

# 30-Day Parent Challenge

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

For ideas on how to continue the conversation, visit [www.parentslead.org](http://www.parentslead.org)

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