



NATIONAL CHILD ABUSE PREVENTION MONTH

April Activity CHECKLIST











Every child deserves a safe, healthy, and happy childhood.

We encourage all parents to spend quality time with their children this month to nurture their development through play and meaningful connections.

TO SPARK IDEAS,
WE'VE PUT
TOGETHER THIS
LIST OF
SUGGESTED
ACTIVITIES.

HAVE FUN CHECKING THINGS OFF AS YOU GO!

- ☐ Wear blue today in support of Child Abuse Prevention Month.
- ☐ Plant pinwheels at Naval Medical Center Camp Lejeune, Apr. 1, 1PM 
- ☐ Talk to your child(ren) about physical, mental, and emotional safety.
- ☐ Hug your child(ren) and tell them how much you love them. 
- ☐ Visit one of the libraries and check out your favorite books.
- ☐ Have a family fun night. What will you do?
- ☐ Do arts and crafts together.
- ☐ Build an indoor fort with sheets, blankets, and pillows.
- ☐ Cook dinner together. 
- ☐ Share with your child(ren) all the things that make them special to you.
- ☐ Go to a park and play.
- ☐ Attend the Heroes and Legends Fun Run & Book Swap, Apr. 13, 8AM, MCCS Community Center 
- ☐ Color or draw pictures together.
- ☐ Have a dance party!
- ☐ Purple Up! Day, Apr. 15 - Wear purple in support of military kids. 
- ☐ Join us as we support the Exceptional Family Member Program in their Purple Up! Day Celebration Apr. 19, 2:30-7:30PM, MCAS New River EFMP Office
- ☐ Do a puzzle together. 
- ☐ Have a family game night at home.
- ☐ Bake cookies together. 
- ☐ Find a new trail and go on an adventure!
- ☐ Plant flowers or vegetables or pick up litter for Earth Day. 
- ☐ Fill in the blank! What will you do today?

- ☐ Stargaze in your own yard.
- ☐ Have a family movie night. 
- ☐ Go on a scavenger hunt in your neighborhood.
- ☐ Collect rocks and leaves and make a nature collage. 
- ☐ Join us at Spring Fling Family Storytime, Apr. 25, 5PM, New River Library
- ☐ Do a kid-friendly workout together. 
- ☐ Visit us Camp Johnson's SAPR Resource Event, Apr. 26, 2:30-4PM
- ☐ Talk about your favorite activity you did together this month and make it a new habit!