GROWING a Better Tomorrow for All Children, TOGETHER

Every day, we help positive childhood experiences take root.

LEARN HOW YOU CAN PLANT THE SEEDS OF A BETTER TOMORROW FOR CHILDREN AND FAMILIES IN YOUR COMMUNITY.

PreventChildAbuse.org/growing-better-together-2021
Prevention Month Toolkit 2021

Each year in April, Prevent Child Abuse Rhode Island (PCARI) teams up with Prevent Child Abuse America and its national affiliates to amplify a clear call to action that motivates the prevention of child abuse and neglect in April and throughout the year. This year the theme is **Growing a Better Tomorrow for All Children, Together** with the main message:

Every day, we help positive childhood experiences take root.

This virtual toolkit includes tips, tricks and ideas to bring awareness to prevention of child abuse and neglect and resources with the goal of supporting families and putting families first.

How to use this toolkit:
Be creative and use this kit to best support your impact and mission around child abuse prevention. You have permission to use the materials in any way you see fit; feel free to customize. Share your activities on social media! Make sure to tag @PSNRI and use hashtags #GrowingBetterTogether #CAPMonth #SeedsOfLoveRI
In 2021 we’d like you to think about childhood as growing a garden:

- Children are locally grown. We work together to cultivate relationships, connections, and environments that help every child thrive.

- We harvest what we sow. We plant seeds of support for all children to yield healthier adults with abundant futures.

- Our work is rooted in science. We know positive childhood experiences in nurturing environments provide fertile ground for physical and mental health, learning, and social skills to flourish.

- We unearth the possibilities. We focus on innovation every day to give every child what they need and to build bountiful, safe communities.

- Planning and purpose create common ground. We share resources equitably, expand access to services, and balance conditions for positive childhood experiences to enrich every community.

- We tend and replenish the soil. We offer homegrown solutions and hardy support to protect what we grow in all elements.

- Hope and commitment are powerful fertilizers. We combine the promise of a better tomorrow with our resolve to nourish all children and their families in every season.

Learn more at psnri.org/prevention
Learn more about your local RI chapter at: psnri.org/prevention

Share on social media by tagging @PSNRI and hashtag #WearBlueDay2021
In line with this year’s Prevent Child Abuse America’s April prevention campaign theme, *Growing a Better Tomorrow for All Children, Together*, we are promoting planting seeds of love. We will spread seeds of love by sharing free packets of seeds for planting across the state!

PSNRI PCA Chapter would like to partner with families, early care providers, schools, community, and state agencies to plan covid-friendly activities with children, students, and families. Learn more about how we can partner and plant seeds together for a better tomorrow.

Check out these fun videos for some kid-friendly inspiration:
- *We Plant A Seed*
- *Sesame Street: Grover Talks About Plants*
- *Lola Plants a Garden Book*
- *Planting Seeds of Kindness*

If you need seeds, pots, and soil supplies for your group project we can assist. We would love to partner! Please contact us to arrange for pick up or drop off these supplies to your location.

Contact:
Melissa Esposito
Chapter Director
m.esposito@psnri.org
or 401.447.5880

Use hashtag #SeedsOfLoveRI on social media
Planting Seeds of Love

Continued...

During the month, gather for some planting fun with your household. PSNRI will have seeds available for families to plant Forget Me Knots.

Please contact Melissa Esposito m.esposito@psnri.org to arrange a pickup time or to learn how to be involved in our premiere activities.

The ECEC at the JCC will host a planting event for the children enrolled in their programs with a Live Zoom story time!

PCA RI is also partnering with New Era Enrichment Academy to dig in the dirt, plant, share a snack and read some stories!

Hope Recovery Center and PCA RI will partner with Clark Street Daycare to beautify their centers and create positive childhood experiences!

Please join us throughout April in planting the seeds of a better tomorrow for children and families in our communities. Together, we can prevent child abuse, America… because childhood lasts a lifetime.

Use hashtag #SeedsOfLoveRI on social media
SAVE THE DATES

- **April 12th** - Drive by the State House to see it lit blue for child abuse prevention awareness. Take pics and share!

- **April 15th, 5-6pm** - Wielding Your Inner Strengths: Building Your Personal Resilience Virtual Workshop with National Presenter - Claire Louge, MEd, Executive Director of Prevent Child Abuse Arizona

- **April 17th, 11am-2pm** - Family Kite Day! Let’s Go Fly a Kite COVID Style, Drive-Thru pick up event - a Kite for the children in your household and PPE sites will be located around the state. See flyer for additional information.

- **April 21st, 4:30-5:30pm** - Live Event: Call to Digital Advocacy Day for RI Families - Tips to create a clear message to send to our local state representatives in support of positive childhood experiences.

Check out next pages for details on each event

Every day, we help positive childhood experiences take root.
We can still grow a better tomorrow for all children, together, while being apart. Check out the RI Statehouse on Monday April 12th, as it will be lit blue to bring awareness to the prevention of child abuse and neglect. As a community we can work together to create a state where our children grow and flourish. We tend and replenish the soil. Offering homegrown solutions and hardy support helps us protect what we grow in all elements. Learn how you can plant the seeds of a better tomorrow.

Learn more about how you can help at: preventchildabuse.org/growing-better-together-2021
Virtual Workshop with National Presenter - Claire Louge, MEd, Executive Director of Prevent Child Abuse Arizona

Life is full of challenges - big and small. Whether we’re facing major loss or just some atrociously bad traffic, life is constantly offering us opportunities to practice resilience. This one-hour, virtual training will focus on what it means to be resilient, and the qualities and practices that predict a person’s ability to thrive despite, or perhaps because of, challenges.

Claire Louge is the Executive Director of Prevent Child Abuse Arizona, a statewide non-profit organization dedicated to strengthening families and protecting children through collaboration, education and advocacy. Claire obtained her Bachelor’s degree in Human Development from Cornell University and her Masters of Education in Human Relations from Northern Arizona University. Claire is also certified by the National Alliance of Children’s Trust Funds to teach the Strengthening Families™ Protective Factors Framework, and an authorized Stewards of Children® facilitator. She is a graduate of the American Express Leadership Academy, and has a Certificate of Nonprofit Executive Leadership from the ASU Lodestar Center. She is also an AmeriCorps VISTA alum. Claire volunteers her time by producing theatrical role-playing adventure events for teens.

Every day, we help positive childhood experiences take root.
You Are Invited to Family Kite Day!

What: Let's Go Fly a Kite COVID Style - Drive-Thru pick up event. Pick up a kite for the children in your household, some PPE and maybe a surprise or two at the location most convenient for you!

When: Saturday, April 17th, 11am-2pm

Where: Look for signs at your location!
Lincoln Woods - Lincoln
Goddard Park - Warwick
Temple of Music, Roger Williams Park - PVD
Misquamicut Beach - Westerly
Easton Beach, First Beach - Newport

COVID-19 update:
https://reopeningri.com/parks-recreation

Questions about the event?
Contact Melissa Esposito
Chapter Director
m.esposito@psnri.org
or 401.447.5880
Join us as we review priority policy items and craft a message to educate state and federal delegates and key officials to support important legislative and budget items needed for positive childhood experiences. We will provide tips for effectively communicating your call to action.

Visit these resources to learn who are your local representatives and senator and federal delegates and important legislative and budget information:

- 2021 Digital Advocacy Day
- Prevent Child Abuse America Public Policy
- National Federation of Families Advocacy Tool Kit
- RI Kids Count Advocacy
- The Economic Progress Institute Policy Agenda
- United States RI Congressional Delegation
- RI General Assembly, RI Senate
- RI General Assembly, RI House of Representatives

This is the time of year when every voice matters!
When we work together we are cultivating relationships, connections, and environments that help every child thrive.

Every day, we help positive childhood experiences take root.
Help spread the word on social media!

Add this frame to your Facebook profile pic starting April 1st! Search for CAP Month at facebook.com/profilepicframes

Share pics and videos of positive childhood experiences! Tag us @PSNRI and use hashtags GrowingBetterTogether CAPMonth SeedsOfLoveRI

Post a photo of yourself wearing blue on April 1st and use the #WearBlueDay2021 hashtag

Follow us on Facebook and share our posts!
facebook.com/psnri

Learn more about how you can help at: preventchildabuse.org/growing-better-together-2021

Learn more about your local RI chapter at: psnri.org/prevention
Child Abuse Prevention Month 2021

Child Abuse Prevention Month Kick-off Event - BE WELL RI Live
Kick-off Child Abuse Prevention Month with a discussion on fostering resilient families.

WEAR BLUE Day -
Wear blue and snap a photo of your family with #fccpri

PINWHEEL Day -
Snap a photo using our digital pinwheel and post with #fccpri

Social Media Participation Challenge with Weekly Special Giveaways!
Comment or post using #fccpri for a chance to win one of our weekly giveaways and the grand giveaway at the end of the month!

Motivation MONDAYS
Check-in with us on Mondays @familyserviceri and get some motivation inspiration!

Teaching TUESDAYS
Teaching Tuesday will provide families with useful parenting tips and more @familyserviceri

Wellness WEDNESDAY
Everyone needs a reminder to take a step back and relax. Get your wellness tips @familyserviceri

Partner THURSDAY
Our partners help make this work possible. Check out who contributes to the mission @familyserviceri

Family Fun FRIDAY
There are many family fun adventures you can take that are free or low cost! Learn more @familyserviceri

Children are LOCALLY GROWN
## Daily Activity Ideas

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<td></td>
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<td>Get ready!</td>
<td>Wear Blue and take a family photo</td>
<td>Movie Night</td>
<td>Go for a Nature walk and look for things in nature that are</td>
<td>Have breakfast together</td>
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<td>Tell each other silly stories</td>
<td>Look for the moon</td>
<td>Color a picture together</td>
<td>Try Family Yoga</td>
<td>Dessert for dinner</td>
<td>Go outside and see how far each family member can jump</td>
<td>Plant flowers</td>
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<td>Play hide and seek</td>
<td>Play charades</td>
<td>Have a dance party</td>
<td>Sing silly songs</td>
<td>Device free dinner</td>
<td>Create a dinner playlist</td>
<td>Listen to your new dinner playlist</td>
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<td>Go for a nature walk and look for yellow things</td>
<td>Blow bubbles</td>
<td>Cuddle up under a cozy blanket</td>
<td>Make a blanket fort</td>
<td>Breakfast for dinner</td>
<td>Play Mad Libs (see toolkit)</td>
<td>Watch funny videos on YouTube</td>
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<td>Try Kids Meditation</td>
<td>Go to a local playground and swing together</td>
<td>Share one success from the day</td>
<td>Draw someone a picture and share it with them</td>
<td>Facetime a family member and eat dinner with them</td>
<td>Keep it up!</td>
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**Notes:** We'd love to hear how you used this calendar to create positive childhood experiences, tag @PSNRI on Facebook and use hashtags #GrowingBetterTogether #CAPMonth
MAKING YOUR OWN PINWHEEL

Here’s a craft project that will allow children a chance to participate in your community’s Pinwheels for Prevention activities. This activity can be used in schools, daycare centers, after-school programs, church groups, etc.

Materials
- a push pin
- a square piece of construction paper (about 8.5” x 8.5”)
- a sharpened pencil with eraser
- scissors

Procedure
1. Lay the square paper flat on a table and draw a line diagonally from each corner to the opposite corner.
2. Mark the center of the square where the two lines cross and punch a small hole through it with the pencil tip.
3. Next, cut along each line stopping about an inch from the hole in the center of the square.
4. Take the pin and punch a hole in the top left corner of each of the four flaps. (No two holes should be next to each other.)
5. Pick-up a flap at a punched corner and carefully curve it over toward the center hole, securing it with the pin.
6. Repeat this for the other flaps.
7. When all four flaps are held by the pin, carefully lift the paper without letting the flaps unfurl.
8. Lay the pencil flat on a table and carefully push the point of the push pin into the side of the eraser.
9. Now your pinwheel is complete and ready to go. Pick-up the pinwheel near the pencil point and let it catch the wind.

preventchildabuse.org
The Best Day Ever

One day I woke up feeling 😊 __________, and I knew it was going to be a special day. The sky was 🌈 ________, and the weather was ☀️ __________, so I hopped out of bed, put on my 🧦 __________ and my __________, and I was ready to __________.

Outside, I caught the first 🚗 __________, which took me straight into __________ __________. I went → __________ until I came to a store selling __________ __________, where I bought the perfect __________ __________!

Next, I treated myself to a ↑ __________ snack at a 🍜 __________ restaurant. It was very 🔥 __________, but it was still good enough to __________.

Finally, I went back home. I fed the __________, then sat down on the __________, and thought, “What a/an __________ day!”