

30-Day Parent Challenge

<input type="checkbox"/> 1 Ask: "What is one thing we can do together this month?"	<input type="checkbox"/> 2 Go the whole day without raising your voice.	<input type="checkbox"/> 3 Hug your child 3 times today.	<input type="checkbox"/> 4 Ask: "How was your day?" and tell him/her about yours.	<input type="checkbox"/> 5 Praise your child today.	<input type="checkbox"/> 6 Cook your child's favorite food together.	<input type="checkbox"/> 7 Be prepared: make or review your family's safety plan.
<input type="checkbox"/> 8 Turn off phone, computer, or TV today where you are with your child even if for an hour.	<input type="checkbox"/> 9 Share with your child your favorite activity when you were their age.	<input type="checkbox"/> 10 Focus on health: go for a walk today.	<input type="checkbox"/> 11 Share with your child what you appreciate about them.	<input type="checkbox"/> 12 Discuss with a good friend one of your parenting struggles and find a solution.	<input type="checkbox"/> 13 Kiss your child while they are sleeping.	<input type="checkbox"/> 14 Do a household chore with your child and make it fun!
<input type="checkbox"/> 15 Practice your family safety plan conduct a fire or tornado drill	<input type="checkbox"/> 16 Picture what you want your child to be like at age 25. Parent with that in mind.	<input type="checkbox"/> 17 Laugh with your child today.	<input type="checkbox"/> 18 Craft or complete an art project with your child	<input type="checkbox"/> 19 Teach your child one thing he/she can do on their own today.	<input type="checkbox"/> 20 Practice patience with your child today.	<input type="checkbox"/> 21 Gather around the dinner table for a family meal
<input type="checkbox"/> 22 How do you want your child to remember you. Be that parent today.	<input type="checkbox"/> 23 Forgive yourself when you make a mistake.	<input type="checkbox"/> 24 Listen (with eye contact) to your child when he/she is talking.	<input type="checkbox"/> 25 Ask your child's opinion sometime today.	<input type="checkbox"/> 26 Reward your child for his/her positive behavior.	<input type="checkbox"/> 27 Get a good night's sleep.	<input type="checkbox"/> 28 Teach your child a new word and see who can use it the most today.
<input type="checkbox"/> 29 Help your child with his/her homework	<input type="checkbox"/> 30 Focus on health: eat healthy today.					

For ideas on how to continue the conversation, visit www.parentslead.org

PARENTS LEAD.ORG