















Child Abuse Prevention Month

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Complete the CASA pinwheel coloring sheet with your child.</p> 	<p>2</p> <p>Plant a pinwheel in our virtual pinwheel garden by donating to CASA.</p> 	<p>3</p> <p>Wear blue to show you support Child Abuse Prevention!</p> 	<p>4</p> <p>Talk to your child about COVID-19 with this helpful coloring book.</p>
<p>5</p> <p>Consider becoming a CASA volunteer or a foster parent with your local DSS agency. If you can't, consider making a donation to CASA.</p>	<p>6</p> <p>Send an encouraging text/call/message to a parent you know.</p> 	<p>7</p> <p>Arrange a virtual playdate with a neighbor using Skype or Facetime.</p> 	<p>8</p> <p>Like the CASA of Central Virginia page on Facebook, and share a status with your friends.</p>	<p>9</p> <p>Read the book God Loves All of Me with your children to help them learn about safe touch.</p> 	<p>10</p> <p>Pay off lunch accounts at your school, or donate to the meals program.</p>	<p>11</p> <p>Attend our virtual information session. Register in advance through our website.</p>
<p>12</p> <p>Ask your pastor to send domestic violence hotline information to congregation.</p>	<p>13</p> <p>Donate diapers or toiletries to your local DV shelter.</p> 	<p>14</p> <p>Read through these caring phrases for how to respond if someone discloses an experience of abuse to you.</p>	<p>15</p> <p>Request a CASA yard sign to display in your neighborhood.</p> 	<p>16</p> <p>FaceTime or Skype with a friend or family member you haven't talked to in a while.</p>	<p>17</p> <p>Write a legislator a thank you note for supporting foster children in your area this session.</p>	<p>18</p> <p>Attend a virtual event of The Motherhood Collective to connect with other mothers.</p>
<p>19</p> <p>Ask what your faith community's child protection policies are. Ensure they are following best practice guidelines.</p>	<p>20</p> <p>Buy diapers, formula or groceries for a parent of a young child.</p> 	<p>21</p> <p>Use this family contract to discuss Internet safety with your child.</p> 	<p>22</p> <p>Review pictures you've posted of your child online from a safety perspective, and remove any pictures with any (even partial) nudity.</p>	<p>23</p> <p>Submit photos of your hotel room to fight sex trafficking, through this app: https://traffickcam.com</p>	<p>24</p> <p>Give meditation a try with your children using this video.</p> 	<p>25</p> <p>Make a fun TikTok video as a family, and tag friends (including those who don't have kids) to participate.</p>
<p>26</p> <p>Celebrate Blue Sunday with your church to bring awareness to victims of child abuse.</p> 	<p>27</p> <p>Locate a kinship family caring for children who are not their own. Offer to run an errand for them, bring them dinner, or give gift cards for family fun.</p>	<p>28</p> <p>Support a local restaurant by pooling together with friends to order lunch for a nursing unit at your local hospital.</p>	<p>29</p> <p>Follow CASA of Central Virginia on Instagram.</p> 	<p>30</p> <p>Write a thank you letter to a teacher who helped you or a child you love.</p>	