# **APRIL 2025**

# **Child and Family Activities Calendar**

		1	2	3	4
Click on the underlined words to view resources and activities.		<u>BenefitsCal- Apply</u> <u>for CalWORKs,</u> <u>CalFresh, Medi-Cal</u> <u>Página de inicio  </u> <u>BenefitsCal</u>	<u>MyFamily -</u> <u>California Women,</u> <u>Infants &amp; Children</u> <u>Program</u>	<u>Farmer's Market</u> <u>Finder</u> <u>Certified Farmers'</u> <u>Markets Locations</u>	<u>CA State Library</u> <u>Parks Pass</u>
6	7	8	9	10	11
<u>It Takes a Village to</u> <u>Raise a Child: How</u> <u>communities can help</u> <u>raise kids</u>	<u>5 Evidence based</u> <u>strategies for</u> <u>Positive Connections</u>	<u>65+ Powerful Family</u> <u>Bonding Activities to</u> <u>Strengthen Your</u> <u>Connection</u>	<u>Seven Ways to</u> <u>Foster Empathy in</u> <u>Kids</u>	<u>Learn about the 5</u> <u>Protective Factors to</u> <u>Strengthening your</u> <u>Family</u>	<u>Learn the Practice o</u> <u>Nonviolent</u> <u>Communication</u>
13	14	15	16	17	18
Healthy Sleep How Many Hours Does Your Child Need?	Beyond Thanks 5 Ways to Nurture Gratitude in Children	H2O Hydration Choose Water for Healthy Hydration	Healthy Smile Oral Health	Growing Strong <u>Fitness</u>	Growing Healthy Nutrition
<u>Los buenos hábitos</u> <u>del sueño: ¿cuántas</u> <u>horas de sueño</u> <u>necesita su niño?</u>	<u>Pracformas de</u> <u>mejorar la salud</u> <u>mental de su</u> <u>familiaticar la</u> <u>gratitud: 5</u>	<u>Elija el agua para</u> <u>una hidratación</u> <u>saludable</u>	<u>Salud bucal</u>	<u>Estado físico</u>	<u>Nutrición</u>

#### 5

**NAMI** California

De Familia a Familia de NAMI

#### 12

21 Fun And Delicious of **Recipes You Can** Make With Your Kids

### 19

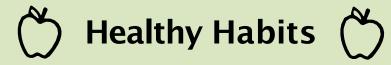
**Mental Health Music and Mood** 

La música y el estado de ánimo 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.

### Strengthening Connections



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



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	Passenger Safety Ultimate Car Seat Guide Guía Definitiva de Asientos de Seguridad	Kitchen Safety <u>Kitchen Safety: 10</u> <u>Tips for Families</u> <u>With Young</u> <u>Children</u> <u>Seguridad en la</u>	Fire Safety <u>Fire Safety:</u> <u>Planning Saves</u> <u>Lives</u> <u>Prevención de</u>	Childproofing Against Poisons Childproofing Your Home for Poisons	For Teens    Bullying, Safety &   Privacy   Girls Health   Bullying, seguridad	Far <u>#se</u>
<u>para el Sueño</u> <u>Seguro del Bebé</u> <u>Newsletters</u>	Helpline for Child Passenger Safety 800-745-SAFE (English) 800-747-SANO (español)	<u>cocina: 10</u> <u>consejos para</u> <u>familias con niños</u> <u>pequeños</u>	<u>incendios:</u> planificar salva vidas	<u>accidentes en su</u> <u>hogar</u> <u>Poison Control</u> at 1-800-222-1222	<u>y privacidad</u>	
27	28	29	30			
Fatherhood	Thankful	GoNoodle!	MindUP			
<u>DadTalk Blog</u> <u>Blog De Papá</u>	ParentAppreciationPostcardParentAppreciationPostcard enespañol	<u>Bunny Breath</u> <u>Respiración de</u> <u>Arcoíris (Rainbow</u> <u>Breath en</u> <u>español)</u>	<u>The Teen Brain! a</u> <u>10-minute film</u>			

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 <u>website</u> and The Child Abuse Prevention Center <u>website</u>.

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: <u>CAP Month Survey</u>

amily Events

<u>tseeCalifornia</u>



## Safe Bodies, Safe Minds



E

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.

# (JK)

### Nurturing Minds & Hearts

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



