



Appreciate Your Child - April 2020

(April is Child Abuse Prevention Month)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Plant a pinwheel with your child and discuss its meaning	2. Pick out a song and dance around to the music together.	3. Ask your child, "Who is your best friend and why?"	4. Make up a story and have your child draw pictures for that story.
5. Play a board game or complete a puzzle with your child.	6. Go to a local hardware or scrap store and build something together.	7. Make a song up with your child and sing it.	8. Go to the library, look at books, and choose one to read with your child.	9. Praise them today for everything good they do.	10. Make a mask from a paper plate.	11. Talk about what your child likes to do at school or daycare and why.
12. Buy or make little objects, hide them before your child gets up in the morning and have a treasure hunt.	13. Ask your child, "Tell me one thing you wish for and why?"	14. Give your child five hugs today.	15. Take your child to a playground or nearby park.	16. Let your child set the table for dinner.	17. Make a tent in the living room with blankets and pillows.	18. Watch the sun go down together and wish upon the first star.
19. Finger paint together.	20. Make your child breakfast for dinner.	21. Make a necklace with uncooked pasta that can be threaded.	22. Go for a nature walk together and look for signs of spring.	23. Read with your child for 15 minutes.	24. Plant vegetable seeds to grow indoors, to later be planted outdoors	25. Eat at your child's favorite restaurant or prepare your child's favorite meal.
26. Ask your child, "What day of the week is your favorite and why?"	27. Make little pizzas together. (Recipe on back.)	28. Make up a play and act it out (try using your child's favorite book or character).	29. Tell your child what makes him or her special to you.	30. Say to your child, "I Love You" every day!		



Day 29, Pizza Recipe: Ingredients:

English Muffins or Mini Pizza Crusts

Pizza Sauce

Shredded Mozzarella

Pizza Toppings (pineapple, pepperoni, sausage, mushrooms, green pepper, or other preferred toppings)

Instructions:

Place English muffins or mini-pizza crusts on a cookie sheet.

Put all ingredients in separate bowls.

Let your child put their own ingredients on the muffins starting with the pizza sauce.

Bake and serve.

Day 21, Finger paint: Ingredients:

½ cup plain flour

2 cups water

1 tablespoon salt

Food coloring or tempera paint powder

1 tablespoon dishwashing liquid- optional

Small sealable containers

Instructions:

Add flour and salt to saucepan and slowly add water, mixing with a whisk until all combined. Heat over medium heat, stirring with whisk to prevent lumps. Once mixture has thickened and is smooth remove from heat and allow to cool. Once cooled, mix in the dishwashing liquid – optional. It will give the paint a smoother consistency and a glossy finish when dry. Separate into small containers and color with small amounts of either food coloring or tempera powder. If using tempera add a little water to combine. Store leftover paint in the refrigerator for a few days.