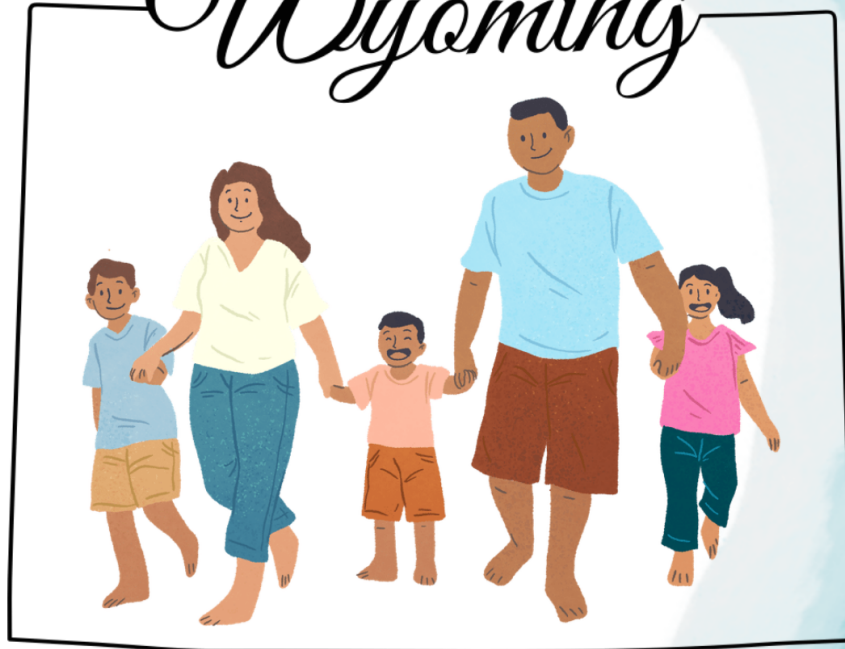


2023

# Child Abuse Prevention Toolkit

*Wyoming*



## 2023 Child Abuse Prevention Yearly Toolkit



The 2023 yearly toolkit has an activity for families and children to do each day, for the next year and each month has their own theme!

**January:** Snowmageddon

**February:** All About Love

**March:** Crafts

**April:** Outer Space

**May:** Gardening

**June:** Animals

**July:** Water

**August:** Back to School

**September:** Fall

**October:** Take a Photo Challenge

**November:** Give Thanks

**December:** Winter Wonderland

We invite you to participate in activities that interest you and are easily accessible. We want to join with you to promote child welfare across our state.

Prevent Child Abuse Wyoming, affiliates, and stakeholders want to work on promoting child welfare every day, not just in April. Children and families are our greatest asset and we want you to have access to resources to be successful. Together we can prepare children to grow into thriving members of our communities.

Each family is unique, but all parents and caregivers need support sometimes. We can all help by providing children with positive experiences, and families the resources they need, when they need them.

We proactively call out inequity and injustice and work to create the conditions for safe, stable, and nurturing spaces. All children and families thrive when communities focus on addressing root causes that lead to health and social inequities.

Policies and services that put families first strengthen all of us during times of uncertainty or increased stress. Working together, we can relieve some of the overload that parents experience and allow them the freedom to focus on caring for themselves and their kids.

We hope that you will join us in spreading awareness about child abuse prevention every day this year. Included in this toolkit are ways to get involved with Child Abuse Prevention throughout 2023!

We encourage you to post to social media with **#WYKidsMatter** for every activity you participate in!

Visit our website: <https://pcawy.org>

## February 2023 Activity Calendar

For all of our awareness events, we encourage you to post photos of yourself participating in each event on social media using #WYKidsMatter

### February 1: Story Time!

Pick a story about love! It can be self love, love for pets, parents, or anything you want! Read the story together as a family.

### February 2: Go for a Walk!

### February 3: Cook Together!

### February 4: Create a Family Playlist!

### February 5: Declutter!

### February 6: Plan a Picnic!

### February 7: Movie Night!

### February 8: Nap Time!

### February 9: Family Journaling!

Whether it's writing about your feelings, concerns, or things you're excited about. It is good to let out emotions and other thoughts without having to tell someone face-to-face.

### February 10: Sing Karaoke!

Giggling and dancing to some soulful music is a great way to get out energy.



**February 11:** Vision Boards!

Vision boards have many benefits! For parents, it can be a way of organizing thoughts or the schedule and for kids it can be a fun way to decorate with all of their favorite things.

Cut out images of things you love and glue them to a poster board!

**February 12:** Game Night!

Come together and enjoy a family game night.

**February 13:** Mindfulness Jar!

Be self-aware and focus on you.

Fill a clear jar with water, dish soap, and glitter. Tighten the lid on tight! When we need to focus on you, play with your jar.



**February 14:** Swap Letters!

Letters can be a great way to address happiness, thankfulness, or even a problem.

**February 15:** Volunteer Work!

Doing something kind for others makes us feel good!

**February 16:** Plant Bulbs for Spring!

Do not let the cold stop you from growing something amazing!

**February 17:** Host a Food or Clothing Drive!

Give what we do not need to those who do.

**February 18:** Plan a (Stay)cation!

**February 19:** “Backyard” Games!

Tag, kickball, hide and seek, or anything you can think of.



**February 20:** Alone Time... Together!

Quiet time or time spent indoors can be a great way to relax and rejuvenate. Doing it as a family can be very beneficial.

**February 21:** Photo Hunt!

Pull out the old photo albums or pictures saved on laptops/phones and have a hunt for objects or colors in each one. A great way to look back on memories.

**February 22:** Practice Deep Breathing!

**February 23:** Meditation!

**February 24:** Ice-Cream Buffet!

**February 25:** Thank You Notes to Yourself!


**February 26:** Hug it Out!

**February 27:** Bike Ride!

**February 28:** Bubble Bath!



# FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 STORY TIME	2 GO FOR A WALK	3 COOK TOGETHER	4 CREATE A FAMILY PLAYLIST
5 DECLUTTER	6 PLAN A PICNIC	7 MOVIE NIGHT	8 NAP TIME	9 FAMILY JOURNALING	10 SING KAROKE	11 VISION BOARDS
12 GAME NIGHT	13 SELF REFLECT JAR	14 SWAP LETTERS	15 VOLUNTEER WORK	16 PLANT BULBS FOR SPRING	17 HOST A FOOD OR CLOTHING DRIVE	18 PLAN A (STAY)CATION
19 "BACKYARD" GAMES	20 ALONE TIME, TOGETHER	21 PHOTO HUNT	22 PRACTICE DEEP BREATHING	23 MEDITATION	24 ICE-CREAM BUFFET	25 THANK YOU NOTES
26 HUG IT OUT	27 BIKE RIDE	28 BUBBLE BATH/SPA NIGHT	 <p>WYChildren's TRUST FUND Prevent Child Abuse Wyoming</p>	#WYKIDSMATTER		

*Self-care*  
IS EMPOWERMENT