


Join us in celebrating Positive Parenting Awareness Month this January!

Explore daily tips, fun activities, and free events hosted by us and our community partners\* to support positive relationships and family well-being. We hope to see you there!

# JANUARY 2025

| Sunday                                                                                                                                                                                                                         | Monday                                                                                                                                                          | Tuesday                                                                                                                                                   | Wednesday                                                                                                                                                    | Thursday                                                                                                                                         | Friday                                                                                                                                                          | Saturday                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Scan QR Code to view detailed Family Activity Calendar and discover more about Triple P and Positive Parenting Awareness Month.</b></p> |                                                                                                                                                                 |                                                                                                                                                           | <p><b>1</b></p> <p><b>Pause and Reflect:</b><br/>How am I feeling, and what do I need to recharge?</p>                                                       | <p><b>2</b></p> <p><b>Make a Kindness Jar:</b><br/>Decorate a container together to collect moments of kindness.</p>                             | <p><b>3</b></p> <p><b>Cozy Sip Picnic:</b><br/>Bring a thermos of your favorite warm drink and enjoy it outdoors.</p>                                           | <p><b>4</b></p> <p><b>Nurture Connections:</b><br/>Offer or seek support from a fellow parent or caregiver.</p>                    |
| <p><b>5</b></p> <p><b>Make a Visual Schedule:</b><br/>Use pictures, a chart, or a checklist to display daily routines.</p>                                                                                                     | <p><b>6</b></p> <p><b>Morning Connection:</b><br/>Start the day with affection and a positive affirmation.</p>                                                  | <p><b>7</b></p> <p><b>Plan a Swap with Friends or Family:</b><br/>Exchange items you no longer need and discover something new.</p>                       | <p><b>8</b></p> <p><b>Stretch and Move Together:</b><br/>Get the family involved in stretching or a quick dance party.</p>                                   | <p><b>9</b></p> <p><b>Celebrate the Positives:</b><br/>Celebrate the Positives: Notice and recognize positive behaviors to encourage growth.</p> | <p><b>10</b></p> <p><b>Create a Family Playlist:</b><br/>Collect everyone's favorite songs and enjoy together.</p>                                              | <p><b>11</b></p> <p><b>Take a Mini Adventure:</b><br/>Explore a local spot and enjoy quality time as a family.</p>                 |
| <p><b>12</b></p> <p><b>Cooking Challenge:</b><br/>Team up to create a meal or snack with pantry ingredients.</p>                                                                                                               | <p><b>13</b></p> <p><b>Rehearse Problem Solving:</b><br/>Discuss challenges and brainstorm solutions to build resilience.</p>                                   | <p><b>14</b></p> <p><b>Share your mistakes:</b><br/>Promote resilience and a positive attitude by discussing what you learned.</p>                        | <p><b>15</b></p> <p><b>Enjoy reading together:</b><br/>Plan a visit your local library to choose books or audiobooks.</p>                                    | <p><b>16</b></p> <p><b>Set Up a Calm-Down Space:</b><br/>Create a cozy spot with calming items for your child to reset and self-soothe.</p>      | <p><b>17</b></p> <p><b>Thank You Art:</b><br/>Create cards for community helpers to express gratitude and then deliver them together.</p>                       | <p><b>18</b></p> <p><b>Favorite Things Day:</b><br/>Let each family member choose an activity to enjoy together.</p>               |
| <p><b>19</b></p> <p><b>Create a 'Coping Toolkit':</b><br/>Brainstorm strategies and activities together and keep the list easily accessible.</p>                                                                               | <p><b>20</b></p> <p><b>Quiet Time Together:</b><br/>Take 10 minutes for activities like journaling or drawing to recharge.</p>                                  | <p><b>21</b></p> <p><b>Simple Joys:</b><br/>Enjoy a favorite activity to relax, recharge, and reconnect with your interests.</p>                          | <p><b>22</b></p> <p><b>Model Calm Behavior:</b><br/>Practice deep breathing or counting to 10 aloud and invite your family to join you.</p>                  | <p><b>23</b></p> <p><b>Encourage Responsibility:</b><br/>Give your child a small task to foster a sense of contribution and accomplishment.</p>  | <p><b>24</b></p> <p><b>Try fun transitions:</b><br/>Sing a cleanup song or play a "what's next" game to add structure, ease transitions, and reduce stress.</p> | <p><b>25</b></p> <p><b>Family TV Night:</b><br/>Enjoy a favorite movie or show with snacks and cozy blankets for quality time.</p> |
| <p><b>26</b></p> <p><b>Themed Mealtime:</b><br/>Cook together with a fun theme like "Taco Night" or "Breakfast for Dinner" for a creative experience.</p>                                                                      | <p><b>27</b></p> <p><b>Kindness Reflections:</b><br/>Have the family share a kind act they did or witnessed, then set a goal to practice kindness all year.</p> | <p><b>28</b></p> <p><b>Practice Resetting with Affection:</b><br/>Use your child's preferred affection (hug, high five, etc.) to pause and reconnect.</p> | <p><b>29</b></p> <p><b>Create Kindness Coupons:</b><br/>Include helping with chores or doing a favorite activity to encourage kindness &amp; connection.</p> | <p><b>30</b></p> <p><b>One-on-One Time:</b><br/>Spend 10–15 minutes on an activity your child enjoys to strengthen your bond.</p>                | <p><b>31</b></p> <p><b>Look Back and Reflect:</b><br/>Recall your favorite January moments and talk about activities to enjoy together more often.</p>          |                                                                                                                                    |

**Laid Back Book Club** (Available in both English and Spanish starting January 6)

Read the featured book together and share your reflections inspired by the story using art supplies provided by the library. **Participating libraries:**

- Santa Cruz Public Libraries: Boulder Creek, Capitola, Downtown, Live Oak & Scotts Valley Branches
- Watsonville Public Library

**Community Bridges Family Fairs**

Discover local agencies, meet Triple P Parent Educators, and enjoy a fun-filled family event with food, games, and prizes!

- Saturday, Jan. 18, 11 am–2 pm | 1740 17th Avenue, Santa Cruz
- Saturday, Jan. 25, 11 am–2 pm | 521 Main St, Watsonville

# CELEBRATE POSITIVE PARENTING AWARENESS MONTH!

This January marks the 13th annual Positive Parenting Awareness Month, celebrating the vital role of parents and caregivers in raising healthy, resilient children. Explore the free activities happening this month from us and our community partners that promote positive relationships and family well-being. We hope to see you there!

**YMCA Zumba Family Latin Dance** | Register at: <https://bit.ly/LatinDanceYMCA>

Bring the whole family together for fun and fitness! Enjoy lively Latin beats, easy-to-follow dance moves, and quality time with loved ones in a welcoming, upbeat atmosphere. All ages and skill levels are welcome—no experience necessary! Move, groove, and create lasting memories while staying active as a family.

- Friday, Jan. 10 & 24, 5 – 6 pm | 27 Sudden Street, Watsonville

**Elkhorn Slough Foundation Family Hike: Together We Heal** | Register at: <https://bit.ly/Elkhorn-Jan11>

Join Juan Ramirez for a day of outdoor family fun. Participants will have the chance to connect with other families while hiking on an ESF-protected property. This hike will take you through rare habitats, with frequent stops for bird watching, native plant identification, and plenty of fascinating restoration stories.

- Saturday, Jan. 11, 9 am - 12 pm | 360 Hall Rd, Watsonville

**PVPSA Workshop: The Importance of Maintaining & Strengthening Family Values**

Explore ancestral teachings in this workshop, which focuses on traditional stories and lived experiences. These family and cultural values continue to serve as guiding principles, strengthening relationships and addressing everyday challenges within families and communities. (Presented in Spanish only)

- Thursday, Jan. 16, 5pm | 422 East Lake Ave. Watsonville

**Stars Therapy Services / Infant Program Workshop: Ensuring Your Child Reaches Their Potential**

Join this workshop to explore your child's development and key milestones for ages 0-3 in speech, behavior, motor skills, and social-emotional learning. A child development specialist and an occupational therapist will offer strategies, answer questions, and share free resources through the California Early Start program.

- Friday, Jan. 17, 10 am & Friday, Jan. 31, 5pm | 4450 Capitola Rd, Capitola

**Pajaro Valley Arts Family Art Day** | Register at: <https://bit.ly/PV-Arts>

Enjoy a creative afternoon with bilingual gallery tours of the #whatever: Members Exhibit and hands-on art activities like tie-dye paintings, bracelet-making, and more in the backyard gardens!

- Thursday, Jan. 30, 12 - 2 pm | 37 Sudden St, Watsonville



Visit <https://bit.ly/PPAM-2025> or scan the QR code to view more details and explore our Family Activity Calendar, which features daily tips and activities to promote family well-being and positive parenting.