

“It only takes a minute to make a difference in the life of a child”

Thank you to all our contributors and volunteers who made this project possible..

Prevention: 405-271-7611.

For more information or to download a copy of this calendar, contact the Oklahoma State Department of Health, Office of Child Abuse

Family Parenting Tips sources compiled by Suzy Gibson, MS, from Family TLC (www.familytlc.net); Super Science Concoctions by Jill Frankel Hauser; Back Pocket Adventure by Karl Rohmke & Jim Groat.

City.

Child Abuse Prevention Statewide Student Poster Contest: For “CAP Day at the Capitol 2008”, students from schools throughout Oklahoma participated in a poster contest depicting the theme, “It only takes a minute in the life of a child.” Poster entries for the 2008 - 2009 Calendar were selected by each school participating in the contest. Final judging was conducted by a panel selected by the Arts Council of Oklahoma

Child Abuse Prevention Day at the Capitol – Since 1983, National Child Abuse Prevention Month has been observed each April to help raise awareness of the devastating effects of abuse and neglect. Each year, the State Capitol is transformed into “Child Abuse Prevention Day at the Capitol” where parents, professionals, advocates, community leaders and concerned citizens come together to shine a spotlight on issues facing our children by sharing valuable knowledge and information about children’s issues across the state.

Members of the CAP Action Committee include: Oklahoma City Arts Council, Exchange Club of Oklahoma City, Family Advocacy Program, Guardians of the Children, Oklahoma State Department of Health, Catholic Archdiocese of Oklahoma, Unzer Child Advocacy Centre, Community Service Council of Greater Tulsa, Kelsey’s Purpose, Chickasaw Nation, Oklahoma State Department of Human Services, Bikers Against Child Abuse, Pittsburg County Health Department, Smart Start of Stephens County, Oklahoma for Children, Rainbow Fleet, Family and Children’s Services, Court Appointed Special Advocates (CASA), Parent Child Center of Tulsa, Northern Oklahoma Youth Services, Muskogee County Health Department, Payne County Health Department, Oklahoma State Attorney General’s Office, Oklahoma Department of Rehabilitation Services, Northwest Family Services, Prevent Child Abuse America, Madill Community Day Care, Northeast Oklahoma Head Start, Metropolitan Library System of Oklahoma City, other individuals.

The **2007 - 2008 Child Abuse Prevention (CAP) Action Committee** is a consortium of agencies dedicated to providing awareness and information to the public about child abuse prevention in Oklahoma.

We Will Value One Another.



April 2009

April is Child Abuse Prevention Month



Maggie
Grade 4



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Family Activity for April:

Seven-Eleven: This activity can be done anywhere and can occupy your children when having to wait for an extended period of time. Three people make a circle. One person is the "go" person. When the "go" person says "go!" each player throws out a number of fingers from one hand. Everyone counts the fingers. Repeat until you are able to reach a total of seven. To increase difficulty, use both hands to achieve a total of eleven.

Parenting Tip of the Month:

Counting is a basic math skill that most children learn by about 3-5 years old. This game will help practice the skill of counting, not to mention it's fun! Ask your child:

- How many fingers do you see?

Recommended Reading:

Out for the Count: A Counting Adventure by Kathryn Cave & Chris Riddell



April 2008

April is Child Abuse Prevention Month



Jaqueline
Grade 4



Family Activity for April:

Fitness Walk: What better way for the entire family to get some exercise than to go on a walk. Plan a route in your neighborhood. If it is too cold outside, discuss ideas about indoor walking in a gym or the mall. Challenge each other to a power walk. Each family member can write down on a chart or a graph how much time it will take. After everyone completes the route, check the estimated time using a stopwatch. Figure out how many minutes each family member estimated for the power walk, then add or subtract the remaining minutes. Use the chart to keep a log of each walk, and compare your family's progress.

Parenting Tip of the Month:

Fitness walking will not only encourage your family to get healthy, but give your child a chance to practice his/her developing math skills by adding, subtracting, comparing and estimating. Ask your child:

- ▶ How do you think we could improve our walking time?
- ▶ What other route could we take?

Recommended Reading:

The Listening Walk by Paul Showers and Ailiki

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Child Abuse
Prevention
Day at the
Capitol



March 2009

April is Child Abuse Prevention Month

Ryan
Grade 3



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Family Activity for March:

Fruit Cone: Having fun together in the kitchen is a great way to spend family time together. Prepare a healthy snack using ice cream cones, various fruits, sugar (1 Tbsp.), cream cheese (8 oz.) and yogurt (4 oz.). Help your child mix the cream cheese, yogurt and sugar until smooth. Let her pick the fruit she likes and stir it into the mixture. Together you can fill the ice cream cones with the fruit mixture. Enjoy with the whole family.

Parenting Tip of the Month:

Measuring and following steps will help build emergent math skills, while enjoying healthy foods. Encourage your child to measure, scoop, stir and pour. Ask your child:

- ▶ How many grapes did you use? Banana slices? Melon slices? Etc.
- ▶ Why do you like (kind of fruit) the best?

Recommended Reading:

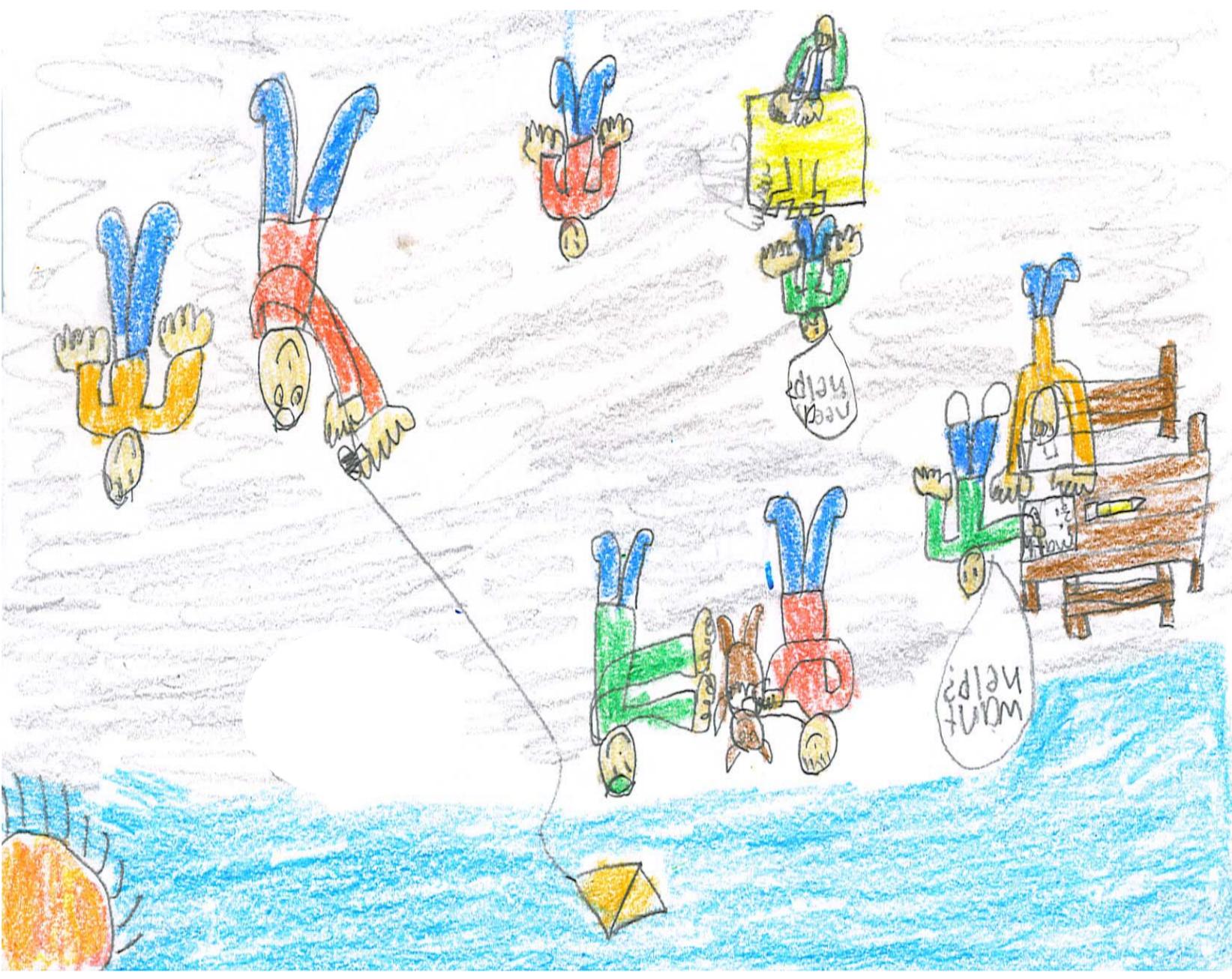
Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert

May 2008

April is Child Abuse Prevention Month



Grade 3
E!!



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Family Activity for May:
Buried Treasure: Race to uncover a buried treasure with your family. Each member will need a box with various "treasures" such as plastic trinkets, animals or other small household items. Family members may pick items in their "treasure chest" to bury. After everyone has buried an item, take turns uncovering the treasures. The treasure hunter must follow instructions in order to find the spot and uncover the items using a plastic shovel. For example, skip three times, hop on one foot, go three steps to the left, etc. This activity can be repeated several times, and played indoors or out. Use a sandbox, an area with plenty of dirt or hide the treasures in the house.

Parenting Tip of the Month:
 Treasure hunting will help your child begin to understand directions in a sequence, and use problem solving skills to uncover the buried treasure. As your child begins to improve his/her skills, increase the level of difficulty to continue to challenge him. Ask your child:
 ► What did you like best? Burying the treasure or finding it?
 ► Where else could you bury or hide a treasure?

Recommended Reading:
 We're Going on a Bear Hunt by Michael Rosen, illustrated by Helen Oxenbury



February 2009

April is Child Abuse Prevention Month

Rosa
Grade 4



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Family Activity for February:

Acid Egg Bath: This amazing trick will impress your family and friends and together you can learn a little about science. Gently set an egg into a jar and pour enough vinegar in to cover the egg. Check the egg about every four hours and remove when the shell is soft. The egg will bounce like a rubber ball.

Parenting Tip of the Month:

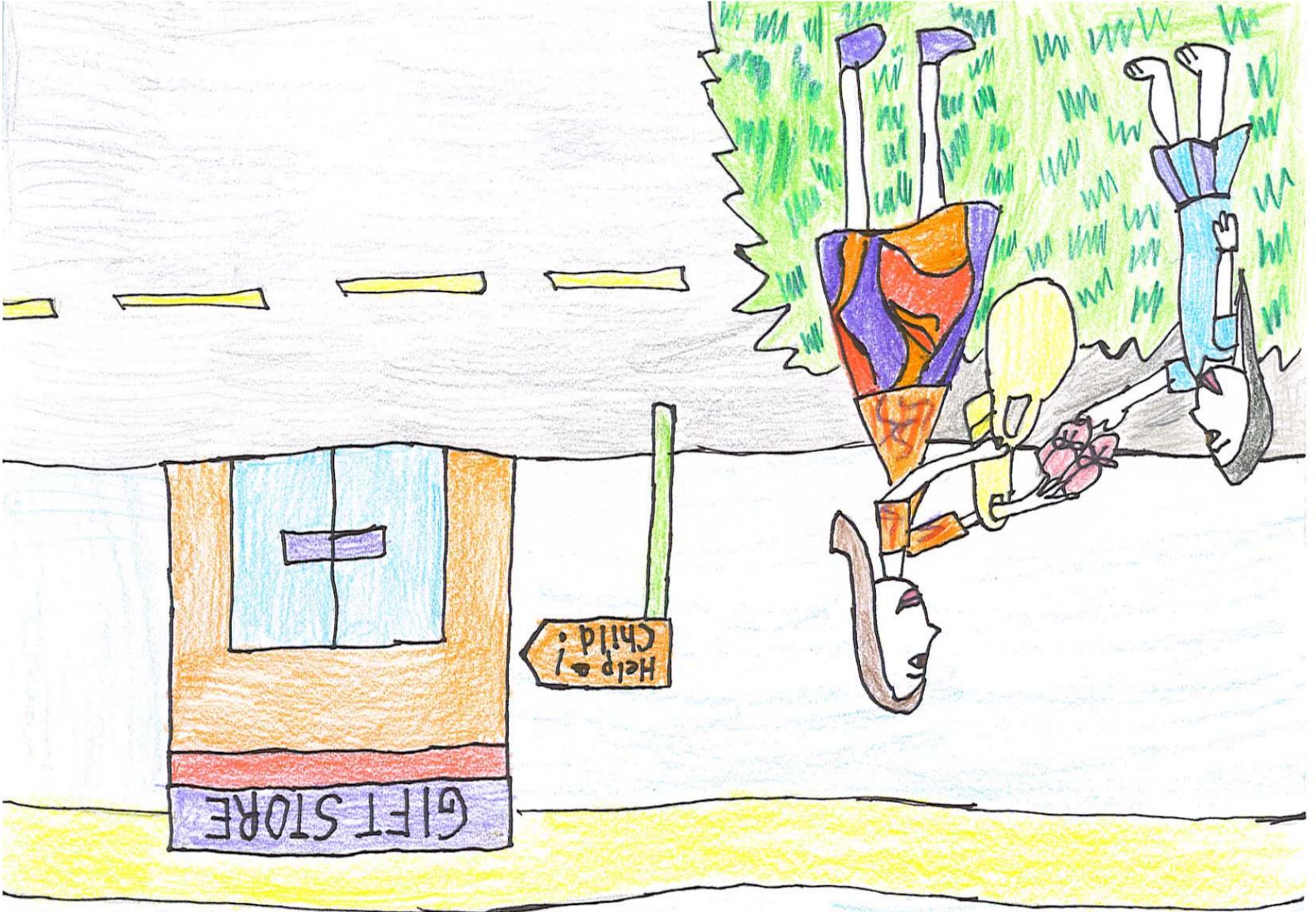
Not only are you exposing your child to science, you are teaching her that it can be fun. Help her with observation skills, recording what she sees and predicting what will happen next. Additional tips:

- ▶ Record what you see happening to the shell.
- ▶ Use the internet to find more science tricks

Recommended Reading:

First the Egg by Laura Vaccaro Seeger

Give Your Care to Others



June 2008

April is Child Abuse Prevention Month

Jacob
Grade 3



Family Activity for June:

Pizza Face: Pizza is an all time family favorite. Make mealtime fun by creating a pizza using everyone's favorite ingredients. Bake a frozen pizza according to the instructions. After the pizza has cooled, place it on a plate for your child to decorate. Use strips of ham or salami for a hat, cherry tomato or a pineapple wedge for a nose, black or green olives for eyes, and red pepper slices for the mouth.

Parenting Tip of the Month:

Teaching your children about nutrition can lead them on the path to healthy eating habits. Compare and contrast the ingredients by looking at shapes, sizes, texture and taste. Ask your child:

- ▶ What toppings would you like to use?
- ▶ How many toppings are on your pizza?

Recommended Reading:

Pete's Pizza by William Steig

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January 2009

April is Child Abuse Prevention Month

Fernando
Grade 3



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Family Activity for January:

This is Your Life! Help your child learn how to conduct an interview. Look at old photographs of family members and relatives. Teach your child about the five W's: What, Where, When, Who, and Why. Help your child explore your family history and conduct an "interview" with the relative in the picture. Weave story-telling and history into the interview to capture tales of by gone days.

Parenting Tip of the Month:

Introducing your child to family history can give him a sense of belonging, not to mention the fact you are teaching him the art of conducting an interview. Being able to conduct an interview will help your child practice conversation skills and boost his confidence. Additional Tips:

- ▶ Choose photos that represent the past and present.
- ▶ You may not have any information about a photo. Encourage your child to weave in his imagination with any history you may have.

Recommended Reading:

To Our Children's Children Journal of Family Memories by Bob Greene



April is Child Abuse Prevention Month

July 2008

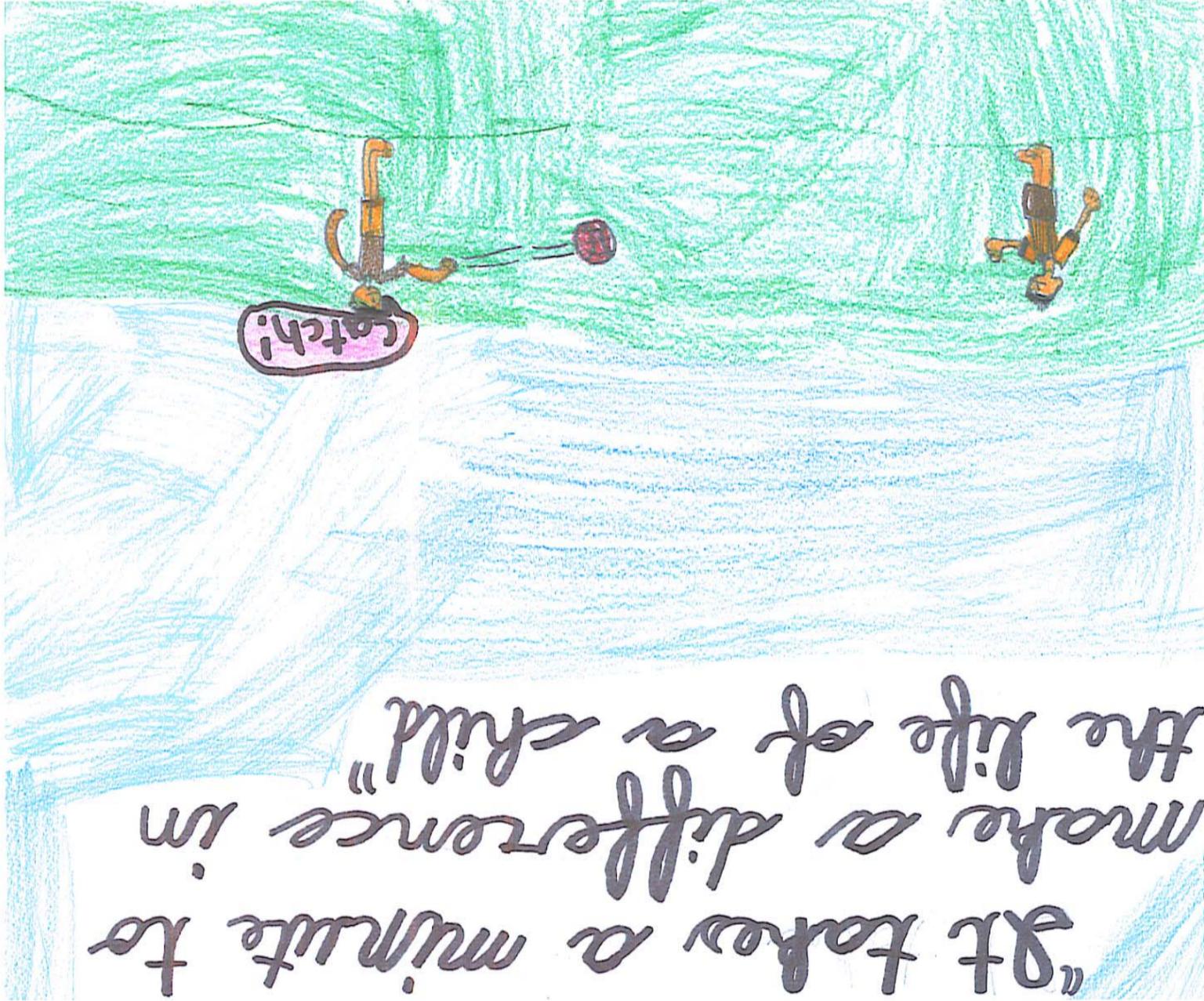
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Family Activity for July: Discover the properties of water with this activity. Help your child cut out a picture from a magazine. Place the picture in the bottom of the pie pan and cover it with water. Place the pan in the freezer or outside on a cold day. When the water freezes, encourage your child to explore the ice using her sense of smell, touch and taste. Watch as the ice melts to reveal the picture.

Parenting Tip of the Month: Experiments are a fun and inexpensive way to teach your child about science. You can help her practice prediction, learn about cause and effect, as well as use her senses to become aware of her surroundings. Ask your child:

- ▶ How long do you think it will take for the water to freeze and melt?
- ▶ What do you think will happen to the picture when the water freezes?

Recommended Reading: Wild Horse Winter by Tetsuya Honda





December 2008

Ceara
Grade 4

April is Child Abuse Prevention Month



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Family Activity for December:

State of Mind Game: Improve memory and language skills by reciting names of states, towns and cities. The first player can choose a state, town or city such as Oklahoma. Then, the next player has to name a state, town or city that begins with the last letter of the previously named, in this case (a), such as Arkansas. This game can continue as long as you'd like.

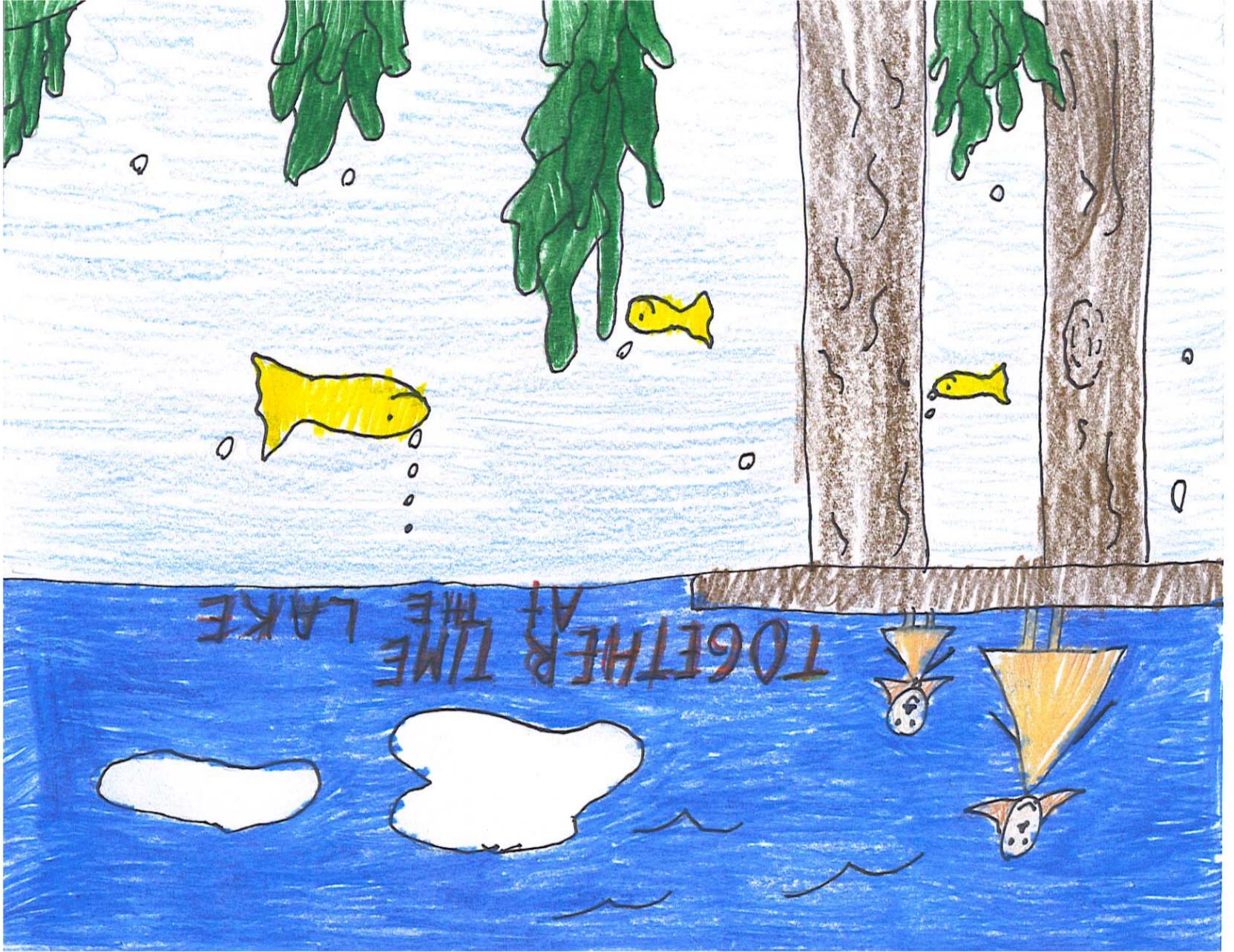
Parenting Tip of the Month:

Any game involving conversation and time spent together can be a true bonding experience for a family. This game can be played just about anywhere, especially on long car trips. Additional tips:

- ▶ Write down all the cities and states named in two columns. Count how many you named.
- ▶ Keep a running log on how many cities and states your family has visited.

Recommended Reading:

Hometown Revelations – How Americas Cities, Towns & States Acquired Their Names by Mark Usler



August 2008

April is Child Abuse Prevention Month

Andy
Grade 3



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Family Activity for August:
Soapy Stationary: Writing letters to family members or friends is a great way to show you care, especially on stationary created by you. Fill up a few bowls with water, dish soap and food coloring. Give everyone a straw to blow bubbles until the bubbles rise over the rim. Place a sheet of paper on top of the bubbles to create a bubble print. Experiment with different colors.

Parenting Tip of the Month:
 Your child can compose letters to relatives or to a friend. This is a great way to practice creativity and handwriting skills, as well as teaching your child the process of mailing a letter.

► Who would you like to write a letter to?
 ► What do you think will happen when you blow through the straw into the water?

Recommended Reading:
 Dear Mr. Henshaw by Beverly Cleary & Paul O. Zelinsky



November 2008

April is Child Abuse Prevention Month

Nick
Grade 3



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Family Activity for November:

Camouflaged: Teach your child about animals in the wild and why they have colors that help them blend into their surroundings. Pick a group of animals, such as white animals that blend into the snow. Find pictures in a nature magazine or draw pictures of the animals your child chose. Work with you child to find information about each animal and write a small paragraph next to each picture. Your child can begin to learn about many groups of animals.

Parenting Tip of the Month:

Learning about animals and nature can help your child have an understanding and respect for wildlife. He will learn what animals live in forests, jungles, swamps, etc. You can help him develop a respect for nature and the world around him. Ask your child:

- ▶ What is your favorite animal?
- ▶ How does that animal camouflage itself?

Recommended Reading:

The Wildlife Detectives by Donna Jackson

September 2008

April is Child Abuse Prevention Month

Rafael
Grade 3



Family Activity for September:

Memory, Memory! Test your family's memory skills with this game. Ask your family to gather in a common area in the house. Take a few minutes to look around and try to remember objects in the room. Choose one person to wear a blind-fold and give them an object from the room. Start a stopwatch and time how long it took to guess correctly what the item is. The player with the lowest time is the winner.

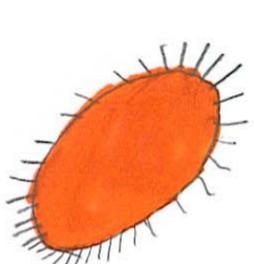
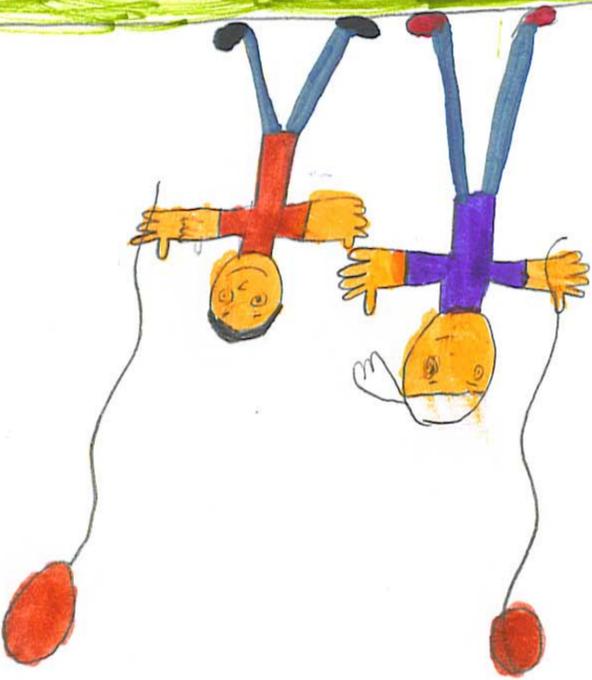
Parenting Tip of the Month:

Memory games help to sharpen recall and observation skills. Encourage your child by challenging him to recall details of a story or something he saw. Ask your child:
 ▶ Where else could we play this game?
 ▶ How many objects can you remember?

Recommended Reading:

Thinking Games for Kids by Cheryl Gerson Tuttle & Penny Hutchins Paquet

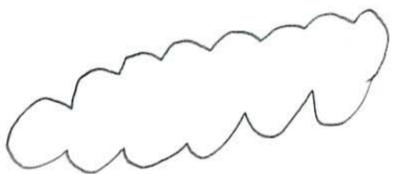
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Spending time with my grandnd is fun

Spending time with my grandnd is fun

Spending time with my grandnd is fun





October 2008

April is Child Abuse Prevention Month

Cat
Grade 3



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Family Activity for October:

Dream Catcher: Create a family tradition by exploring and recording dreams. Make a journal using specialty paper such as construction, parchment or cardstock. Help your child create a cover using markers, crayons, colored pencils or craft items. Bind the book by punching holes in the margin and tying it together with yarn.

Parenting Tip of the Month:

Your child can tell you about her dreams upon waking. Ask questions to help your child recall her dreams and record what she remembers in her Dream Catcher. Explore emotions your child felt during her dreams. Ask your child:

- ▶ Did you have good dreams?
- ▶ What part of the dream made you feel happy, sad, scared, etc.?

Recommended Reading:

How Do We Dream? And Other Questions About Your Body by Jack Myers & Bill Colrus