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| March 2020 Parenting Awareness Month  31 Ways to Build Your Child’s Self Esteem | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1**  **Make, bake, and decorate cookies together. Share with a neighbor.** | **2**  **Jump rope or exercise with your children. It’s fun and healthy.** | **3**  **Decorate a shoebox with your child to store their treasures & keepsakes.** | **4**  **Hang up your child’s artwork at home or at your place of work.** | **5**  **Talk about family values and strengths. Listen to your child’s ideas about these.** | **6**  **Plan a No Screens night. Play games. Read together. Look at family photos.** | **7**  **Help sort toys and books your children have outgrown. Pick out ones to donate** |
| **8**  **Tell your children you are proud of them. Think of ways to praise them each day.** | **9**  **Take a walk. Learn about your neighborhood. Find your street on a city map.** | **10**  **Show interest in your children’s school day. Tell them about your day.** | **11**  **Make a list of all the reasons your child is special and post it on your refrigerator or a bulletin board.** | **12**  **Teach your child safety rules. Have a fire drill. Post safety and emergency number** | **13**  **Have an indoor picnic. Each person in the family helps** | **14**  **Visit the library. Help your child get a library card and read books together** |
| **15**  **Create a family bird feeder with an old milk jug. Fill with seed and hang.** | **16**  **Slip a note of encouragement in your child’s coat, lunch box, or under a pillow.** | **17**  **Write a story together. Read your story to a friend or family member.** | **18**  **Have an indoor treasure hunt, or plan one in your yard.** | **19**  **Take a family walk and look for signs of spring.** | **20**  **Attend a local school sports game together. ENJOY!** | **21**  **Have a family Movie and popcorn night.** |
| **22**  **Teach your child a skill such as sewing on a button or using a hammer and saw.** | **23**  **Have each family member share what he/she learned today.** | **24**  **Focus on success! List five successes experienced by family this week. Post the list.** | **25**  **Frame and display a family photo in each child’s bedroom.** | **26**  **Talk about the wonderful times you had together during March.** | **27**  **Plan and prepare a meal with your child and eat the meal together.** | **28**  **Hug and tell your children, “I love you” every day** |
| **29**  **Make cards or write a letter together to send to a relative.** | **30**  **Begin a scrapbook for each child with his or her help.** | **31**  **Start a collection with your child, such as rocks or stamps.** |  |  |  |  |

**FAMILY RESOURCES IN BARRY COUNTY**: <https://www.barrycountykids.org/calendar> [www.familysupportbarry.com](http://www.familysupportbarry.com) <https://www.greatstartbarry.org>