



The Virginia Parent Council encourages special time with your children. April is National Child Abuse Prevention Month so this month's activities are centered around Pinwheels for Prevention and/ or the color blue. For more information, visit www.familiesforwardva.org/child-abuse-prevention-resources



Wear Blue Day- April 1st

Make your own pinwheel or pinwheel garden

<https://www.thesprucecrafts.com/simple-paper-pinwheel-craft-1250766>

Paint a picture using different shades of blue

Play Eye-Spy with blue items in your home- make it a competition if you have several children to see who finds the most items

Plant any kind of indoor plant and decorate the pot with pinwheels

Make blueberry pancakes or blueberry muffins and have a "blue" breakfast, you can even use blueberry syrup

Research your family history and create a collage or picture to show how your family has grown to become a strong, happy family

Hide blue items throughout your home and have a scavenger hunt

Use blue kool-Aid, or dye water blue, and pour into ice cube trays. Use toothpicks or popsicle sticks to make popsicles

Buy a pinwheel and give it to a friend or neighbor and let them know that it represents what a great parent they are (or use one that you made)

Make peanut butter balls or cookies and decorate them with blue sprinkles

Cut up construction paper and make a picture of your family

Design a tee shirt with a pinwheel on it, use an iron on application if possible

Make blue slime <https://www.simplifycreateinspire.com/homemade-slime-recipes-for-kids/>

Plant seeds in egg cartons and transfer to your yard for a permanent blue flower garden. Here is a list of blue flowers <https://www.countryliving.com/gardening/garden-ideas/g25414502/blue-flowers/?slide=20>

Take a virtual tour and see what is in the blue ocean <https://thehaphazardtraveler.com/virtual-tours-aquarium-live-feeds/>

GROWING a Better Tomorrow for All Children, TOGETHER #GreatChildhoods and #GreatChildhoodsVA! Just be sure to tag @FamiliesForwardVirginia on Facebook and @FamiliesFwdVa on Twitter so we can share your posts too!

GROWING a Better Tomorrow for All Children, TOGETHER



Ideas to put your Pinwheels for Prevention in motion and some family activities:

1. Wear Blue Day- April 1st
2. Plant a pinwheel garden in your front yard
3. Encourage neighbors on your street or apartment complex to plant a pinwheel garden
4. Place pinwheels around your office or home
5. Display pinwheels in store windows and local businesses
6. Give pinwheel “bouquets” or just one to friends and/or neighbors and let them know that it represents what a great parent they are
7. Plant a flower or indoor plant and decorate pot with pinwheels
8. Design a tee shirt, possibly with an iron on application, of a pinwheel
9. Play Eye-Spy with blue items in your home-make it a competition if you have several children to see who finds the most items
10. Paint a picture with different shades of blue
11. Have a blue breakfast with blueberry pancakes or muffins (try blueberry syrup)
12. Make cookies and decorate with blue sprinkles

#GrowingBetterTogether #CAPMonth and #GreatChildhoodsVA! Just be sure to tag @FamiliesForwardVirginia on Facebook and @Families4wardVa on Twitter so we can share your posts too!