

30-DAY PARENT CHALLENGE



1. Praise your child today.
2. Have a family game night.
3. Teach your child a new word and see who can use it the most today.
4. Take a trip to the library and read together when you get home.
5. Cook your child's favorite food together.
6. Hug your child 3x today.
7. Discuss a current news topic and ask your child's opinion about it.
8. Practice patience with your child today.
9. Teach your child one thing they can do on their own.
10. Talk about health and plan a few nutritious meals for the month.
11. Look at baby pictures and reminisce about the fun you've had together.
12. Leave a love note at the breakfast table or on their bed.
13. Bake your child's favorite dessert together.
14. Tell your child what you appreciate about him or her.
15. Put your phones away today.
16. Help neighbors rake or shovel snow, or surprise them with some goodies.
17. Throw a Frisbee, shoot baskets, or do something else active for 20 minutes.
18. Create a music playlist together with some of your favorite songs and some of theirs.
19. Ask about your child's goals and brainstorm steps they can take to achieve them.
20. Make popcorn and root beer floats for a movie night.
21. Ask your child what qualities they like most about their best friend(s).
22. Talk about different careers to help your child envision life's possibilities.
23. Share silly stories from your own youth.
24. Play the BeTheParents.org Convo Cards game, available at prevention.odp.idaho.gov.
25. Ask your child about his or her day using a question that can't be answered in one word.
26. Have your child teach you all the "cool" words and social media lingo that kids are using these days.
27. Fill in a monthly calendar with your child's tests and activities, and add in a time to go out for a treat.
28. Work on a crossword or Sudoku puzzle together.
29. Teach your child how to make a simple budget.
30. Go bowling.