

### **Books for the month:**

Jilly's Terrible Temper Tantrums: And How She Outgrew Them

By M. Heineman Pieper

A Little Book About Feelings

By A. Schiller

Baditude! What to Do When Life Stinks! (Responsible Me!)

By J. Cook

How to Take the Grrrr Out of Anger  
By E. Verdick

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Clean out a cupboard or closet	Do some puzzles
3	4	5	6	7	8	9
Look for square shapes	Have breakfast for dinner	Read a book about insects	Help with grocery shopping	Draw a rainbow	Eat vegetables and dip	Make a fruit smoothie
10	11	12	13	14	15	16
Learn a fact about Wisconsin	Build with blocks	How high can you jump	Share your toys	Take a walk in your neighborhood	Find things that are green	Make pigs in a blanket for dinner
17	18	19	20	21	22	23
Touch your toes five times	Play a family game	Write a story about a friend	Run around your house	Have a tea party	Count to 100	Talk about fairness
24	25	26	27	28	29	30
Take turns reading out loud	No screen time day	Make a flower picture with cupcake liners	Stomp in puddles	Try something new for breakfast	Listen to music	Make a puppet from a paper plate
31						
Plant your favorite flower						

# April

## It's Time to Talk

This month is all about communicating with others in a healthy and productive way. Improving your communication skills will help you in all of your relationships, including those at work, with loved ones and especially with kids! Developing healthy ways to talk and listen to others helps you feel confident. It helps you express yourself so that you can be better understood (and you can better understand others, too). Your kids can learn how to communicate more effectively with others by observing and interacting with you. Best of all, communicating effectively can help you feel closer and less frustrated with those around you, which always makes for a happier day!

### Everyday Practice

- Wait until you are calm before engaging in conversations. Not much good will come from a conversation where there is yelling. There is nothing wrong with saying, "I can't talk right now. I'm upset."
- Use "I" statements instead of "you" statements. You can express yourself without attacking the other person's self-esteem.
- Try holding a family meeting once a week to discuss issues and/or scheduling concerns.
- Make sure to hug your loved ones to show your love!

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### Books and resource for the month:

Alexander and the Terrible, Horrible, No Good, Very Bad Day

By J. Viorst

Cloudy With a Chance of Meatballs

By J. Barrett

The Borrowers

By M. Norton

Parenting in the Age of Attention Snatchers: A Step-by-Step Guide to Balancing Your Child's Use of Technology

By L. Palladino

positiveexperience.org



# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Listen to others	Discuss what makes you happy	Make soup for dinner	Move like a giraffe	Craft night	Feel your heartbeat
7	8	9	10	11	12	13
Look for purple items	Talk about opposites	Go on a treasure hunt	Talk about feelings	Exercise as a family	Read a book about friends	Make dinner as a family
14	15	16	17	18	19	20
Turn off TV day	Make egg salad	Practice somersaults	Plant a flower or some herbs	Help set the table	Go for a hike	Count to 50
21	22	23	24	25	26	27
Play catch with a friend	Share your favorite book	Learn to spell a new word	Have a family meeting	Make puppets from paper plates	Help a neighbor	Talk about the best part of your day
28	29	30				
Play tag	Laugh out loud	Practice using "I" statements				

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# May

## It's Play Time!

This month's theme is about using your imagination, while engaging in physical activity, to benefit both mind and body. As Albert Einstein said "Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." As you'll see hopping, crawling, and pretending with your kid(s) is fun, and a great way to exercise together.

### Everyday Practice:

- Pretending 101 – Here's an example of how you can pretend to be a bear:
  - Start the game with a fun introduction, like saying: "*Come look, there's a bear in our kitchen.*"
  - Crawl like a bear with your child. "*C'mon? Let's crawl like bears! Grrr!*"
  - Find some pretend "food" that the animal likes. "*There's a river over there. See the Fish? Let's pretend to eat fish!*"
  - Find a pretend home for the animal. "*Look! There's our cave. Let's get inside and take a nap.*"
- You can repeat this game and pretend to be other animals; bunny, frog, cat, cow, etc.
- Come up with different pretend situations; astronaut, train conductor, athlete, etc.
- Have fun with your child – remember – you're never too old to be silly!

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*Because childhood lasts a lifetime.*

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### Books and resource for the month:

[www.loveandlogic.com](http://www.loveandlogic.com)

~Helping to raise responsible kids

It's Not My Fault

~N. Carlson

Horton Hatches the Egg

~Dr. Seuss

Berenstain Bears and the Blame Game

~Stan and Jan Berenstain

Pigsty

~Mark Teague

chawisconsin.org

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Have a friend sleep over	Look at leaves on the tree	Volunteer!	Show kindness to someone
5	6	7	8	9	10	11
Read a book out loud	Do cartwheels	Color with 2 crayons	Play hide 'n' seek	Pretend you live at the North Pole	Go for a bike ride	Do 10 jumping jacks
12	13	14	15	16	17	18
No screen time day	Make a treasure box	Look for triangle shapes	Make a new recipe	Family movie night	Make up a story	Go to the playground
19	20	21	22	23	24	25
Help fold the laundry	Pretend to be an airplane	Put a puzzle together	Practice using scissors	Bake cupcakes	Plant a garden	Pick flowers
26	27	28	29	30	31	
Build with blocks	Thanks your teachers	Read a magazine	Wish upon a star	Look at family photos	Play a card game	

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# June

## Building Coping Skills

All kids face problems and disappointments. Being able to handle these is an important skill to learn. Experts call this “resilience” – how one bounces back after a setback.

You can help your child develop coping skills by:

- Having a positive outlook – children will watch to see how you handle a problem. Model an “I can do it” attitude.
- Build confidence – tell your child what they do well. Comment when they are kind, helpful, patient, etc.
- Encourage goal setting – help them set realistic goals. Work towards them, taking one step at a time.

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*“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”*

~Steve Maraboli

**Books for the month:**

Bounce Back! A Book About Resilience  
By C. Meiners

Building Resilience in Children and Teens:  
Giving Kids Roots and Wings  
By K. Ginsburg MD FAAP

Flight School  
By L. Judge

Pearla and her Unpredictably Perfect Day:  
A story about how a sprinkling of mistakes  
can be a recipe for success  
By R. Lieberman

# June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	1
				Play in a sprinkler	Draw a picture to give away	Look through a magnifying glass
2	3	4	5	6	7	8
Read a book about feelings	Say 3 nice things about each other	Count your fingers and toes	Finger paint	Explore your community	Be as quiet as a mouse	Look for orange things
9	10	11	12	13	14	15
Slither like a snake	Have a picnic	Go for a long walk	Stretch and reach for the sky	Hug your family	I like me because...	Make funny faces
16	17	18	19	20	21	22
Color pictures together	Eat ice cream	Read a book outside	Talk about family rules	Play leap frog	Draw with sidewalk chalk	Play ball
23	24	25	26	27	28	29
Make an obstacle course	Plan a family outing	Create a family ritual	Make lemonade	Make pancakes	Think positive	Go to the beach
30						
Read a book outside						

# July

## Parenting Teenagers

Teens often spend more time with friends and at school than with their family. It may feel like your teen doesn't need you anymore. They still need their parents' love, support and guidance. Simple, everyday activities can keep you connected with your teen. Plan special time together, but also take advantage of routine activities to show that you care.

Some ideas are:

- Have family meals. If dinner is not a good time – what about breakfast?
- Use driving time, walking the dog as chances to talk with your teen.
- Be involved. Attend games, concerts. Ask about homework and school projects. Talk about their favorite TV shows, music.
- Set clear limits. Teens still need your guidance, but you can involve them in setting the rules and consequences. Do follow through when a rule is broken.

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*"I thought I used to 'worry' a lot when my kids were little. Then I had teenagers. You know what I would give right now to worry about sippy cups and naptime? EVERYTHING."*

~Unknown

### **Books for the Month:**

How to Hug a Hedgehog: 12 Keys for Connecting

By B. Wilcox & J. Robbins

How to Talk So Teens Will Listen and Listen So Teens Will Talk

By A. Faber & E. Mazlish

# July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Help with grocery shopping	Make root beer floats	Build a sand castle	Watch fireworks	Go camping	Make trail mix
7	8	9	10	11	12	13
Draw a picture of your home	Count the chairs in your house	Make water balloons	Clean out a closet	Weed the garden	Have a family barbeque	Donate gently used clothes
14	15	16	17	18	19	20
Share a happy memory	Play tag	Read a book out loud	Family game night	Taco night	Go for a bike ride	Eat a healthy snack
21	22	23	24	25	26	27
Touch your toes 10 times	Learn a word in sign language	No screen time day	Talk about water safety	Go to the playground	Go swimming	Water the plants outside
28	29	30	31			
Call a relative and say "Hi"	Read a book about cats	Look for square shapes	Go roller skating			

You can download this free calendar at [www.preventchildabusewi.org](http://www.preventchildabusewi.org)



# August

## It's Time to Relax

This month's theme is about the "art of relaxation." It can be difficult in our rushed and busy society to relax, but it is a necessary part of staying healthy. Studies have shown that there are many benefits to relaxing; such as decreasing anger and anxiety, improving your immune system and even helping to have a better memory! All it takes is 10 minutes a day, and you'll be on your way to a more calm and "stress-lite" life.

### Everyday Practice

- Breathing
  - Get into a comfortable position, sitting or lying down. Perhaps just after waking.
  - Begin focusing your breath...in, out, in, out. Count your breaths from 1 to 10, starting over again at 1. (If your mind wanders, gently bring it back to your breath).
  - Feel your body relax as you focus on your breathing.
  - Start with 5 minutes a day, and gradually increase to 10 to 15 minutes when you are ready.
- Mindful Walking
  - First, just stand. Feel the weight of your body.
  - Begin walking at a normal pace. Let your mind focus on each and every step you take.
  - If your mind wanders, gently bring it back to your steps, feeling the rhythm, how your legs, hips and body feel.
  - When ready to stop, stand and take a few deep breaths.

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### Books and resource for the month:

When Miles Got Mad  
By S. Kurtzman-Counte

Sally Simon Simmons' Super Frustrating Day  
By A. Schiller

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems With Anger  
By D. Huebner

Calm-Down Time  
By E. Verdick

supportingfamiliesogether.org



# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Roar like a lion	Have a family story night	Make a happy face
4	5	6	7	8	9	10
Skip outside	Name foods that are red	Stack blocks as high as you can reach	Talk about opposites (fast/slow)	Hop on one foot	Dance to music	Tell a story about your family
11	12	13	14	15	16	17
How far can you jump?	Draw your favorite food	Be helpful	Watch the clouds	Take a mindful walk	Say "please" and "thank you"	Try a new food
18	19	20	21	22	23	24
Volunteer as a family	Make up a song	Count flowers in your yard	Look for the letter "A"	Practice writing your name	Help wash dishes	Read a book about flowers
25	26	27	28	29	30	31
Tell someone you love them	Sit still and relax	Visit the library	Family game night	Play "duck, duck, goose"	Be helpful	Take 10 deep breaths

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# September

## Parenting School-Age Children

Below are some things you might be seeing in your school-age child.

- They mature unevenly. Their bodies may be growing, but they can still have temper tantrums and they need reminders to do tasks.
- They see things in black and white. They are concerned about fairness and rules.
- They are capable of doing chores and homework more independently, but may need you to remind them and teach them. Don't do it for them.
- They get distracted easily and may lack organizational skills.
- Friend relationships are very important at this age. They care deeply about "fitting in".

As parents, it's important to:

- Model the behavior you want to see in your child.
- Offer support and understanding when your child has problems with peers. Explore ways they can resolve conflicts, but do not interfere.

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*"When you know better you do better."*

~Maya Angelou

**Books for the month:**

Pippi Longstocking

By A. Lindgren

Rikki-Tikki-Tavi

By J. Pinkney & R. Kipling

Stuart Little

By E.B. White

The Birthday Rules: Critical Conversations  
to Have with You Children (Ages 6-16)

By J. Wald & Dr. R. Marsh

# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Help a friend	Bake cookies	Family slumber party	Walk like an elephant	Make a routine	Blow bubbles	Breathe
8	9	10	11	12	13	14
Name foods that are green	Pretend to be a firefighter	Count the people in your family	Paint with watercolors	Listen to the wind in the trees	Look for round shapes	Read a biography
15	16	17	18	19	20	21
Make a macaroni necklace	Tell a silly story	Run in place for 10 minutes	Make a new snack	Fly a kite	Turn off TV day	What's your favorite thing about fall?
22	23	24	25	26	27	28
Make a collage from magazine pictures	Draw shapes on someone's back with your finger	Pick up litter near your house	Think positive	Talk about saving money	Take a walk and look at trees	Read bedtime stories
29	30					
Do chores together	Make trail mix					

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# October

## It's Brain Time!

This month's highlights are about playing to help sharpen your brain. Our brains continue to form new pathways – well into adulthood. So it turns out you CAN teach an old dog new tricks! Giving your brain exercise is a great idea to help prevent cognitive decline – and best of all, it's easy to do! Even very simple things like brushing your teeth with your opposite hand can improve your brain function.

### Everyday Practice for Adults:

- Do crossword puzzles, Sudoku, play cards – all these activities stimulate your brain.
- Learn something new. Try checking out a book from the library about a topic in which you are interested.
- Try adding and subtracting in your head.

### Everyday Practice for Kids:

- When you are at the store, talk about the price of items you are buying. Show how different brands are different prices (for an older child, discuss unit price or the cost of buying multiple items).
- Find letters in street or store signs (for an older child, play a letter game where you have to find every letter of the alphabet in street/store signs).

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### Books and resource for the month:

Excuse Me  
~K. Katz

What Do You Say, Dear?  
~S. Joslin

Cookies: Bite-Size Life Lessons  
~A. Krouse Rosenthal

Dude, That's Rude  
-P. Espeland

[positiveexperience.org](http://positiveexperience.org)

# October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Sing your favorite song	Play a card game	Help put away the groceries	Visit an apple orchard	Do a puzzle
6	7	8	9	10	11	12
Taco night	Play tag	Rake leaves	Make a picture with leaves	Create a family tree	Dress up for dinner	Jump in leaf piles
13	14	15	16	17	18	19
Learn to spell a new word	No complaining today	Have an indoor picnic	Run around your house	Try a new food	Laugh a lot today	Visit a pumpkin patch
20	21	22	23	24	25	26
Count to 100	Sing in the shower or tub	Read a new book	Look for things that are brown	Family game night	Look at family baby pictures	Clean your room to music
27	28	29	30	31		
Pretend to be a doctor	Find where you live on a map	Read a spooky book	Dress Up	Trick or Treat		

You can download this free calendar at [www.preventchildabusewi.org](http://www.preventchildabusewi.org).

For more information, contact us at 1-800-CHILDREN or visit our website at [www.preventchildabusewi.org](http://www.preventchildabusewi.org)



# November

## *It's Time to Like Me!*

How would you like it if your boss or significant other constantly noticed all the bad things you did and never gave you credit for the good things you did? Children can have the same reaction. A positive self-esteem is possible for everyone, but it doesn't happen overnight...it is developed over a lifetime and most of us will experience highs and lows along the way. Your role, as a parent, is to help your child feel loved and teach them the skills they need to feel capable when facing a challenge. Below are some ideas to help children like themselves.

### Everyday Practice

- Let your children see you feeling good about yourself.
- Describe your children using positive words: such as energetic, persistent, independent, curious or expressive. Avoid labels; such as bossy, naughty, whiny, wild or stubborn.
- Emphasize positive things your children do each day.
- Spend time sharing activities together.
- Set limits and boundaries to make children feel safe. Define rules clearly and enforce them consistently.
- Have a family ritual – like a special plate to be used for birthdays or family members select the dinner menu on their birthday.
- Take children's feelings and thoughts seriously.
- Treat your children with respect.

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### **Books and resource for the month:**

Gratitude Soup

~O. Rosewood

Sylvester and the Magic Pebble

~W. Steig

An Awesome Book of Thanks

~D. Clayton

[cdc.gov/parents/](http://cdc.gov/parents/)

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Make a fort with blankets	Read a book inside your fort
3	4	5	6	7	8	9
Talk about gratitude	Give yourself a hug	Exercise as a family	Talk about your bedtime routines	Visit the library	Finger paint with shaving cream	Tell knock-knock jokes
10	11	12	13	14	15	16
Read out loud	Count the doors in your house	Think positive!	Draw a pumpkin	Make grilled cheese sandwiches	Make a pinecone bird feeder	No screen time day
17	18	19	20	21	22	23
Practice good table manners	Tell what you are thankful for	Draw a picture of a turkey	Help set the table	Enjoy popcorn and a movie	Make turkey soup	Think of words that rhyme
24	25	26	27	28	29	30
Stretch and reach for the stars	Pretend to ride on a train	Read a book about the holidays	Turn off TV 2 hours before bedtime	Take a family photo	Be patient	Watch a favorite show

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# December

## It's Time to Read!

Reading stories with your child is a wonderful bonding experience that fosters meaningful one on one communication. Parents play a critical role in helping their children develop not only the ability to read, but also an enjoyment of reading. On a basic level, reading is a fundamental part of existing. Think about your typical day. How often are you reading something . . . street signs, emails, labels, etc. Make reading part of your family's lifestyle. To start: limit your family's TV viewing and computer time and make sure your children see you reading – books, magazines or the newspaper.

### Everyday Practice:

- Read to and with your children every day.
- Take the children to the library regularly. Libraries are a wonderful place to find books and so much more.
- Reading to your child builds listening skills and increases your child's attention span.
- Find a comfortable place to sit and read together.
- Reading to your children shows them in no uncertain terms that they are important to you.
- Spend time with children talking, telling stories and singing songs.
- Reading to children develops and fosters their natural curiosity.

**Together, we can prevent child abuse, Wisconsin...**

*Because childhood lasts a lifetime.*

Notes

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### Books and resource for the month:

Hugless Douglas and the Big Sleepover

~D. Melling

The Relatives Came

~C. Rylant

Mama Panya's Pancakes

~M. Chamberlin

A Dragon Moves In

~L. Falkenstern

[cdc.gov/parents/](http://cdc.gov/parents/)



# December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Read a book about snow	Get a new calendar	Bundle up and play outside	Make holiday cards	Learn about a holiday tradition	Read a favorite book	Eat red foods
8	9	10	11	12	13	14
Draw a snowman	Collect change for a local charity	Walk in the snow	Share family stories	Pretend you are a tightrope walker	Play "follow the leader"	Go to a matinee movie
15	16	17	18	19	20	21
Look for the moon	Visit the library	Learn about holiday traditions	Help decorate your house	Read books by flashlight	Start a new family tradition	Talk about generosity
22	23	24	25	26	27	28
Touch your toes 10 times	Make a book about animals	Play a board game	Watch a favorite holiday movie	Look at holiday lights	Bake cookies	Exercise to music
29	30	31				
Sing favorite <u>holiday songs</u>	Say "thank you"	Be helpful				

You can download this free calendar at [www.preventchildabusewi.org](http://www.preventchildabusewi.org).

