

# January

## Positive Parenting Awareness Month

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|--|--|--|--|--|---|---|
| <p>1<br/>Welcome to Positive Parenting Awareness Month 2023</p>                      | <p>2<br/>Challenge: Write highlights of 2022 in 22 words</p>   | <p>3<br/>Back to School: Sign up for a positive parenting class or seminar!</p>                      | <p>4<br/>National Spaghetti Day!</p>   | <p>5<br/>Tip Sheet on Supporting Your Partner</p>  | <p>6<br/>Throw a bubble party in your backyard!</p>   | <p>7<br/>Museums for All</p>  |
| <p>8<br/>Have fun with books: go a local library and read to or with your child!</p> | <p>9<br/>Have a family dinner together. Remember to sign up for a parenting class or Everyday Moments Community Group!</p> | <p>10<br/>Tip sheet on crying infants</p>  | <p>11<br/>Maintain consistent discipline.</p>  | <p>12<br/>Explore ways to help your teen or tween develop "soft skills"</p>  | <p>13<br/>Write a gratitude list together.</p>  | <p>14<br/>Nurture your child's interests.</p>                                       |
| <p>15<br/>Check in with your child about using their cellphone.</p>                  | <p>16<br/>Today is Martin Luther King Jr. Day. Talk to your child about civil rights.</p>                                  | <p>17<br/>Tip sheet on getting your teenager connected</p>   | <p>18<br/>Read a Winnie the Pooh story in honor of Winnie the Pooh Day</p>   | <p>19<br/>Model positive problem-solving with your partner for your child by discussing an easily solved issue</p> | <p>20<br/>Take care of yourself as a parent. Your wellbeing impacts your child's wellbeing.</p>     | <p>21<br/>National Hug Day! Celebrate by sharing some affection with your kids.</p> |
| <p>22<br/>Spend time outdoors as a family. Walk among nature and have a picnic.</p>  | <p>23<br/>Spend some quality time and complete a word search with your child.</p>  | <p>24<br/>Tip Sheet on interrupting</p>  | <p>25<br/>National Opposite Day! Have fun with your kids by doing everything backwards.</p>  | <p>26<br/>Be mindful of your language and tone with your child. Children are sensitive to your moods.</p>          | <p>27<br/>Remember to be consistent. Set schedules and rules that are understood by your child.</p> | <p>28<br/>Tell your child a bedtime story about yourself</p>                        |
| <p>29<br/>Tip Sheet about lying</p>  | <p>30<br/>How well do you know your child? Ask them to quiz you on their favorite things!</p>                              | <p>31<br/>Keep the supportive caregiving going. Follow the organizations that are a part of PPAM</p> | <p>For more information and links, visit our website and social media pages!<br/>925- 689- 5811<br/><a href="http://www.copefamilysupport.org/PPAM">www.copefamilysupport.org/PPAM</a><br/>@copefamilysupport<br/>@copefamilysupport</p> |  |   |   |