

APRIL 2025

Child and Family Activities Calendar

The Office of Child Abuse Prevention (OCAP) created this calendar for families, organizations, and partners supporting Child Abuse Prevention Month in April 2025. This calendar contains links for events, activities, and information for children, families, and communities.

Click on the underlined words to view resources and activities.

		1	2	3	4	5
		BenefitsCal- Apply for CalWORKs, CalFresh, Medi-Cal Página de inicio BenefitsCal	MyFamily - California Women, Infants & Children Program	Farmer's Market Finder Certified Farmers' Markets Locations	CA State Library Parks Pass	NAMI California De Familia a Familia de NAMI
6	7	8	9	10	11	12
It Takes a Village to Raise a Child: How communities can help raise kids	5 Evidence based strategies for Positive Connections	65+ Powerful Family Bonding Activities to Strengthen Your Connection	Seven Ways to Foster Empathy in Kids	Learn about the 5 Protective Factors to Strengthening your Family	Learn the Practice of Nonviolent Communication	21 Fun And Delicious Recipes You Can Make With Your Kids
13	14	15	16	17	18	19
Healthy Sleep How Many Hours Does Your Child Need? Los buenos hábitos del sueño: ¿cuántas horas de sueño necesita su niño?	Beyond Thanks 5 Ways to Nurture Gratitude in Children Pracformas de mejorar la salud mental de su familiaticar la gratitud: 5	H2O Hydration Choose Water for Healthy Hydration Elija el agua para una hidratación saludable	Healthy Smile Oral Health Salud bucal	Growing Strong Fitness Estado físico	Growing Healthy Nutrition Nutrición	Mental Health Music and Mood La música y el estado de ánimo



Strengthening Connections



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



Healthy Habits




Whether you're building or maintaining healthy habits, the kids can help too! Update family recipes, try new exercises, or practice mindful activities together.

20	21	22	23	24	25	26
Sleep Checklist Keep your infant safe while they are sleeping Newsletters Lista de Control para el Sueño Seguro del Bebé Newsletters	Passenger Safety Ultimate Car Seat Guide Guía Definitiva de Asientos de Seguridad Helpline for Child Passenger Safety 800-745-SAFE (English) 800-747-SANO (español)	Kitchen Safety Kitchen Safety: 10 Tips for Families With Young Children Seguridad en la cocina: 10 consejos para familias con niños pequeños	Fire Safety Fire Safety: Planning Saves Lives Prevención de incendios: planificar salva vidas	Childproofing Against Poisons Childproofing Your Home for Poisons Cómo prevenir accidentes en su hogar Poison Control at 1-800-222-1222	For Teens Bullying, Safety & Privacy Girls Health Bullying, seguridad y privacidad	Family Events #seeCalifornia
27	28	29	30			
Fatherhood DadTalk Blog Blog De Papá	Thankful Parent Appreciation Postcard Parent Appreciation Postcard en español	GoNoodle! Bunny Breath Respiración de Arcoíris (Rainbow Breath en español)	MindUP The Teen Brain! a 10-minute film			

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](#).


We want to hear from you! Please take a short survey (available in English and Spanish) at the following link to provide feedback on the activities and resources provided during Child Abuse Prevention Month: [CAP Month Survey](#)



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.



