



30 WAYS TO PROMOTE CHILD WELL BEING DURING 2018 CHILD ABUSE PREVENTION & AWARENESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Pick up our "SAFE KIDS" brochure and learn more about how the South Shore Y is committed to child protection education, awareness and strengthening our Y communities!</p>	<p>2</p> <p>World Autism Awareness Day: Did you know Autism affects 1 in 68 children? The Y community is showing support by Turning the Y Blue! LIGHT IT UP BLUE- AUTISM AWARENESS WEEK</p>	<p>3</p> <p>Visit AutismSpeaks.org to show your support and learn more about the Light it Up Blue Initiative</p> <p>Visit ssymca.org to learn more about Y programs that provide support & specialized instruction for persons with Autism.</p>	<p>4</p> <p>Parents and Tots Nature Walks: Take a trail walk at the SOUTH SHORE NATURAL SCIENCE CENTER in Norwell.</p> <p>School Librarian Day: Visit your local library & read I CAN BE SAFE – A FIRST LOOK AT SAFETY by Pat Thomas</p>	<p>5</p> <p>Enroll your child in age appropriate swim lessons at the Y. Drowning is the 2nd leading cause of death for young children.</p> <p>Remember: Water is Fun When Swimming is Safe. A child who swims builds confidence with every lap!</p>	<p>6</p> <p>To learn more about local child abuse prevention efforts, sign up for the Youth Health Connection newsletters. The YHC is dedicated to the positive mental health & physical wellbeing of youth.</p> <p>Southshorehospital.org/yhpublications</p>	<p>7</p> <p>Family Prime Time at EMILSON YMCA and Early Learning Center from 12pm-4pm included w/ Household Membership.</p>
<p>8</p> <p>Get outside and put spring in your step w/ activities that promote good health!</p> <p>Visit a local playground & bring a trash bag & expand energy with a family clean-up day...great message to children in giving back to community!</p>	<p>9</p> <p>Little Kids, Big Questions to learn about best parenting practices! zerotothree.org</p> <p>Read "SAFE KIDS: South Shore Ymca's Child Protection Steps and Parents' Child Protection Steps" posted at Y branches and learn how to keep your family safe!</p>	<p>10</p> <p>Keep your little ones safe when traveling and learn more about car seat & booster seat best practices to reduce the risk of injury "Buckle Them Up- Child Passenger Safety" visit OneToughJob.org</p>	<p>11</p> <p>Visit Darkness to Light.org - Recognize the warning signs & react when a child is in danger!</p> <p>Visit HealthyChildren.org to learn best practices in/around water -- Swim Safety, Boating Safety, Open Water Safety, Drowning Prevention</p>	<p>12</p> <p>Visit safekids.org Learn about preventing injuries at home, at play and on the way! Resources include medication safety, sports and baby safety basics. See My High 5 Checklists!</p>	<p>13</p> <p>Look Before You Lock! It's against the law to leave a child unattended in a vehicle...kids in hot cars is a deadly combination. Remind yourself that a child is in the vehicle: place something you'll need in the back seat. Check out the Baby Reminder phone app.</p>	<p>14</p> <p>Visit the SOUTH SHORE NATURAL SCIENCE CENTER with your children to explore mother nature... stop by the EcoZone Museum... talk about wildlife with the Naturalist... take a hike on a trail...a family day to remember!</p>
<p>17</p> <p>FIVE DAYS OF ACTION BEGINS: FiveDaysofAction.org</p> <p>STEP UP to protect children from child sexual abuse!</p> <p>Recognize the warning signs & react responsibly when a child is in danger!</p>	<p>16</p> <p>FIVE DAYS OF ACTION: STEP UP AND SPEAK OUT!</p> <p>Visit FiveDaysofAction.org to sign your commitment card to show YOU believe children should be protected from child sexual abuse & you're prepared to STEP UP to make it happen!</p>	<p>17</p> <p>FIVE DAYS OF ACTION: STEP UP AND SPEAK OUT!</p> <p>Commit to being more present & observe interactions with your child & others.</p> <p>Reach out to the Darkness to Light Helpline 24 hours a day for support and guidance in preventing child sexual abuse: 866-FOR-LIGHT</p>	<p>18</p> <p>FIVE DAYS OF ACTION: STEP UP AND SPEAK OUT!</p> <p>Be the trusted adult: take time to tell your child it's okay to say NO even if it's an adult. To learn how to keep your children safe and build protective factors in their lives, visit the Children's Trust at childrenstrustma.org</p>	<p>19</p> <p>FIVE DAYS OF ACTION: STEP UP AND SPEAK OUT!</p> <p>Speak out to let other adults know Child Protection is OUR responsibility.</p> <p>Step UP and be a TRUSTED adult to children! "Week of the Young Child" at the Early Learning Centers to celebrate young children!</p>	<p>20</p> <p>FIVE DAYS OF ACTION: STEP UP AND SPEAK OUT!</p> <p>STEP UP to change our culture to one that protects children & puts them first!</p> <p>Pick up family resources focusing on healthy children at our Healthy Kids Day on Saturday!</p>	<p>21</p> <p>HEALTHY KIDS DAY at the Y!</p> <p>Quincy 11 am-3pm Emilson 11am-1pm</p> <p>Lots of family fun and exciting children's activities!</p> <p>Spring Discovery Day at the SOUTH SHORE NATURAL SCIENCE CENTER at 11am-3:00pm</p>
<p>SCHOOL VACATION WEEK AT QUINCY, EMILSON & SCIENCE CENTER. ENROLL YOUR CHILD TODAY FOR FUN & LEARNING!</p>						
<p>22</p> <p>Brain Building in Progress Week at our Early Learning Center programs.</p>	<p>23</p> <p>Brain Building in Progress Week!</p> <p>Kids Safety Week Take a story walk with your family at the SOUTH SHORE NATURAL SCIENCE CENTER in Norwell.</p>	<p>24</p> <p>Children's Trust:</p> <p>STEP UP FOR KIDS at the State House Boston: 10:30am, Grand Staircase</p>	<p>25</p> <p>Visit childrenstrustma.org</p> <p>Recognize the warning signs & react responsibly when a child is in danger!</p>	<p>26</p> <p>Brain Building in Progress Resource Fair: Fore River Clubhouse 16 Nevada Road, Quincy</p> <p>Keeping Kids Safe Training</p>	<p>27</p> <p>Visit the EMILSON YMCA Playroom and pick up "100 Ways to Play" resource to find out simple ways to play and engage with your child!</p>	<p>28</p> <p>Promote Child wellbeing by volunteering at the Y! Read a story at our EARLY ED & Afterschool Program. Donate your time, treasure or talent & visit ssymca.org for more volunteer opportunities</p>
<p>29</p> <p>NAC-Norfolk Advocates for Children 5K KIDS Superhero Dash to raise awareness in support of Child Abuse Prevention</p> <p>Nac5k.racewire.com</p>	<p>30</p> <p>Recognize and celebrate your accomplishments as a parent. Try to set some time for yourself...visit parentshelpingparents.org for encouragement & support.</p>	<p>For more information please contact Laureen Browning at lbrowning@ssymca.org or Kristine Swan kswan@ssymca.org</p> <p>Don't forget to pick up your "SAFE KIDS" brochure at any SOUTH SHORE YMCA Branch to learn more about our commitment to child safety!</p> <p>All children deserve the opportunity to grow up healthy and whole. Protecting them from abuse is an adult responsibility. The solution starts by learning the steps you can take to prevent abuse. Join the Darkness to Light movement today...become a Steward of Children at ssymca.org</p>				