

# 30-day parenting challenge

## FOR THE NEW YEAR



<input type="checkbox"/> <b>1</b> Snowball fight!	<input type="checkbox"/> <b>2</b> Create an indoor obstacle course.	<input type="checkbox"/> <b>3</b> Watch funny videos and try not to laugh.	<input type="checkbox"/> <b>4</b> Check carbon monoxide and smoke detectors; Discuss safety plan.	<input type="checkbox"/> <b>5</b> Write letters to friends and relatives and mail them.	<input type="checkbox"/> <b>6</b> Paint the snow.	<input type="checkbox"/> <b>7</b> Freaky Friday Swap - have your child pretend to be the parent and you pretend to be your child!
<input type="checkbox"/> <b>8</b> Build a blanket fort.	<input type="checkbox"/> <b>9</b> Set up a tent and camp inside the house!	<input type="checkbox"/> <b>10</b> Talk about a time you failed at something. Brainstorm ways you could try again!	<input type="checkbox"/> <b>11</b> Use sticks to draw pictures in the snow.	<input type="checkbox"/> <b>12</b> Make snow angels.	<input type="checkbox"/> <b>13</b> Draw portraits of each other.	<input type="checkbox"/> <b>14</b> Create a calm down spot in the house with self-sooth activities. Practice going there when you or your child get upset.
<input type="checkbox"/> <b>15</b> Go for a nature walk. Look for animal footprints.	<input type="checkbox"/> <b>16</b> Have a hot chocolate tasting contest.	<input type="checkbox"/> <b>17</b> Start a dialogue about how to make the world a better place.	<input type="checkbox"/> <b>18</b> Make a snowman. Make a snow scene!	<input type="checkbox"/> <b>19</b> Make your own "Minute-to-win-it" games and play them.	<input type="checkbox"/> <b>20</b> Make a new, healthy homemade meal together as a family.	<input type="checkbox"/> <b>21</b> Shovel the neighbors' sidewalks.
<input type="checkbox"/> <b>22</b> Play a familiar board game but make up new rules together.	<input type="checkbox"/> <b>23</b> Make a music playlist for each mood: Sad, happy, calm, etc.	<input type="checkbox"/> <b>24</b> Help your child set short-term, achievable goals to build up success.	<input type="checkbox"/> <b>25</b> Blow bubbles and watch them freeze!	<input type="checkbox"/> <b>26</b> Reread your favorite story, but make up a new ending.	<input type="checkbox"/> <b>27</b> Share your favorite memories from last year.	<input type="checkbox"/> <b>28</b> Make a scavenger hunt for each other around the house.
<input type="checkbox"/> <b>29</b> Ask your child to list people who they can ask for help.	<input type="checkbox"/> <b>30</b> Talk about your hopes for the year. Dream big!	<p>For ideas on how to continue the conversation, visit <a href="https://parentslead.org">parentslead.org</a></p>				

**PARENTS LEAD.ORG**

