

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2011

31 WAYS TO BUILD YOUR CHILD'S SELF ESTEEM IN 31 DAYS

Reminder:

Plan to attend school events—field trips, parent/teacher conferences, open houses.

1

Hug and tell your children "I love you" everyday.

2

Teach your child safety rules. Have a fire drill. Post safety and emergency numbers.

3

Designate a special time of day to spend just with your child.

4

Start a collection with your child such as rocks or stamps.

5

Take a walk with your child and learn about the neighborhood. Find your street on a city map.

6

Plan a no TV night. Play games. Read together. Look at family photos.

7

Have a treasure hunt indoors or in the yard.

8

Plan and prepare a meal with your child, and eat the meal together.

9

Hang up your child's artwork at home or at your place of work.

10

Tell your children you are proud of them. Think of ways to praise them each day.

11

Attend a local school sports game together. ENJOY!

12

Focus on success! List five successes experienced by family this week. Post the list.

13

Have an indoor picnic. Everyone in the family helps.

14

Teach your child a skill such as sewing on a button, or using a hammer and saw.

15

Frame and display a family photo in each child's bedroom.

16

Slip a note of encouragement in your child's coat, lunch box or under pillow.

17

Create a family bird feeder with old milk-jug. Fill with seed. Hang near window.

18

Decorate a shoebox with your child to store their treasures and keepsakes.

19

Make, bake, and decorate cookies together. Share with a neighbor.

20

Have a family movie and popcorn night.

21

Begin a scrapbook for each child with his/her help.

22

Make a list of all the reasons your child is special and post it.

23

Decorate a shoebox with your child to store their treasures/keepsakes.

24

Show interest in your children's school day. Tell them about your day.

25

Talk about your families' values and strengths, and listen to your child's ideas about these.

26

Visit the library. Help your child get a library card. Check out books together.

27

Help sort toys and books your children have out-grown. Pick ones out to donate.

28

Have each family member share what he/she learned today.

29

Take a family walk and look for signs of spring.

30

Make cards or write a letter together to send to a relative.

31

Talk about the wonderful times you had with each other during March.

March is Parenting Awareness Month. For more information Call: 1-800-968-4968

March is Reading Month

April is the Month of the Young Child. 1-800-336-6424

April is Child Abuse Prevention Month. 1-800-CHILDREN

April is Alcohol Awareness Month. 1-800-968-4968