

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

APRIL 2023



1

Family Compliment Wall
Find an empty wall in your home, write compliments on sticky notes throughout the month.

2

Sunday Fun Day!
Make and decorate your own kite and fly it on a windy day. Click here for [homemade kites](#).

3

Mouthwatering Monday
We have your Monday dinner's planned all month! Visit **Adolph's East Moline** location from 4-8pm, mention this fundraiser and a portion of the proceeds come back to EveryChild. Details on the back.

4

Giving Tuesday
Help your child make a card for a friend or family member who may be having a hard time right now.

5

Stewards of Children Training
Join us from 12-2pm in the Scott County Admin. Building Boardroom for this child abuse prevention training. [For more information or to register click here.](#)

6

Balloon Breathing
Deep breathing is great for relieving stress. One technique is to be a balloon. Interlock your fingers on top of your head. Breath in, raising your arms up, breath out and bring them back down.

7

Blue Out Day
Take a picture of you and your family wearing blue and post on social media using #CAP2023 & #EveryChildQC

8

Child Safety Saturday
The weather is getting nicer and bicycles are coming out. Teach your kids how to be safe while riding and to always wear a helmet when riding on wheels.

9

Sunday Fun Day!
Pack a picnic and take a hike in on the QC area parks. Visit QC Trails at gctrails.org to find a park that you would like to visit.

10

Mouthwatering Monday
Enjoy **Bad Boyz Pizza** (Davenport or Moline) today, show or mention the EveryChild flyer and a portion of the proceeds come to us! Check out the flyer on the back for details.

11

Sidewalk Chalk Day
Decorate your driveway or sidewalk with things that make you happy, your favorite movie, or something you are looking forward to. Share your creations with us #EveryChildQC

12

BFF Day
What is your favorite things about your best friend? Draw a picture and tell why you love them. Share your picture with them and with us using #CAP2023 & #EveryChildQC

13

Drain Breathing
Another is drain breathing. Arms straight out in front of you; breathe in drawing your shoulders up to your ears. Slowly release making a "ssshhh" sounds and relax your shoulders.

14

Dancy Party!
Music and dance are great stress relievers. Make a playlist of your family's favorite songs and have a dance party around the house!

15

Child Safety Saturday
Technology is a big part of our lives, but so is being safe. Make sure all accounts are private and set content filters and parental controls where possible.

16

Sunday Fun Day!
Watch your and your family's favorite kids movies today and dress up like your favorite character.

17

Mouthwatering Monday
A different take on a "pinwheel", make your own blue pinwheel sugar cookies! [Visit our website](#) (foreverychild.org) for the recipe and don't forget to share your delicious treats on social media using #CAP2023 & #EveryChildQC

18

Moline PD Pinwheel Ceremony
Come help us plant a pinwheel garden at the Moline Police Department.

19

With a Kick Wednesday
Dine in at the **Moline Pancheros** and any extras, chips w/ salsa or queso proceeds come back to us! Check out the flyer on the back for more details!

20

Pretzel Breathing
Cross one arm over the other, palms together, lock your fingers, pull your hands toward your chest. Slowly breathe in and out 3-5 times, letting go of your stress and tension.

21

Favorite Outfit Day
Sometimes is nice to dress up, even if you are no going anywhere. Show us your move favorite outfit today using #CAP2023 & #EveryChildQC

22

Child Safety Saturday
If there was an emergency would your child be able to help? Teach them basic contact information: theirs and your full name, address, phone number, nearby landmarks, and how to call 911.

23

Sunday Fun Day!
Check out the **Family Date Night** link on our website and pick a fun activity or two to do with your family.

24

Mouthwatering Monday
Dine-In, drive thru, carry out or curbside pick up at **Portillo's**, mention EveryChild Fundraiser or enter the code Portillos60 online and a portion of the proceeds come to us! Check out the flyer on the back for details!

25

National Pretzel Day
In honor of Pretzel Day, enjoy your favorite soft or crunchy pretzel today!

26

Kindness Challenge
Encourage your family to show kindness to others all throughout the month. Check out the **Acts of Kindness** on our website

27

Celebrate Every Child Gala!
Join EveryChild for their yearly fundraiser. Tickets can be purchased at foreverychild.org.

28

Stress Management
Work, school, and life in general can be stressful at times. Check out these **31 Ways to Manage Stress** and find what helps you!

29

Child Safety Saturday
What do you do if you get lost? Teach your children where to go to ask for help if you get separated at a store. Reinforce that they should NOT leave the store!

30

Sunday Fun Day!
What is your favorite board game? Guess Who? Life? Sorry? Introduce your child(ren) to your favorite game.

April is Child Abuse Prevention Month. It is a time for the community to come together to show its support for children & families. Celebrate with us all month long by participating in events and sharing your pictures using #CAP2023 & #EveryChildQC

For more information or to register for trainings or meetings please contact Brooke Hendrickx at BrookeH@foreverychild.org

Visit www.foreverychild.org for the most up to date calendar of events.

