

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.