

# APRIL 2026

# Child and Family Activities Calendar

Strong Families, Safe Futures  
When we care together, families thrive



Click on the words to view resources and activities.

1 - Wednesday	2 - Thursday	3 - Friday	4 - Saturday
<a href="#">MyFamily - California Women, Infants &amp; Children Program</a>	<a href="#">Farmer's Market Finder</a>	<a href="#">California State Parks Pass</a>	<a href="#">National Alliance on Mental Illness (NAMI) California</a>
<a href="#">BenefitsCal- Apply for CalWORKs, CalFresh, Medi-Cal</a>	<a href="#">Certified Farmers' Markets Locations</a>		

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 Month in April 2026. This calendar contains links for events, activities, and information for children, families, and communities.

5 - Sunday	6 - Monday	7 - Tuesday	8 - Wednesday	9 - Thursday	10 - Friday	11 - Saturday
<b>GET INVOLVED</b>	<b>RAISING KIDS WHO THRIVE</b>	<b>TOGETHER TIME</b>	<b>CARING CONVERSATIONS</b>	<b>TIPS FOR DAD</b>	<b>TALK ABOUT IT</b>	<b>CO-CREATE A SNACK</b>
<a href="#">When We Care Together, Families Thrive</a>	<a href="#">Stories and advice on raising kind, caring and resilient children</a>	<a href="#">Family Activities to Strengthen Your Connection</a>	<a href="#">How to Talk to Kids about Tough Topics</a>	<a href="#">Strong Families, Safe Futures</a>	<a href="#">How Can We Communicate Better?</a>	<a href="#">Homemade Nutritious Snacks &amp; Treats</a>
12 - Sunday	13 - Monday	14 - Tuesday	15 - Wednesday	16 - Thursday	17 - Friday	18 - Saturday
<b>BEDTIME ROUTINE FOR BETTER SLEEP</b>	<b>TRADE SCREEN TIME FOR ONE-ON-ONE TIME</b>	<b>UNDERSTANDING EMOTIONS</b>	<b>PERSONAL CARE TIPS FOR KIDS WITH DIFFERENT NEEDS</b>	<b>POPULAR VIDEOS TO GET KIDS MOVING</b>	<b>SNACK SWAPS</b>	<b>COOL-4-DADS</b>
<a href="#">10 do's and don'ts for a good bedtime routine</a>	<a href="#">Tips to limit screen time and being present with your child</a>	<a href="#">Mastering the Zones of Regulation</a>	<a href="#">Supporting neurodivergent children with personal care</a>	<a href="#">Danny Go!</a> <a href="#">Koo Koo</a> <a href="#">Go Noodle</a>	<a href="#">These are the best healthy snacks I give my 4 kids from Costco - YouTube</a>	<a href="#">Introducing kids to a new sport from a father's perspective</a>

**Strengthening Connections**

Strengthening family relationships is the key to building up the protective factors that improve child and family well-being.

**Healthy Habits**

Kids can help families build healthy habits!

Have fun cooking, moving, and relaxing together.

# Calendar Page 2

19 - Sunday	20 - Monday	21 - Tuesday	22 - Wednesday	23 - Thursday	24 - Friday	25 - Saturday
<b>PARENTING YEARS 2-TO-4</b>  <u>Essentials for parenting toddlers and preschoolers</u>	<b>PASSENGER SAFETY</b>  <u>Ultimate Car Seat Guide</u>  <b>Helpline for Child Passenger Safety</b>  <b>800-745-SAFE (English)</b>	<b>KITCHEN SAFETY</b>  <u>Kitchen Safety: 10 Tips for Families With Young Children</u>	<b>FIRE SAFETY</b>  <u>Fire Safety: Planning Saves Lives</u>	<b>POISON PREVENTION</b>  <u>Childproofing Your Home for Poisons</u>  <b>Poison Control at 1-800-222-1222</b>	<b>PARENTING TEENS</b>  <u>Essentials for Parenting Teens</u>	<b>FAMILY EVENTS</b>  <u>#seeCalifornia</u>
26 - Sunday	27 - Monday	28 - Tuesday	29 - Wednesday	30 - Thursday		
<b>ACTIVITIES TO HELP YOUR CHILD LEARN AND GROW</b>  <u>Ages &amp; Stages: Activities 1 year</u> <u>Activities 2 years</u> <u>Activities 3 years</u> <u>Activities 4 years</u> <u>Activities 5 years</u>	<b>YEAR OF PLAY MONTH BY MONTH</b>  <u>Year of play month by month</u>	<b>CONNECT, TALK AND PLAY</b>  <u>How every child can thrive by five</u>	<b>MAGIC TRICKS</b>  <u>10 magic tricks kids can do using school supplies</u>	<b>QUALITY TIME</b>  <u>20 ways to spend quality time with kids</u>		



## Safe Bodies Safe Minds



Accidental injuries happen all the time. Being safety-minded plays an important role in keeping kids happy and healthy throughout Child Abuse Prevention Month, and all year long.



## Nurturing Minds & Hearts



Spending quality time with your loved ones through a variety of activities can help with bonding and coping with everyday stressors.



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](#).

