

It only takes a minute

to make a difference in the life of a child

Daily Acts of Kindness Towards Children

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read to your child.	Compliment and encourage children.	Allow your child options.	Listen to your children's stories and dreams.	Praise your children for what they are doing well.	Sing a song with your child.	Color a special picture with your child. Hang it on the refrigerator.
Go for a family bike ride.	Set aside time each day to focus entirely on your child.	Plant a garden together.	Create an art and craft activity that you can do with your child.	Take your child to the zoo.	Help your child pick out old toys to give away.	Play your child's favorite game.
Make cookies with your child.	Hug your children for no reason.	Turn up the radio and dance together.	Do something relaxing with your child like get a pedicure together.	Take your children to visit a fire station.	Teach your children to resolve conflicts peacefully.	Go for a long walk together.
Teach your child words to describe their feelings.	Rent a family movie and share a bowl of popcorn.	Build a fort in your living room with your child.	Go to the park with your child.	Ask your children what was the best part of their day.	Tell your children "I love you."	Take your children on a picnic.
Make Sunday dinner together as a family.	Ask your children about their favorite subject in school.	Plan an activity with another family.	Invite your child's friends over to your house.	Take your child to the library and check out a special book.	Make Friday night Family Night!	Help your child send a note, picture, or card to someone they appreciate.



Information and Resource Line (916) 244-1906 or www.thecapcenter.org