

# GROWING

a Better Tomorrow for All Children,

# TOGETHER



Every day, we help positive childhood experiences take root.

LEARN HOW YOU CAN **PLANT THE SEEDS** OF A BETTER TOMORROW FOR CHILDREN AND FAMILIES IN YOUR COMMUNITY.

[PreventChildAbuse.org/growing-better-together-2021](https://PreventChildAbuse.org/growing-better-together-2021)

 **Prevent Child Abuse**  
Rhode Island™

 **Prevent Child Abuse**  
America®

# Prevention Month Toolkit 2021

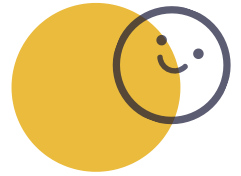
Each year in April, Prevent Child Abuse Rhode Island (PCARI) teams up with Prevent Child Abuse America and its national affiliates to amplify a clear call to action that motivates the prevention of child abuse and neglect in April and throughout the year. This year the theme is **Growing a Better Tomorrow for All Children, Together** with the main message:

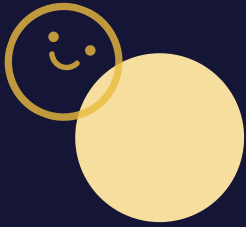
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This virtual toolkit includes tips, tricks and ideas to bring awareness to prevention of child abuse and neglect and resources with the goal of supporting families and putting families first.

How to use this toolkit:

Be creative and use this kit to best support your impact and mission around child abuse prevention. You have permission to use the materials in any way you see fit; feel free to customize. Share your activities on social media! Make sure to tag @PSNRI and use hashtags #GrowingBetterTogether #CAPMonth #SeedsOfLoveRI



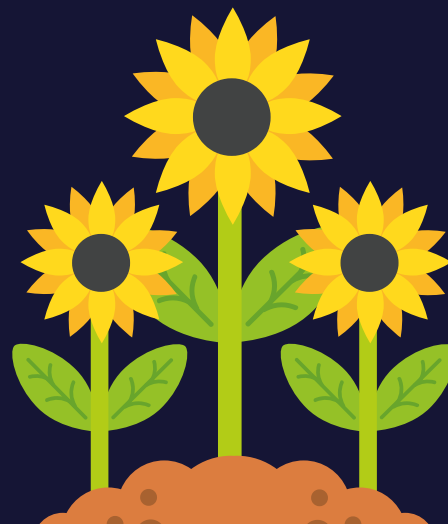


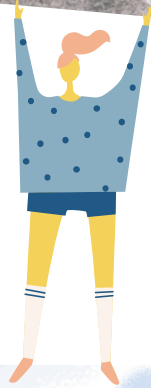
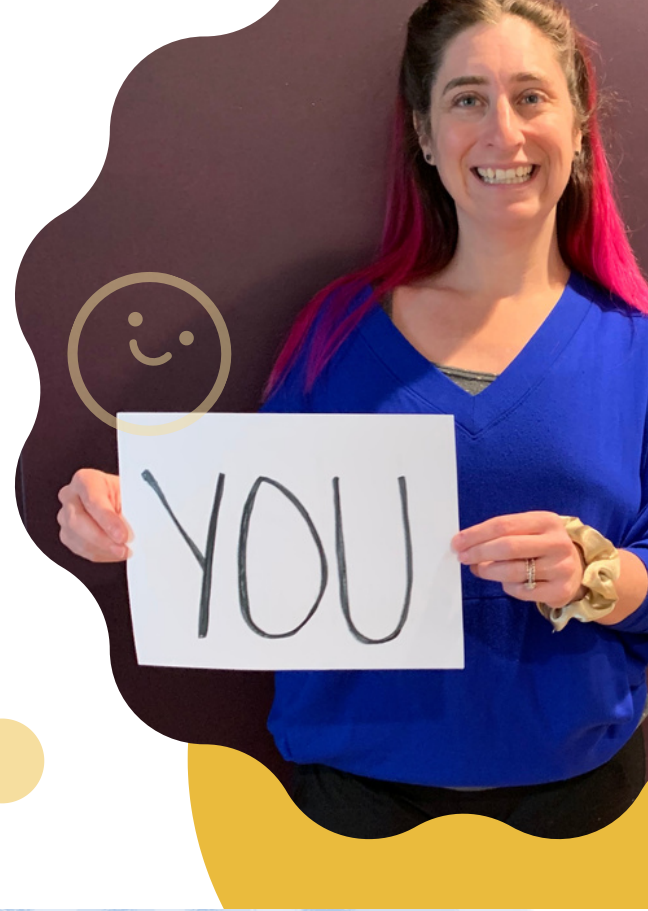
## In 2021 we'd like you to think about childhood as growing a garden:

- Children are locally grown. We work together to cultivate relationships, connections, and environments that help every child thrive.
- We harvest what we sow. We plant seeds of support for all children to yield healthier adults with abundant futures.
- Our work is rooted in science. We know positive childhood experiences in nurturing environments provide fertile ground for physical and mental health, learning, and social skills to flourish.
- We unearth the possibilities. We focus on innovation every day to give every child what they need and to build bountiful, safe communities.
- Planning and purpose create common ground. We share resources equitably, expand access to services, and balance conditions for positive childhood experiences to enrich every community.
- We tend and replenish the soil. We offer homegrown solutions and hardy support to protect what we grow in all elements.
- Hope and commitment are powerful fertilizers. We combine the promise of a better tomorrow with our resolve to nourish all children and their families in every season.



Learn more at  
[psnri.org/prevention](https://psnri.org/prevention)





# Wear Blue Day

— April 1, 2021 —



Share on social media by tagging @PSNRI and hashtag #WearBlueDay2021

Learn more about your local RI chapter at:

[psnri.org/prevention](https://psnri.org/prevention)



# Planting Seeds of Love

Use hashtag #SeedsOfLoveRI on social media



In line with this year's Prevent Child Abuse America's April prevention campaign theme, **Growing a Better Tomorrow for All Children, Together**, we are promoting planting seeds of love. We will spread seeds of love by sharing free packets of seeds for planting across the state!

PSNRI PCA Chapter would like to partner with families, early care providers, schools, community, and state agencies to plan covid-friendly activities with children, students, and families. Learn more about how we can partner and plant seeds together for a better tomorrow.

Check out these fun videos for some kid-friendly inspiration:

[We Plant A Seed](#)

[Sesame Street: Grover Talks About Plants](#)

[Lola Plants a Garden Book](#)

[Planting Seeds of Kindness](#)



If you need seeds, pots, and soil supplies for your group project we can assist. We would love to partner! Please contact us to arrange for pick up or drop off these supplies to your location.

**Contact:**

**Melissa Esposito**  
**Chapter Director**

[m.esposito@psnri.org](mailto:m.esposito@psnri.org)  
or 401.447.5880



# Planting Seeds of Love

Continued...

During the month, gather for some planting fun with your household. PSNRI will have seeds available for families to plant Forget Me Knots.

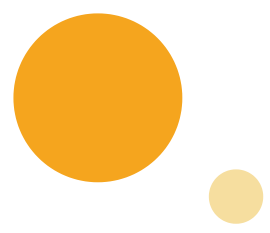
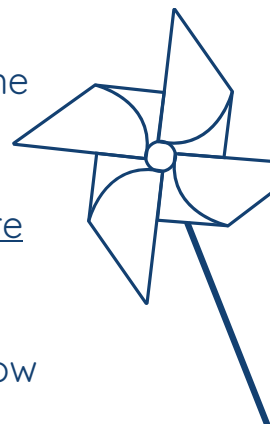
Please contact Melissa Esposito [m.esposito@psnri.org](mailto:m.esposito@psnri.org) to arrange a pickup time or to learn how to be involved in our premiere activities.

The ECEC at the JCC will host a planting event for the children enrolled in their programs with a Live Zoom story time!

PCA RI is also partnering with New Era Enrichment Academy to dig in the dirt, plant, share a snack and read some stories!

Hope Recovery Center and PCA RI will partner with Clark Street Daycare to beautify their centers and create positive childhood experiences!

Please join us throughout April in planting the seeds of a better tomorrow for children and families in our communities. Together, we can prevent child abuse, America... because childhood lasts a lifetime.





# SAVE THE DATES

- **April 12th** - Drive by the State House to see it lit blue for child abuse prevention awareness. Take pics and share!
- **April 15th, 5-6pm** - Wielding Your Inner Strengths: Building Your Personal Resilience Virtual Workshop with National Presenter - Claire Louge, MEd, Executive Director of Prevent Child Abuse Arizona
- **April 17th, 11am-2pm** - Family Kite Day! Let's Go Fly a Kite COVID Style, Drive-Thru pick up event - a Kite for the children in your household and PPE sites will be located around the state. See flyer for additional information.
- **April 21st, 4:30-5:30pm** - Live Event: Call to Digital Advocacy Day for RI Families - Tips to create a clear message to send to our local state representatives in support of positive childhood experiences.

*Check out next pages for  
details on each event*

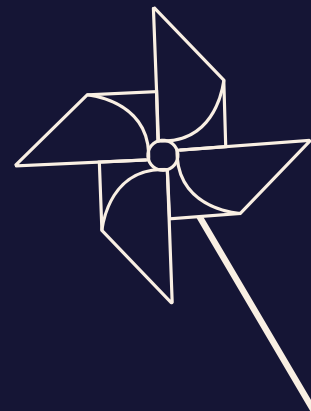


Every day, we help positive childhood experiences take root.

# RI State House will be lit blue on April 12th!



[click here to watch video](#)



We can still grow a better tomorrow for all children, together, while being apart. Check out the RI Statehouse on Monday April 12th, as it will be lit blue to bring awareness to the prevention of child abuse and neglect. As a community we can work together to create a state where our children grow and flourish. We tend and replenish the soil. Offering homegrown solutions and hardy support helps us protect what we grow in all elements. Learn how you can plant the seeds of a better tomorrow.

Learn more about how you can help at:

[preventchildabuse.org/growing-better-together-2021](https://preventchildabuse.org/growing-better-together-2021)







**Wielding Your Inner Strengths:  
Building Your Personal Resilience**  
**April 15th, 5pm to 6pm**  
**Join us on Zoom**

Virtual Workshop with National Presenter - Claire Louge, MEd,  
Executive Director of Prevent Child Abuse Arizona

Life is full of challenges - big and small. Whether we're facing major loss or just some atrociously bad traffic, life is constantly offering us opportunities to practice resilience. This one-hour, virtual training will focus on what it means to be resilient, and the qualities and practices that predict a person's ability to thrive despite, or perhaps because of, challenges.

Claire Louge is the Executive Director of Prevent Child Abuse Arizona, a statewide non-profit organization dedicated to strengthening families and protecting children through collaboration, education and advocacy. Claire obtained her Bachelor's degree in Human Development from Cornell University and her Masters of Education in Human Relations from Northern Arizona University. Claire is also certified by the National Alliance of Children's Trust Funds to teach the Strengthening Families™ Protective Factors Framework, and an authorized Stewards of Children® facilitator. She is a graduate of the American Express Leadership Academy, and has a Certificate of Nonprofit Executive Leadership from the ASU Lodestar Center. She is also an AmeriCorps VISTA alum. Claire volunteers her time by producing theatrical role-playing adventure events for teens.

Every day, we help positive childhood experiences take root.



# You Are Invited to Family Kite Day!

**What:** Let's Go Fly a Kite COVID Style - Drive-Thru pick up event. Pick up a kite for the children in your household, some PPE and maybe a surprise or two at the location most convenient for you!

**When:** Saturday, April 17th, 11am-2pm

**Where:** Look for signs at your location!

Lincoln Woods - Lincoln

Goddard Park - Warwick

Temple of Music, Roger Williams Park - PVD

Misquamicut Beach - Westerly

Easton Beach, First Beach - Newport



COVID-19 update:

<https://reopeningri.com/parks-recreation>

**Questions about  
the event?**

**Contact**

**Melissa Esposito  
Chapter Director**

[m.esposito@psnri.org](mailto:m.esposito@psnri.org)

or 401.447.5880





## STATEWIDE FAMILY & YOUTH ADVISORY BOARD Call to Action: Digital Advocacy Day for Rhode Island Families

April 21st - 4:30pm to 5:30pm  
Register [here](#).

Join us as we review priority policy items and craft a message to educate state and federal delegates and key officials to support important legislative and budget items needed for positive childhood experiences. We will provide tips for effectively communicating your call to action.

Visit these resources to learn who are your local representatives and senator and federal delegates and important legislative and budget information:

- [2021 Digital Advocacy Day](#)
- [Prevent Child Abuse America Public Policy](#)
- [National Federation of Families Advocacy Tool Kit](#)
- [RI Kids Count Advocacy](#)
- [The Economic Progress Institute Policy Agenda](#)
- [United States RI Congressional Delegation](#)
- [RI General Assembly, RI Senate](#)
- [RI General Assembly, RI House of Representatives](#)

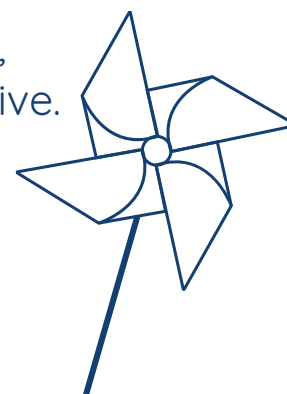


**This is the time of year when every voice matters!**

When we work together we are cultivating relationships, connections, and environments that help every child thrive.



Every day, we help positive childhood experiences take root.






Help spread the word on social media!

Add this frame to your Facebook profile pic starting April 1st! Search for CAP Month at [facebook.com/profilepicframes](https://facebook.com/profilepicframes)

Share pics and videos of positive childhood experiences! Tag us @PSNRI and use hashtags #GrowingBetterTogether #CAPMonth #SeedsOfLoveRI

Post a photo of yourself wearing blue on April 1st and use the #WearBlueDay2021 hashtag



Follow us on Facebook and share our posts!

[facebook.com/psnri](https://facebook.com/psnri)



Learn more about how you can help at:  
[preventchildabuse.org/growing-better-together-2021](https://preventchildabuse.org/growing-better-together-2021)

Learn more about your local RI chapter at:  
[psnri.org/prevention](https://psnri.org/prevention)

# 2021 April

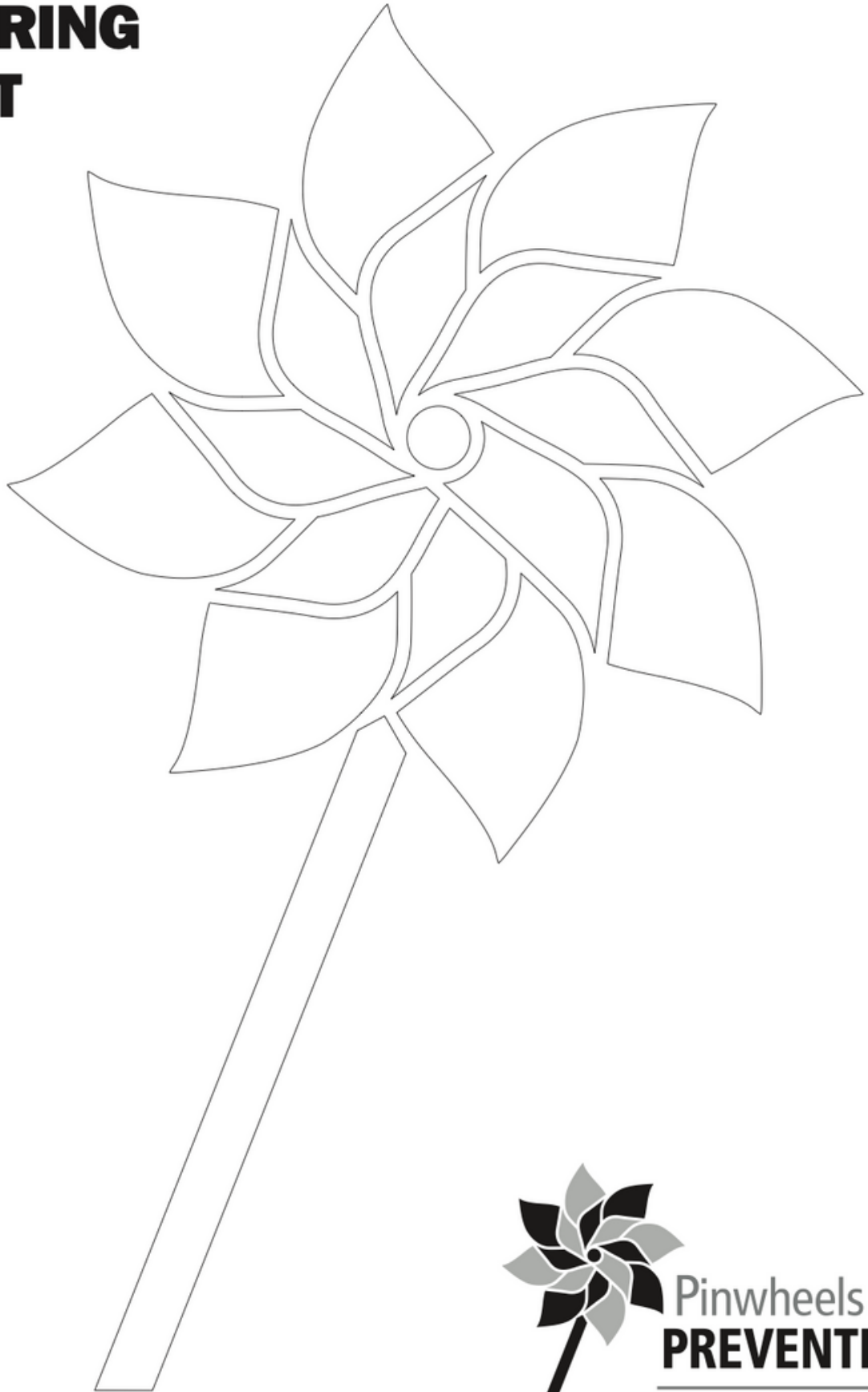
## Daily Activity Ideas



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31 <b>Get ready!</b>	01 Wear Blue and take a family photo	02 Movie Night	03 Go for a Nature walk and look for things in nature that are	04 Have breakfast together
05 Tell each other silly stories	06 Look for the moon	07 Color a picture together	08 <a href="#">Try Family Yoga</a>	09 Dessert for dinner	10 Go outside and see how far each family member can jump	11 Plant flowers
12 Play hide and seek	13 Play charades	14 Have a dance party	15 Sing silly songs	16 Device free dinner	17 Create a dinner playlist	18 Listen to your new dinner playlist
19 Go for a nature walk and look for yellow things	20 Blow bubbles	21 Cuddle up under a cozy blanket	22 Make a blanket fort	23 Breakfast for dinner	24 Play Mad Libs (see toolkit)	25 Watch funny videos on YouTube
26 <a href="#">Try Kids Meditation</a>	27 Go to a local playground and swing together	28 Share one success from the day	29 Draw someone a picture and share it with them	30 Facetime a family member and eat dinner with them	01 <b>Keep it up!</b>	02
03	04					

Notes: We'd love to hear how you used this calendar to create positive childhood experiences, tag @PSNRI on Facebook and use hashtags #GrowingBetterTogether #CAPMonth

# PINWHEEL COLORING SHEET



# MAKING YOUR OWN PINWHEEL

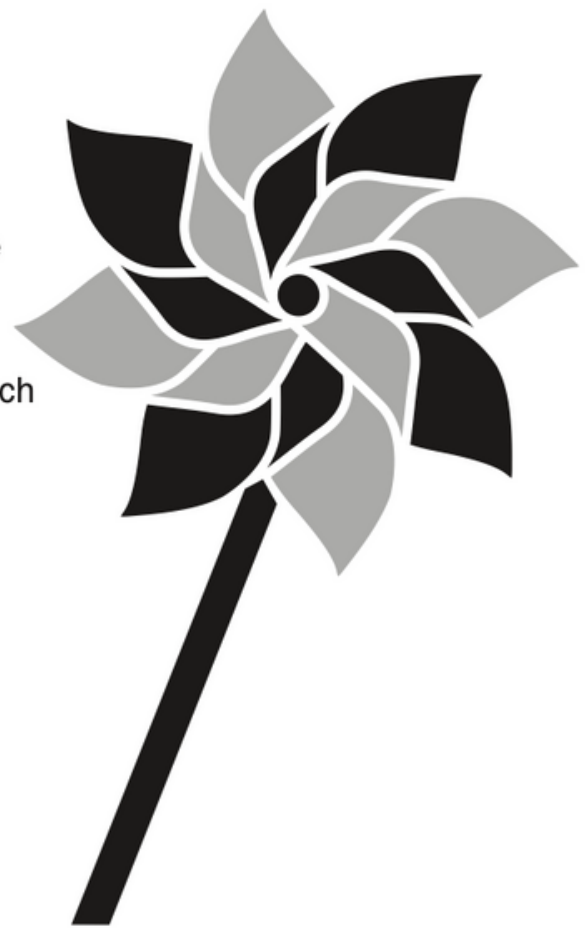
Here's a craft project that will allow children a chance to participate in your community's **Pinwheels for Prevention** activities. This activity can be used in schools, daycare centers, after-school programs, church groups, etc.

## Materials

- a push pin
- a square piece of construction paper (about 8.5" x 8.5")
- a sharpened pencil with eraser
- scissors

## Procedure

1. Lay the square paper flat on a table and draw a line diagonally from each corner to the opposite corner.
2. Mark the center of the square where the two lines cross and punch a small hole through it with the pencil tip.
3. Next, cut along each line stopping about an inch from the hole in the center of the square.
4. Take the pin and punch a hole in the top left corner of each of the four flaps. (No two holes should be next to each other.)
5. Pick-up a flap at a punched corner and carefully curve it over toward the center hole, securing it with the pin.
6. Repeat this for the other flaps.
7. When all four flaps are held by the pin, carefully lift the paper without letting the flaps unfurl.
8. Lay the pencil flat on a table and carefully push the point of the push pin into the side of the eraser.
9. Now your pinwheel is complete and ready to go. Pick-up the pinwheel near the pencil point and let it catch the wind.



Pinwheels for  
**PREVENTION**<sup>®</sup>

**Prevent Child Abuse**  
America<sup>®</sup>

I  
BEleaf  
IN YOU!

# The Best Day Ever

One day I woke up feeling 😊 \_\_\_\_\_ , and I knew  
Emotion

it was going to be a special day. The sky was 🌈 \_\_\_\_\_  
Color

and the weather was ☀️ \_\_\_\_\_ , so I hopped out of  
Weather

bed, put on my 👕 \_\_\_\_\_ and my \_\_\_\_\_  
Article of clothing Adjective

👟 \_\_\_\_\_ , and I was ready to \_\_\_\_\_ .  
Type of footwear Verb

Outside, I caught the first 🚌 \_\_\_\_\_ , which took  
Type of vehicle

me straight into 🏙️ \_\_\_\_\_ . I went 🗺️ \_\_\_\_\_  
Town/City Direction

until I came to a store selling \_\_\_\_\_ ,  
Adjective Plural noun

where I bought the perfect \_\_\_\_\_ !  
Adjective Noun

Next, I treated myself to a 🍷 \_\_\_\_\_ snack at a  
Type of food

🍕 \_\_\_\_\_ restaurant. It was very 🌡️ \_\_\_\_\_ ,  
Type of food Temperature

but it was still good enough to \_\_\_\_\_ .  
Verb

Finally, I went back home. I fed the \_\_\_\_\_ ,  
Animals

then sat down on the 🛋️ \_\_\_\_\_ , and thought, "What  
Piece of furniture

a/an \_\_\_\_\_ day!"  
Adjective

