









April 2025



Child Abuse Prevention Month Ways to strengthen families and the community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>www.ocfrn.com www.facebook.com/OCFRN</p>		 <p>1 <u>Kick off the month by coloring your own pinwheel or draw your own!</u></p>	<p>2 <u>Wellness Wednesday</u> Take a walk with your child. Use the time to chat about things that interest them.</p>	<p>3 <u>Select a board game or card game and play as a family.</u></p>	 <p>4 <u>Wear Blue Day!</u> Take a picture wearing blue and post with #WearBlueDay2025 Mandated Reporter Training 10am-Noon</p>	<p>5 Visit www.ocfrn.com and look at the Volunteer Guide. Research local organizations who need volunteers!</p>
<p>6 Schedule a get together with friends who have children the same age as yours.</p>	 <p>7 Talk to your kids about their favorite books and share what some of your favorite books were as a child. Read a book together.</p>	<p>8 Download the 2025 Ohio County Resource Guide for Families at www.ocfrn.com. Share it with friends and family to know how to help when people need resources.</p>	<p>9 <u>Wellness Wednesday</u> <u>Cook a meal together!</u> Talk about what you'd like to cook and share tasks to make a healthy meal.</p>	<p>10 Reach out to a friend you haven't talked to in a while. Having a support system is important for parents!</p>	 <p>11 Create something together! Color a picture, draw, play with playdough or another craft.</p>	<p>12 Talk to each of your children about adults they trust. Make a list with them of 5 adults they can talk to if they need help.</p>
<p>13 Pinwheel Patrol! Pinwheel gardens are displayed all month long across the country. See how many pinwheel gardens you can find and post pictures!</p>	<p>14 Circle of Parents (with children's group) at the Ohio County Family Support Center 5:30-7</p>	<p>15 Make a visit to your local library. Sign up for a library card for you and your children. Look for their calendar of events!</p>	<p>16 <u>Wellness Wednesday</u> LEAN on Me workshop 9:30 - 11:30 Circles of Safety Workshop 12:30 - 4:30</p>	 <p>17 Join our playgroup for kids under 5 and their parents. 9:30-11am</p>	<p>18 Talk about safety on social media with your whole family. Visit www.internetmatters.org for guidance.</p>	<p>19 Stop by a Blessings Box in Ohio County, donate food items like cereal, rice, or canned veggies.</p>
<p>20 Ask your children about their friends. Learn more about what they like and how your kids solve problems with peers.</p>	<p>21 Sort through the clothes in your house. Donate what you no longer wear to a family in need or a local clothes closet.</p>	<p>22 Visit some place local that you've never been to before. Talk about your adventure as a family!</p>	<p>23 <u>Wellness Wednesday</u> Visit a playground and play together.</p>	<p>24 Practice breathing techniques that can be used to help children calm down. It's also great when you feel good! 4-7-8 breathing is a great one to try.</p>	 <p>25 Dress up like your favorite superhero and watch a superhero movie together.</p>	<p>26 Talk with your family about fire safety! Make sure children know where your safe meeting spot is outside.</p>
<p>27 Create a scavenger hunt in and around your house!</p>	<p>28 Tell your children a funny story from your childhood!</p>	 <p>29 Do a puzzle together.</p>	<p>30 <u>Wellness Wednesday</u> Make a list of your and your children's favorite songs and have a dance party.</p>	<p>Visit www.ocfrn.com for information on food pantries, Blessings Boxes, community resources, and local programs and events. Follow us at www.facebook.com/OCFRN</p>		

